

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2025 thru May 2, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 4/28/2025 1:18:17 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 ¹ (g)
Thu - 05/01/2025																
ELEMENTARY LUNCH, CH	Total	7500														
Pozole, Green Chicken '24	14 oz	3300	262	70	1845	2.26	1.52	147.5	154	15.97	*5	19.2	28.82	6.82	2.83	*0.00
TORTILLA CHIPS-'24EL	Serv.(1oz)	3300	140	0	150	1.50	0.20	16.7	2	0.0	0	1.33	15.33	8.0	1.13	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	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	Serv (8oz , 2G)	840	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt,Cher-Van w/crack-DW '24	Serv.(8oz , 2G)	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	Serv (8oz , 2G)	840	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt,Vanilla w/crack-DW '24	Serv. (8o z, 2G)	840	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
CABBAGE, SHREDDED	Serv(1/2 Cup)	6000	9	0	6	0.88	0.16	14.0	34	12.81	1	0.45	2.03	0.04	0.01	0.00
LEMON WEDGES	Half	6500	34	0	2	3.20	0.72	20.0	0	61.2	*N/A*	1.2	10.0	0.4	0.00	0.00
JICAMA STICKS	Serv(1/2 Cup)	5000	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	Serv.(1/2 Cup)	5000	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	EACH(1/2 pint)	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	EACH (1/ 2 pint)	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 % of Calories			627	42	1293	10.04	3.99	681.0	1100	79.12	*54 *34.4%	23.24 14.8%	108.28 69.1%	11.09 15.9%	2.81 4.0%	*0.00 *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

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Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2025 thru May 2, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 4/28/2025 1:18:17 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 ¹ (g)
Fri - 05/02/2025																
ELEMENTARY LUNCH, CH	Total	7000														
Chicken, Star Nuggets '25	Serving (4 ea)	3000	180	30	590	3.00	1.80	20.0	100	0.0	2	13.0	16.0	7.0	1.50	0.00
Cracker, Dino Bites '22	pkg	3000	120	0	95	2.00	2.00	13.0	30	0.0	6	1.0	20.0	3.5	0.50	0.00
Yogurt, Vanilla w/crack-DW '24	Serv. (8oz, 2G)	800	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (8oz, 2G)	800	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	Serv (8oz, 2G)	800	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	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, Cher-Van w/crack-DW '24	Serv.(8oz, 2G)	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	1 cup	5500	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
BROCCOLI, raw: fresh	Serv. 1/2 c Veg	5500	15	0	15	1.14	0.32	20.7	274	39.25	1	1.24	2.92	0.16	0.05	0.00
APPLES, Fresh	1 EACH	5000	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	Servings (1oz)	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	EACH (1/2 pint)	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	EACH (1/2 pint)	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			617	24	780	7.83	4.50	602.2	3299	40.94	56	20.62	109.71	10.77	2.08	*0.00
% of Calories											36.6%	13.4%	71.1%	15.7%	3.0%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			622	33	1037	8.93	4.25	641.6	2199	60.03	*55 *79.8%	21.93 14.1%	109.00 70.1%	10.93 15.8%	2.44 3.5%	*0.00 *0.0%
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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

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2025 thru May 2, 2025

ELEMENTARY LUNCH, CHOICES

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	622	% of Cals	Weekly Target	550 - 650	% of Target*	Miss Data	Shortfall*	Overage*	Error Messages (if any)*								
Cholesterol (mg)	33																
Sodium 1 (mg)	1037			1230													
Sodium 1a (mg)	1037			1110													
Fiber (g)	8.93																
Iron (mg)	4.25																
Calcium (mg)	641.6																
Vitamin A (IU)	2199																
Sugars (g)	55	35.49%				Missing											
Vitamin C (mg)	60.03																
Protein (g)	21.93	14.10%															
Carbohydrate (g)	109.00	70.08%															
Total Fat (g)	10.93	15.81%															
Saturated Fat (g)	2.44	3.54%															
Trans Fat ¹ (g)	0.00	0.00%				Missing											

*Data comparisons are not available for one or two day selections

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Base Menu Spreadsheet

Portion Values - Detailed

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May 5, 2025 thru May 9, 2025

ELEMENTARY LUNCH, CHOICES

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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 - 05/05/2025																
ELEMENTARY LUNCH, CH FISH STICKS, POLLOCK -2013	Total SERV.(4 sticks)	7000 6000														
Yogurt,Peach w/crack-DW '24	Serv (8oz , 2G)	200	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (8oz , 2G)	200	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Vanilla w/crack-DW '24	Serv. (8o z, 2G)	200	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	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, Cher-Van w/crack-DW '24	Serv.(8oz , 2G)	200	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	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, Sticks '24	1/2 Cup	5500	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
Strawberry Cup, Froz. - 2017	1 each	4000	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	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	EACH(1/2 pint)	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	EACH (1/ 2 pint)	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			585	58	818	7.99	2.95	398.3	9116	34.74	46 31.7%	27.07 18.5%	93.46 63.9%	12.07 18.6%	1.83 2.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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May 5, 2025 thru May 9, 2025

ELEMENTARY LUNCH, CHOICES

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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)
Tue - 05/06/2025																
ELEMENTARY LUNCH, CH	Total	7000														
Sandwich, RIB'B-Q PORK '25	1 EACH	6000	320	40	670	3.79	2.59	82.4	15	0.0	8	21.22	35.32	12.27	3.50	0.00
Yogurt, Vanilla w/crack-DW '24	Serv. (8oz, 2G)	200	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (8oz, 2G)	200	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	Serv (8oz, 2G)	200	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	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, Cher-Van w/crack-DW '24	Serv.(8oz, 2G)	200	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	1 cup	5500	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
TOMATOES, GRAPE	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	5500	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	Serv(1/2 Cup)	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	Servings (1oz)	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	EACH(1/2 pint)	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	EACH (1/2 pint)	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			619	45	903	8.29	3.38	396.3	3312	20.52	52 33.6%	29.61 19.1%	96.82 62.5%	15.38 22.4%	4.01 5.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Wed - 05/07/2025																
ELEMENTARY LUNCH, CH	Total	7500														
Chicken, Orange EL	3.6 OZ	5500	150	40	300	0.00	0.72	10.0	0	0.0	11	11.0	20.0	3.0	0.00	0.00
Noodles, Chow Mein '23	1/2 Cup	1	167	1	761	3.82	1.38	32.3	2288	8.68	*2	5.53	27.21	5.04	0.79	*0.00
Yogurt, Peach w/crack-DW '24	Serv (8oz , 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (2M MA, 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Vanilla w/crack-DW '24	Serv. (8oz , 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	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	Serv.(8oz , 2G)	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	1 cup	4000	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
BROCCOLI, raw: fresh	Serv. 1/2 c Veg	4000	15	0	15	1.14	0.32	20.7	274	39.25	1	1.24	2.92	0.16	0.05	0.00
GRAPES, Fresh	Serv.(1/2 Cup)	4000	66	0	2	0.89	0.29	13.9	99	3.97	16	0.63	17.02	0.35	0.11	0.00
APPLESAUCE, UNSWEETNED	serving	1	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	Servings (1oz)	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	EACH(1/2 pint)	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	EACH (1/ 2 pint)	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 % of Calories			424	42	604	2.25	2.07	434.6	2288	26.25	*46 *43.6%	20.11 19.0%	67.51 63.7%	8.80 18.7%	1.43 3.0%	*0.00 *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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/08/2025																
ELEMENTARY LUNCH, CH	Total	7000														
HOT DOG-BEEF W/WHEAT BUN	SERVING	3000	388	40	984	3.00	2.87	80.0	25	0.0	5	14.94	32.97	22.84	8.93	0.00
Yogurt, Vanilla w/crack-DW '24	Serv. (8oz, 2G)	800	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (8oz, 2G)	800	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	Serv. (8oz, 2G)	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	Serv (8oz, 2G)	800	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv (8oz, 2G)	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	1 cup	5500	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
BARBECUE BEANS -2012	1/2 CUP	5500	194	0	782	6.77	2.06	63.3	306	1.51	*9	8.04	45.49	0.63	0.12	*0.00
FRUIT MIX, Extra Light Syrup	Serv. (1/2 Cup)	5000	80	0	5	1.00	0.00	0.0	200	1.2	15	0.0	18.0	0.0	0.00	0.00
ORANGE WEDGES '23	Serv (1/2 Cup)	5500	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	2000	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	EACH (1/2 pint)	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	EACH (1/2 pint)	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			797	28	1597	11.73	5.51	683.5	3333	47.01	*70 *35.3%	27.03 13.6%	140.55 70.5%	16.49 18.6%	5.09 5.7%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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May 5, 2025 thru May 9, 2025

ELEMENTARY LUNCH, CHOICES

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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 - 05/09/2025																
ELEMENTARY LUNCH, CH	Total	7000														
Penne, Alfredo, Cheesy '23	1 CUP	4000	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	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	Serv. (8oz, 2G)	600	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (8oz, 2G)	600	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	Serv.(8oz, 2G)	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, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	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	Serv (8oz, 2G)	600	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
SALAD 3/WAY, '23	1 cup	1500	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
JICAMA STICKS	Serv(1/2 Cup)	5000	25	0	0	3.00	0.36	0.0	5	12.0	1	0.0	6.0	0.0	0.00	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
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
DRESSING, RANCH 1oz. '23	Servings (1oz)	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	EACH(1/2 pint)	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	EACH (1/2 pint)	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			593	15	606	11.94	3.57	568.0	1782	16.06	*49 *33.3%	16.81 11.3%	108.51 73.1%	9.64 14.6%	2.11 3.2%	*0.03 *0.1%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			604	38	906	8.44	3.50	496.1	3966	28.92	*53 *78.8%	24.12 16.0%	101.37 67.1%	12.48 18.6%	2.89 4.3%	*0.01 *0.0%
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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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May 5, 2025 thru May 9, 2025

ELEMENTARY LUNCH, CHOICES

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	604		Weekly Target	550 - 650	100%	Miss Data	Shortfall	Overage	Error Messages (if any)								
Cholesterol (mg)	38																
Sodium 1 (mg)	906			1230	74%												
Sodium 1a (mg)	906			1110	82%												
Fiber (g)	8.44																
Iron (mg)	3.50																
Calcium (mg)	496.1																
Vitamin A (IU)	3966																
Sugars (g)	53	35.03%				Missing											
Vitamin C (mg)	28.92																
Protein (g)	24.12	15.98%															
Carbohydrate (g)	101.37	67.14%															
Total Fat (g)	12.48	18.59%															
Saturated Fat (g)	2.89	4.31%															
Trans Fat ¹ (g)	0.01	0.01%				Missing											

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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May 12, 2025 thru May 16, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 4/28/2025 1:19:03 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 ¹ (g)
Mon - 05/12/2025																
ELEMENTARY LUNCH, CH	Total	9000														
CHEESEBURGER,W/ BUZZ'23	Burger(2 MMA,2G)	6000	331	62	547	3.00	3.24	232.5	175	0.0	*3	23.5	29.68	14.05	5.59	*0.16
Yogurt,Vanilla w/crack-DW '24	SERVING	600	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	600	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	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	589.5	60	0.0	41	7.99	79.97	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	1 cup	4000	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	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
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
Peaches, Frozen '24	Serv(1/2 Cup)	4000	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	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
CATSUP	1 oz	2000	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	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	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			652	53	1112	7.72	4.60	621.4	2340	78.44	*45	30.50	101.26	15.74	5.02	*0.11
% of Calories											*27.7%	18.7%	62.1%	21.7%	6.9%	*0.1%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 05/13/2025																
ELEMENTARY LUNCH, CH	Total	7000														
CHICKEN,OVEN ROASTED	2 OZ	5000	136	50	56	0.02	0.72	8.7	91	0.03	*0	15.51	0.15	7.71	2.15	*0.00
Roll, dinner,wh.wheat Galassos	1 each	5000	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	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	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	589.5	60	0.0	41	7.99	79.97	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	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
BROCCOLI: frozen, boiled	1 CUP	5000	52	0	20	5.52	1.12	60.7	1860	73.78	3	5.7	9.84	0.22	0.03	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
TANGERINES,FRESH	Serving	5000	89	0	3	3.02	0.25	62.2	1144	44.86	18	1.36	22.41	0.52	0.07	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

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Rialto Unified School District

May 12, 2025 thru May 16, 2025

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)	CalcM (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 % of Calories			592	48	531	9.97	3.74	553.1	4754	95.28	*55 *37.0%	30.32 20.5%	94.89 64.1%	12.69 19.3%	2.95 4.5%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 05/14/2025																
ELEMENTARY LUNCH, CH BURRITO,TKY BEAN & CHSE-2 022	Total SERVING	6400 4000														
Yogurt, Vanilla w/crack-DW '24	Serv. (8oz, 2G)	480	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (8oz, 2G)	480	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	Serv.(8oz, 2G)	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	Serv (8oz, 2G)	480	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	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	1 cup	6000	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
CUCUMBER, SLICED	1/2 Cup	6000	8	0	1	0.26	0.15	8.3	55	1.46	1	0.34	1.89	0.06	0.02	0.00
Pears, In Extra Light Syrup	Serv(1/2 Cup)	2000	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	Serv.(1/2 Cup)	2000	66	0	2	0.89	0.29	13.9	99	3.97	16	0.63	17.02	0.35	0.11	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	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	EACH(1/2 pint)	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	EACH (1/ 2 pint)	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			664	37	1015	10.96	4.71	696.2	3354	12.79	*46 *27.6%	27.94 16.8%	102.06 61.5%	17.08 23.1%	5.54 7.5%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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May 12, 2025 thru May 16, 2025

ELEMENTARY LUNCH, CHOICES

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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 - 05/15/2025																
ELEMENTARY LUNCH, CH	Total	7000														
Pizza, Pep Wedge Sicilian '24	1 EACH	6000	336	38	647	3.03	1.39	449.5	406	8.62	5	18.75	34.62	13.65	6.09	0.00
Yogurt, Vanilla w/crack-DW '24	Serv. (8oz, 2G)	200	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (8oz, 2G)	200	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	Serv (8oz, 2G)	200	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	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, Cher-Van w/crack-DW '24	Serv.(8oz, 2G)	200	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	1 cup	5500	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
JICAMA STICKS	Serv(1/2 Cup)	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	Serv.(1/2 Cup)	5500	80	0	5	1.00	0.00	0.0	200	1.2	15	0.0	18.0	0.0	0.00	0.00
SLUSH, KIWI STRAWBERRY '23	container s, 4oz	5500	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	Servings (1oz)	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	EACH(1/2 pint)	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	EACH (1/2 pint)	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			635	43	892	6.45	2.55	701.2	3616	22.41	51	26.11	93.89	16.19	6.12	*0.00
% of Calories											32.2%	16.5%	59.2%	23.0%	8.7%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 4

May 12, 2025 thru May 16, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 4/28/2025 1:19:03 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 ¹ (g)
Fri - 05/16/2025																
ELEMENTARY LUNCH, CH	Total	8000														
RAVIOLI, WG CHEESE-'24	Serving	6000	339	77	856	4.36	3.86	321.1	908	13.06	*6	23.09	44.89	9.37	4.05	*0.00
BREAD, STICK	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	Serv. (8oz, 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (8oz, 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	Serv.(8oz, 2G)	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	Serv (8oz, 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	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	1 cup	6000	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
CARROT, Sticks '24	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
raisin, box 1.33 oz.	box (1.33 oz)	4000	113	0	10	1.70	0.67	23.4	0	0.87	25	1.24	29.91	0.09	0.04	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	Servings (1oz)	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	EACH(1/2 pint)	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	EACH (1/2 pint)	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			689	69	1088	8.50	5.69	660.7	8403	19.63	*55 *31.7%	30.10 17.5%	113.48 65.9%	14.49 18.9%	4.56 6.0%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			646	50	927	8.72	4.26	646.5	4493	45.71	*50 *70.0%	29.00 17.9%	101.12 62.6%	15.23 21.2%	4.84 6.7%	*0.02 *0.0%
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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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May 12, 2025 thru May 16, 2025

ELEMENTARY LUNCH, CHOICES

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	646		550 - 650		100%												
Cholesterol (mg)	50																
Sodium 1 (mg)	927		1230		75%												
Sodium 1a (mg)	927		1110		84%												
Fiber (g)	8.72																
Iron (mg)	4.26																
Calcium (mg)	646.5																
Vitamin A (IU)	4493																
Sugars (g)	50	31.12%				Missing											
Vitamin C (mg)	45.71																
Protein (g)	29.00	17.95%															
Carbohydrate (g)	101.12	62.58%															
Total Fat (g)	15.23	21.22%															
Saturated Fat (g)	4.84	6.74%															
Trans Fat ¹ (g)	0.02	0.03%				Missing											

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

May 19, 2025 thru May 23, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 4/28/2025 1:34:38 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 ¹ (g)
Mon - 05/19/2025																
ELEMENTARY LUNCH, CH	Total	7000														
TACO Walkin, TURKEY, '25	Serv(3 .2 oz)	4000	435	44	776	2.00	0.40	293.2	77	0.0	4	25.79	31.53	24.17	3.83	0.00
Yogurt, Vanilla w/crack-DW '24	Serv. (8oz , 2G)	600	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (8oz , 2G)	600	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	Serv.(8oz , 2G)	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, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	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	Serv (8oz , 2G)	600	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
LETTUCE, SHREDDED	Serv.(1/4 Cup)	5000	6	0	5	0.54	0.19	8.2	228	1.27	1	0.41	1.35	0.06	0.01	0.00
TOMATOES, GRAPE	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	5000	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Peaches, Frozen '24	Serv(1/2 Cup)	5500	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	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 2oz	Serv(2oz)	5500	19	0	378	0.00	0.00	0.0	0	0.0	2	0.0	3.78	0.0	0.00	0.00
MILK, 1% DW 2024	EACH(1/2 pint)	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	EACH (1/ 2 pint)	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			694	37	1134	6.92	2.60	658.7	1591	138.63	*48	27.25	102.59	20.66	3.64	*0.00
% of Calories											*27.9%	15.7%	59.2%	26.8%	4.7%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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May 19, 2025 thru May 23, 2025

ELEMENTARY LUNCH, CHOICES

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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)
Tue - 05/20/2025																
ELEMENTARY LUNCH, CH	Total	7000														
CHICKEN PATTY, WG/HMSTL B	1 EACH	4000	334	33	648	5.00	3.80	100.0	95	87.0	3	22.0	42.0	10.0	2.00	0.00
UN2015																
Yogurt, Vanilla w/crack-DW '24	SERVING	600	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	600	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	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	589.5	60	0.0	41	7.99	79.97	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
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
SALAD 3/WAY, '23	servings	5000	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	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
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	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	3000	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	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			694	32	1195	9.97	5.28	596.3	2780	61.60	*56	29.37	122.13	12.83	2.68	*0.00
% of Calories											*32.2%	16.9%	70.4%	16.6%	3.5%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

May 19, 2025 thru May 23, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 4/28/2025 1:34:38 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 ¹ (g)
Wed - 05/21/2025																
ELEMENTARY LUNCH, CH	Total	6000														
Spagh.w/Meat &Noodle '23	3/4 CUP	4000	304	47	778	7.22	4.25	49.2	615	10.57	*4	21.47	38.34	8.95	2.98	*0.00
Roll, dinner,wh.wheat Galassos	1 each	4000	80	0	149	1.00	1.00	47.8	10	0.0	2	2.99	15.94	1.0	0.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	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	Serv (8oz , 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt,Cher-Van w/crack-DW '24	Serv.(8oz , 2G)	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	Serv (8oz , 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt,Vanilla w/crack-DW '24	Serv. (8o z, 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
SALAD 3/WAY, '23	1 cup	6000	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
Green Beans, Fzn-Season-2022	1/2 cup	6000	21	0	318	1.99	0.59	33.2	358	3.14	*0	1.05	4.79	0.11	0.03	*0.00
GRAPES,Fresh	Serv.(1/2 Cup)	6000	66	0	2	0.89	0.29	13.9	99	3.97	16	0.63	17.02	0.35	0.11	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	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	EACH(1/2 pint)	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	EACH (1/ 2 pint)	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			644	44	1333	9.87	5.99	570.5	3988	20.06	*52	29.92	106.31	13.73	3.60	*0.00
% of Calories											*32.5%	18.6%	66.1%	19.2%	5.0%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 4

May 19, 2025 thru May 23, 2025

ELEMENTARY LUNCH, CHOICES

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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 - 05/22/2025																
ELEMENTARY LUNCH, CH	Total	7000														
Chicken, Teriyaki, Yangs '22	serving	5000	115	70	330	0.00	0.72	0.0	30	0.0	6	15.0	6.0	3.5	1.00	0.00
RICE, ORIENTAL-BROWN RIC	1/2 CUP	5000	113	1	133	1.32	0.51	2.9	1	0.44	*0	3.24	22.92	1.12	0.04	0.00
E-2014																
Yogurt, Peach w/crack-DW '24	Serv (8oz , 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	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	Serv.(8oz , 2G)	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	Serv (8oz , 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Vanilla w/crack-DW '24	Serv. (8o z, 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
SALAD 3/WAY, '23	1 cup	5500	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
BROCCOLI, raw: fresh	Serv. 1/2 c Veg	5000	15	0	15	1.14	0.32	20.7	274	39.25	1	1.24	2.92	0.16	0.05	0.00
ORANGE WEDGES '23	Serv (1/2 Cup)	5500	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
FRUIT MIX, Extra Light Syrup	Serv.(1/2 Cup)	5500	80	0	5	1.00	0.00	0.0	200	1.2	15	0.0	18.0	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	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	EACH(1/2 pint)	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	EACH (1/ 2 pint)	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			571	63	772	5.64	2.55	453.9	3267	74.12	*54	26.00	91.44	11.57	2.29	*0.00
% of Calories											*38.2%	18.2%	64.1%	18.2%	3.6%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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May 19, 2025 thru May 23, 2025

ELEMENTARY LUNCH, CHOICES

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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 - 05/23/2025																
ELEMENTARY LUNCH, CH	Total	7000														
Bean and cheese Pupusa '24	1 each	5000	290	15	480	4.00	1.08	200.0	5	0.0	1	13.0	35.0	11.0	3.50	0.00
Yogurt, Vanilla w/crack-DW '24	Serv. (8oz, 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (8oz, 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	Serv.(8oz, 2G)	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	Serv (8oz, 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	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	1 cup	5000	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
JICAMA STICKS	Serv(1/2 Cup)	6500	25	0	0	3.00	0.36	0.0	5	12.0	1	0.0	6.0	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
raisin, box 1.33 oz.	box (1.33 oz)	4000	113	0	10	1.70	0.67	23.4	0	0.87	25	1.24	29.91	0.09	0.04	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	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 2oz	Serv(2oz)	4000	19	0	378	0.00	0.00	0.0	0	0.0	2	0.0	3.78	0.0	0.00	0.00
MILK, 1% DW 2024	EACH(1/2 pint)	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	EACH (1/2 pint)	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			629	24	952	9.78	2.93	585.0	2540	19.52	55	21.56	104.90	14.83	3.99	*0.00
% of Calories											34.9%	13.7%	66.7%	21.2%	5.7%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			646	40	1077	8.44	3.87	572.9	2833	62.79	*53 *74.0%	26.82 16.6%	105.47 65.3%	14.72 20.5%	3.24 4.5%	*0.00 *0.0%
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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 6

May 19, 2025 thru May 23, 2025

ELEMENTARY LUNCH, CHOICES

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcmm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	646		550 - 650		100%												
Cholesterol (mg)	40																
Sodium 1 (mg)	1077		1230		88%												
Sodium 1a (mg)	1077		1110		97%												
Fiber (g)	8.44																
Iron (mg)	3.87																
Calcium (mg)	572.9																
Vitamin A (IU)	2833																
Sugars (g)	53	32.89%				Missing											
Vitamin C (mg)	62.79																
Protein (g)	26.82	16.60%															
Carbohydrate (g)	105.47	65.27%															
Total Fat (g)	14.72	20.50%															
Saturated Fat (g)	3.24	4.51%															
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

May 26, 2025 thru May 29, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 4/28/2025 1:35:02 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 ¹ (g)
Mon - 05/26/2025																
ELEMENTARY LUNCH, CH HOLIDAY	Total SERVING	1 1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			550-650		1230						0.0%	0.0%	0.0%	<=30.0	<10.00	

Tue - 05/27/2025																
ELEMENTARY LUNCH, CH CORN DOG, CHX '22	Total 1 EACH	9000 6000	239	40	692	2.31	1.41	25.1	120	0.0	8	11.67	27.9	9.23	2.51	0.00
Yogurt, Vanilla w/crack-DW '24	Serv. (8oz, 2G)	600	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (8oz, 2G)	600	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	Serv.(8oz, 2G)	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	Serv (8oz, 2G)	600	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	600	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	4000	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	1 cup	4000	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
PEACHES, Diced Xtra Lite Syrup	serving	4000	60	0	10	0.00	0.00	0.0	300	1.2	0	0.0	14.0	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	Servings (1oz)	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
MUSTARD	.5 oz	4000	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	EACH (1/2 pint)	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	EACH (1/2 pint)	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 % of Calories			582	39	1193	8.91	3.77	487.2	2263	8.77	*46 *31.9%	23.31 16.0%	94.95 65.2%	12.61 19.5%	2.99 4.6%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

May 26, 2025 thru May 29, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 4/28/2025 1:35:02 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 ¹ (g)
Wed - 05/28/2025																
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 RIC E-2014	1/2 CUP	5000	113	1	133	1.32	0.51	2.9	1	0.44	*0	3.24	22.92	1.12	0.04	0.00
Yogurt, Peach w/crack-DW '24	Serv (8oz , 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	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	Serv.(8oz , 2G)	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	Serv (8oz , 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Vanilla w/crack-DW '24	Serv. (8o z, 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
SALAD 3/WAY, '23	1 cup	5500	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
BROCCOLI, raw: fresh	Serv. 1/2 c Veg	5000	15	0	15	1.14	0.32	20.7	274	39.25	1	1.24	2.92	0.16	0.05	0.00
GRAPES, Fresh	Serv.(1/2 Cup)	5500	66	0	2	0.89	0.29	13.9	99	3.97	16	0.63	17.02	0.35	0.11	0.00
Pears, In Extra Light Syrup	Serv(1/2 Cup)	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	Servings (1oz)	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	EACH(1/2 pint)	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	EACH (1/ 2 pint)	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			603	41	810	5.75	3.33	444.6	3079	37.11	*60 *39.7%	24.78 16.4%	98.45 65.3%	13.89 20.7%	3.51 5.2%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

May 26, 2025 thru May 29, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 4/28/2025 1:35:02 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 ¹ (g)
Thu - 05/29/2025																
ELEMENTARY LUNCH, CH	Total	9000														
PIZZA, DOMINOS 14" WGChz, slice '24	serving	7000	240	15	460	3.00	2.00	540.0	0	0.0	3	21.0	28.0	8.0	3.50	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	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	Serv (8oz, 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	Serv.(8oz, 2G)	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	Serv (8oz, 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Vanilla w/crack-DW '24	Serv. (8oz, 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
SALAD 3/WAY, '23	1 cup	8000	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
JICAMA STICKS	Serv(1/2 Cup)	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, FRESH	Serving	6000	23	0	1	1.44	0.30	11.5	9	42.34	4	0.48	5.53	0.22	0.01	0.00
SLUSH, KIWI STRAWBERRY '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	Servings (1oz)	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	EACH(1/2 pint)	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	EACH (1/2 pint)	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			475	22	676	6.33	3.29	778.5	3032	41.46	36 30.3%	26.54 22.3%	73.40 61.8%	10.80 20.5%	3.71 7.0%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			554	34	893	7.00	3.46	570.1	2791	29.12	*47 *77.2%	24.88 18.0%	88.93 64.3%	12.44 20.2%	3.40 5.5%	*0.00 *0.0%
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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 4

May 26, 2025 thru May 29, 2025

ELEMENTARY LUNCH, CHOICES

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	554		550 - 650		100%												
Cholesterol (mg)	34																
Sodium 1 (mg)	893		1230		73%												
Sodium 1a (mg)	893		1110		80%												
Fiber (g)	7.00																
Iron (mg)	3.46																
Calcium (mg)	570.1																
Vitamin A (IU)	2791																
Sugars (g)	47	34.32%				Missing											
Vitamin C (mg)	29.12																
Protein (g)	24.88	17.97%															
Carbohydrate (g)	88.93	64.26%															
Total Fat (g)	12.44	20.22%	<=30.00%														
Saturated Fat (g)	3.40	5.53%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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