

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Apr 1, 2025 thru Apr 4, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 4/2/2025 6:32:02 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)
Tue - 04/01/2025																
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
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
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
APPLESAUCE, UNSWEETNED	serving	5500	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)	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			607	43	889	6.79	2.55	723.3	3342	50.26	44 28.9%	28.03 18.5%	89.06 58.7%	16.62 24.6%	6.26 9.3%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

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Portion Values - Detailed

Page 2

Apr 1, 2025 thru Apr 4, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 4/2/2025 6:32:02 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 - 04/02/2025																
ELEMENTARY LUNCH, CH	Total	7500														
CHICKEN PATTY,WG/HMSTL B	1 EACH	5500	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,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. (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
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
CUCUMBER, SLICED	1/2 Cup	4000	8	0	1	0.26	0.15	8.3	55	1.46	1	0.34	1.89	0.06	0.02	0.00
GRAPES,Fresh PKG '23	serv.(1/2 cup)	4000	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Pears, In Extra Light Syrup	Serv(1/2 Cup)	4000	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)	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	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			586	37	996	6.26	4.16	490.0	2333	70.46	46	27.51	91.20	13.78	2.85	*0.00
% of Calories											31.2%	18.8%	62.3%	21.2%	4.4%	*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

Apr 1, 2025 thru Apr 4, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 4/2/2025 6:32:02 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)
Thu - 04/03/2025																
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-'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
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
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			600	23	1060	11.17	4.26	634.0	1315	106.89	*55 *36.9%	20.47 13.7%	107.63 71.8%	9.98 15.0%	2.27 3.4%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Portion Values - Detailed

Page 4

Apr 1, 2025 thru Apr 4, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 4/2/2025 6:32:02 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)
Fri - 04/04/2025																
ELEMENTARY LUNCH, CH	Total	7000														
MACARONI & CHEESE 2 OG	1/2 CUP	3000	213	39	654	2.31	1.38	409.4	446	0.01	2	10.25	16.6	12.54	7.17	*0.45
Roll, dinner,wh.wheat Galassos	1 each	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	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: frozen, boiled	1 CUP	5500	52	0	20	5.52	1.12	60.7	1860	73.78	3	5.7	9.84	0.22	0.03	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			643	28	835	10.54	4.52	815.5	4685	68.08	56	23.80	113.66	12.11	4.28	*0.19
% of Calories											34.9%	14.8%	70.8%	17.0%	6.0%	*0.3%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			609	33	945	8.69	3.87	665.7	2919	73.92	*50 *74.3%	24.95 16.4%	100.39 66.0%	13.12 19.4%	3.91 5.8%	*0.05 *0.1%
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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 5

Apr 1, 2025 thru Apr 4, 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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	609		550 - 650	100%													
Cholesterol (mg)	33																
Sodium 1 (mg)	945		1230	77%													
Sodium 1a (mg)	945		1110	85%													
Fiber (g)	8.69																
Iron (mg)	3.87																
Calcium (mg)	665.7																
Vitamin A (IU)	2919																
Sugars (g)	50	33.00%			Missing												
Vitamin C (mg)	73.92																
Protein (g)	24.95	16.40%															
Carbohydrate (g)	100.39	65.96%															
Total Fat (g)	13.12	19.40%	<=30.00%														
Saturated Fat (g)	3.91	5.79%	<10.00%														
Trans Fat ¹ (g)	0.05	0.07%			Missing												

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Apr 7, 2025 thru Apr 11, 2025

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 - 04/07/2025																
ELEMENTARY LUNCH, CH FISH STICKS, POLLOCK -2013	Total SERV.(4 sticks)	7000 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,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. (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
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
APRICOT CUP	1 EACH	4000	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
DRESSING, RANCH 1oz. '23	Servings (1 oz)	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			574	58	815	7.35	2.74	391.2	9384	10.34	*38 *26.3%	27.01 18.8%	90.45 63.0%	12.13 19.0%	1.83 2.9%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Apr 7, 2025 thru Apr 11, 2025

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)
Tue - 04/08/2025																
ELEMENTARY LUNCH, CH	Total	7000														
Bean and cheese Pupusa '24	1 each	6000	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)	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
CUCUMBER, SLICED	1/2 Cup	5500	8	0	1	0.26	0.15	8.3	55	1.46	1	0.34	1.89	0.06	0.02	0.00
PINEAPPLE SPEARS	1 each	5500	28	0	0	0.38	0.13	6.6	18	4.47	7	0.2	7.38	0.04	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
Salsa, LaVictoria 1oz	Serv(1oz)	1000	9	0	189	0.00	0.00	0.0	0	0.0	1	0.0	1.89	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			551	23	762	7.24	2.07	505.5	2833	14.29	43	21.88	86.09	14.17	3.95	*0.00
% of Calories											31.2%	15.9%	62.5%	23.1%	6.5%	*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

Apr 7, 2025 thru Apr 11, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 4/2/2025 6:32:17 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)
Wed - 04/09/2025																
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. (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
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
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			424	42	604	2.25	2.07	434.6	2288	26.25	*46	20.11	67.51	8.80	1.43	*0.00
% of Calories											*43.6%	19.0%	63.7%	18.7%	3.0%	*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

Apr 7, 2025 thru Apr 11, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 4/2/2025 6:32:17 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)
Thu - 04/10/2025																
ELEMENTARY LUNCH, CH	Total	7000														
ENCHILADA, GREEN CHICKEN	6.25 OUN	3000	182	44	769	1.10	1.31	83.1	60	5.44	2	10.59	19.83	7.36	1.31	*0.00
2017	CE															
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
BEANS, PINTO SEASONED-2012	1/2 CUP	5500	84	0	217	3.70	1.31	34.7	145	3.13	*1	5.06	15.21	0.33	0.06	*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
Blueberries, Frozen	Serv(1/2 Cup)	5500	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	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
Salsa, LaVictoria 1oz	Serv(1oz)	2000	9	0	189	0.00	0.00	0.0	0	0.0	1	0.0	1.89	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			613	30	1024	8.15	4.20	633.6	3050	11.80	*60	22.16	108.63	9.77	1.79	*0.00
% of Calories											*38.9%	14.5%	70.9%	14.4%	2.6%	*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

Page 5

Apr 7, 2025 thru Apr 11, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 4/2/2025 6:32:17 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)
Fri - 04/11/2025																
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			593	15	606	11.94	3.57	568.0	1782	16.06	*49	16.81	108.51	9.64	2.11	*0.03
% of Calories											*33.3%	11.3%	73.1%	14.6%	3.2%	*0.1%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			551	34	762	7.39	2.93	506.6	3868	15.75	*47	21.59	92.24	10.90	2.22	*0.01
											*77.0%	15.7%	67.0%	17.8%	3.6%	*0.0%

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 6

Apr 7, 2025 thru Apr 11, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 4/2/2025 6:32:17 AM

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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	551		550 - 650	100%													
Cholesterol (mg)	34																
Sodium 1 (mg)	762		1230	62%													
Sodium 1a (mg)	762		1110	69%													
Fiber (g)	7.39																
Iron (mg)	2.93																
Calcium (mg)	506.6																
Vitamin A (IU)	3868																
Sugars (g)	47	34.23%			Missing												
Vitamin C (mg)	15.75																
Protein (g)	21.59	15.68%															
Carbohydrate (g)	92.24	66.96%															
Total Fat (g)	10.90	17.81%	<=30.00%														
Saturated Fat (g)	2.22	3.63%	<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

Apr 14, 2025 thru Apr 18, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 4/2/2025 6:32:31 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 - 04/14/2025																
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	

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Apr 14, 2025 thru Apr 18, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 4/2/2025 6:32:31 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 - 04/15/2025																
ELEMENTARY LUNCH, CH	Total	7000														
Popcorn Chicken-Wh.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
POTATO,MASHED,IDAHO REAL OG 2020	1/2 Cup	5000	23	0	91	0.26	0.08	8.6	1	0.0	0	0.52	4.65	0.13	0.00	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
CORN,CANNED,YELLOW .50cup	Serv(1/2 Cup)	5000	55	0	168	1.64	0.22	2.5	38	1.48	4	1.88	11.76	1.0	0.20	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
Weighted Daily Average			661	46	948	8.80	2.89	625.7	3468	44.32	56	26.88	108.76	15.68	2.96	*0.00
% of Calories											34.0%	16.3%	65.8%	21.3%	4.0%	*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 3

Apr 14, 2025 thru Apr 18, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 4/2/2025 6:32:31 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 - 04/16/2025																
ELEMENTARY LUNCH, CH	Total	6400														
BURRITO,TKY BEAN & CHSE-2	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
022																
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			664	37	1015	10.96	4.71	696.2	3354	12.79	*46	27.94	102.06	17.08	5.54	*0.00
% of Calories											*27.6%	16.8%	61.5%	23.1%	7.5%	*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 4

Apr 14, 2025 thru Apr 18, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 4/2/2025 6:32:31 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)
Thu - 04/17/2025																
ELEMENTARY LUNCH, CH	Total	9000														
PIZZA, DOMINOS 14" WG Chz, 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			475	22	676	6.33	3.29	778.5	3032	41.46	36	26.54	73.40	10.80	3.71	*0.00
% of Calories											30.3%	22.3%	61.8%	20.5%	7.0%	*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 5

Apr 14, 2025 thru Apr 18, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 4/2/2025 6:32:31 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)
Fri - 04/18/2025																
ELEMENTARY LUNCH, CH	Total	8000														
RAVIOLE, 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
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			633	69	1083	7.65	5.35	649.1	8403	19.20	*42	29.48	98.52	14.44	4.55	*0.00
% of Calories											*26.7%	18.6%	62.3%	20.5%	6.5%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			617	45	967	8.29	4.17	674.2	4119	39.24	*45	28.27	96.80	14.75	4.36	*0.02
											*65.8%	18.3%	62.7%	21.5%	6.4%	*0.0%

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 6

Apr 14, 2025 thru Apr 18, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 4/2/2025 6:32:31 AM

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)
Calories	617		550 - 650		100%												
Cholesterol (mg)	45																
Sodium 1 (mg)	967			1230	79%												
Sodium 1a (mg)	967			1110	87%												
Fiber (g)	8.29																
Iron (mg)	4.17																
Calcium (mg)	674.2																
Vitamin A (IU)	4119																
Sugars (g)	45	29.25%				Missing											
Vitamin C (mg)	39.24																
Protein (g)	28.27	18.32%															
Carbohydrate (g)	96.80	62.75%															
Total Fat (g)	14.75	21.51%		<=30.00%													
Saturated Fat (g)	4.36	6.35%		<10.00%													
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

Apr 21, 2025 thru Apr 25, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 4/2/2025 6:32:44 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 - 04/21/2025																
ELEMENTARY LUNCH, CH	Total	7000														
TACO Walkin, Beef, - '24	Serving	4000	498	62	781	4.42	2.51	279.6	1096	6.24	*3	20.84	30.83	32.16	11.21	*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	3000	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	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, 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)	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			750	47	1176	8.41	3.79	657.6	2304	141.19	*52	25.35	106.85	24.86	7.64	*0.00
% of Calories											*27.7%	13.5%	57.0%	29.8%	9.2%	*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

Apr 21, 2025 thru Apr 25, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 4/2/2025 6:32:44 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 - 04/22/2025																
ELEMENTARY LUNCH, CH Chicken, Reptile Nuggets '25	Total Serving (4 ea)	7000 4000	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	4000	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)	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
BARBECUE BEANS -2012	1/2 CUP	1500	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	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
BROCCOLI, raw: fresh	Serv. 1/2 c Veg	3000	15	0	15	1.14	0.32	20.7	274	39.25	1	1.24	2.92	0.16	0.05	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
APPLESAUCE, UNSWEETNED	serving	5500	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)	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	5500	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	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			654	29	1119	9.27	5.03	533.3	2962	29.31	*60 *36.9%	23.62 14.4%	114.87 70.3%	12.73 17.5%	2.47 3.4%	*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

Apr 21, 2025 thru Apr 25, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 4/2/2025 6:32:45 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 - 04/23/2025																
ELEMENTARY LUNCH, CH	Total	9000														
ITALIAN PASTA BAKE 2021	servings	7000	237	35	680	8.89	3.06	149.6	735	11.2	*5	15.87	26.75	7.34	3.08	*0.00
Roll, dinner,wh.wheat Galassos	1 each	7000	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	8000	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
Pears, In Extra Light Syrup	Serv(1/2 Cup)	4000	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)	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			561	37	1172	11.54	4.87	535.8	3712	19.22	*47 *33.7%	25.67 18.3%	92.12 65.6%	11.23 18.0%	3.47 5.6%	*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 4

Apr 21, 2025 thru Apr 25, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 4/2/2025 6:32:45 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)
Thu - 04/24/2025																
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 % of Calories			571	63	772	5.64	2.55	453.9	3267	74.12	*54 *38.2%	26.00 18.2%	91.44 64.1%	11.57 18.2%	2.29 3.6%	*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 5

Apr 21, 2025 thru Apr 25, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 4/2/2025 6:32:45 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)
Fri - 04/25/2025																
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, 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
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
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
Salsa, LaVictoria 1oz	Serv(1oz)	4000	9	0	189	0.00	0.00	0.0	0	0.0	1	0.0	1.89	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)	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			665	34	880	10.61	5.13	652.3	8151	11.12	*40 *24.1%	22.35 13.4%	93.94 56.5%	22.54 30.5%	7.28 9.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			640	42	1023	9.09	4.28	566.6	4079	54.99	*51 *71.4%	24.60 15.4%	99.84 62.4%	16.58 23.3%	4.63 6.5%	*0.00 *0.0%
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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 6

Apr 21, 2025 thru Apr 25, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 4/2/2025 6:32:45 AM

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	640			550 - 650	100%												
Cholesterol (mg)	42																
Sodium 1 (mg)	1023			1230	83%												
Sodium 1a (mg)	1023			1110	92%												
Fiber (g)	9.09																
Iron (mg)	4.28																
Calcium (mg)	566.6																
Vitamin A (IU)	4079																
Sugars (g)	51	31.73%				Missing											
Vitamin C (mg)	54.99																
Protein (g)	24.60	15.37%															
Carbohydrate (g)	99.84	62.39%															
Total Fat (g)	16.58	23.31%		<=30.00%													
Saturated Fat (g)	4.63	6.51%		<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

Apr 28, 2025 thru Apr 30, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 4/2/2025 6:32:57 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 - 04/28/2025																
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
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, 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)	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			623	41	806	6.86	3.52	440.2	3248	165.33	*49 *31.5%	25.36 16.3%	102.41 65.7%	13.80 19.9%	3.46 5.0%	*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

Apr 28, 2025 thru Apr 30, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 4/2/2025 6:32:57 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 - 04/29/2025																
ELEMENTARY LUNCH, CH	Total	9000														
CORN DOG, CHX '22	1 EACH	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
APPLESAUCE, UNSWEETNED	serving	4000	26	0	1	0.67	0.14	2.4	18	0.61	6	0.1	6.87	0.06	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	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
CAT'SUP	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			575	39	1188	8.91	3.88	486.9	2133	9.60	*48	23.69	93.57	12.69	3.02	*0.00
% of Calories											*33.5%	16.5%	65.1%	19.9%	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

Page 3

Apr 28, 2025 thru Apr 30, 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)
Wed - 04/30/2025																
ELEMENTARY LUNCH, CH	Total	7500														
Grinder, turkey&cheese-EI-2017	1 EACH	5500	367	78	1049	3.00	2.45	248.1	175	0.0	3	34.54	32.68	12.7	3.97	0.16
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
CUCUMBER, SLICED	1/2 Cup	4000	8	0	1	0.26	0.15	8.3	55	1.46	1	0.34	1.89	0.06	0.02	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
Pears, In Extra Light Syrup	Serv(1/2 Cup)	4000	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) serving	4000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
SANDWICH SPREAD (GOOP).5 0oz		4000	6	1	11	0.00	0.00	0.0	0	0.0	0	0.0	0.14	0.67	0.11	*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			614	70	1154	5.05	3.25	602.6	2331	6.73	47 30.7%	36.89 24.0%	84.86 55.3%	16.21 23.8%	4.39 6.4%	*0.12 *0.2%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Weighted Average			604	50	1049	6.94	3.55	509.9	2571	60.55	*48 *71.7%	28.64 19.0%	93.61 62.0%	14.23 21.2%	3.62 5.4%	*0.04 *0.1%

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 4

Apr 28, 2025 thru Apr 30, 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)	Calc (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%												
Cholesterol (mg)	50																
Sodium 1 (mg)	1049			1230	85%												
Sodium 1a (mg)	1049			1110	95%												
Fiber (g)	6.94																
Iron (mg)	3.55																
Calcium (mg)	509.9																
Vitamin A (IU)	2571																
Sugars (g)	48	31.86%				Missing											
Vitamin C (mg)	60.55																
Protein (g)	28.64	18.97%															
Carbohydrate (g)	93.61	61.99%															
Total Fat (g)	14.23	21.21%		<=30.00%													
Saturated Fat (g)	3.62	5.40%		<10.00%													
Trans Fat ¹ (g)	0.04	0.06%				Missing											

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