

Rialto Unified School District

Apr 1, 2024 thru Apr 5, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Page 1

Generated on: 3/20/2024 7:01:21 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 - 04/01/2024																
ELEMENTARY LUNCH, CH	Total	7000														
MACARONI AND CHEESE '22	1/2 CUP	3000	304	45	1252	0.47	0.50	693.6	2239	0.53	*5	25.1	20.89	13.87	9.08	*0.00
Waffles, Eggoji (Lunch) '24	Waffle	3000	90	3	105	1.00	1.80	130.0	500	0.0	2	2.0	15.0	3.0	1.00	0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	1000	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	1000	410	10	405	4.00	4.00	286.0	2560	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	1000	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	1000	410	10	410	4.00	4.00	288.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, '23	servings	5500	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
MIXED VEGETABLES:frozen,boiled	Serving	5000	89	0	48	6.01	1.12	34.1	5838	4.37	4	3.9	17.87	0.2	0.04	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
DRESSING, RANCH 1oz. '23	ounces	2000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
SYRUP	1 OZ	3000	66	0	23	0.00	0.01	0.9	0	0.0	6	0.0	17.43	0.0	0.00	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	1000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	6000	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			687	32	1045	9.82	4.99	820.4	9677	11.55	*58	29.39	114.52	14.95	6.39	*0.00
											*33.6%	17.1%	66.7%	19.6%	8.4%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 04/02/2024																
ELEMENTARY LUNCH, CH	Total	7000														
Popcorn Chicken-Wh.Grain 2021	Serving	6000	207	47	400	2.00	0.36	160.0	112	1.0	1	14.0	13.0	11.0	2.00	0.00
Cracker, Cheez-It Wh.Gr.-2013	pkg	6000	100	0	150	1.00	1.00	100.0	500	0.0	0	0.0	14.0	3.5	1.00	0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	325	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	198	410	10	405	4.00	4.00	286.0	2560	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	225	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	252	410	10	410	4.00	4.00	288.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, '23	servings	5500	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
BROCCOLI,raw: fresh	Serving	5500	15	0	15	1.18	0.33	21.4	283	40.59	1	1.28	3.02	0.17	0.05	0.00
BANANAS	1 EACH	3200	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	serving	5500	60	0	5	2.00	0.00	0.0	60	1.2	12	0.0	16.0	0.0	0.00	0.00
DRESSING, RANCH .50oz	Servings	4500	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*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% HOLLANDIA 2017	1 EACH	575	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	6000	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Apr 1, 2024 thru Apr 5, 2024

ELEMENTARY LUNCH, CHOICES

Generated on: 3/20/2024 7:01:21 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			578	47	895	7.10	2.91	534.8	4084	42.52	43	23.30	85.98	16.44	3.53	*0.00
% of Calories											29.9%	16.1%	59.5%	25.6%	5.5%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 04/03/2024																
ELEMENTARY LUNCH, CH	Total	9000														
TACO Beef Crumbles- '24	Servings	7000	318	32	603	4.42	3.72	135.1	796	6.24	*3	17.78	36.47	11.76	3.23	*0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	600	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	600	410	10	405	4.00	4.00	286.0	2560	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	600	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	600	410	10	410	4.00	4.00	288.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
LETTUCE, SHREDDED	Serving	5000	10	0	7	0.86	0.30	13.0	361	2.02	1	0.65	2.14	0.1	0.01	0.00
BEANS, BLACK SEASONED-2012	1/2 CUP	5000	126	0	323	9.50	2.68	52.0	48	4.15	*0	8.32	22.99	0.43	0.11	*0.00
GRAPES,Fresh	serving	5000	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	0.00
Salsa, LaVictoria 2017 2oz	Serving	5000	19	0	340	0.00	0.00	0.0	9	6.8	2	0.0	3.78	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	1000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	7500	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			582	31	1081	10.72	6.36	472.1	2058	14.37	*38	29.69	91.77	12.16	3.48	*0.00
% of Calories											*26.4%	20.4%	63.1%	18.8%	5.4%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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

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

Rialto Unified School District

Apr 1, 2024 thru Apr 5, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Page 3

Generated on: 3/20/2024 7:01:21 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 - 04/04/2024																
ELEMENTARY LUNCH, CH	Total	6500														
BURRITO,TKY BEAN & CHSE-2	SERVING	3000	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,Hollan,Ras,w/crack-2017	SERVING	875	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2	SERVING	875	410	10	405	4.00	4.00	286.0	2560	0.0	37	10.0	75.0	8.5	2.50	0.00
017																
YOGURT,Strawberry W/Crack-2	SERVING	875	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
017																
YOGURT,Strw-Ban,W/Crack-2017	SERVING	875	410	10	410	4.00	4.00	288.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, '23	servings	5000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
Carrot Nibbles 2022	1/2 Cup	3000	25	0	42	1.71	0.18	20.1	10191	3.6	3	0.57	5.84	0.15	0.02	0.00
STRAWBERRIES: frozen unswtnd.	servings	5000	39	0	2	2.32	0.83	17.7	50	45.53	5	0.48	10.09	0.12	0.01	0.00
DRESSING, RANCH 1oz. '23	ounces	3000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
Salsa, Low Sodium	1 oz	3000	10	0	32	0.41	0.64	3.2	156	1.14	*N/A*	0.43	1.98	0.05	0.01	0.00
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	4500	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			653	34	925	11.19	5.85	638.7	9112	44.40	*44	27.22	101.93	17.78	5.69	*0.00
% of Calories											*27.0%	16.7%	62.5%	24.5%	7.8%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 04/05/2024																
ELEMENTARY LUNCH, CH	Total	7000														
FISH STICKS, POLLOCK -2013	SERV.(4 sticks)	5000	210	55	290	3.00	1.44	60.0	0	0.0	0	18.0	23.0	5.0	0.50	0.00
Cookie, Honey Belly Bear	bag	5000	151	0	116	1.16	1.25	116.2	46	0.0	9	2.32	23.23	4.65	0.00	0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	500	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2	SERVING	500	410	10	405	4.00	4.00	286.0	2560	0.0	37	10.0	75.0	8.5	2.50	0.00
017																
YOGURT,Strawberry W/Crack-2	SERVING	500	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
017																
YOGURT,Strw-Ban,W/Crack-2017	SERVING	500	410	10	410	4.00	4.00	288.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
POTATO FROZEN,FRNCH-2021	SERVING	5000	120	0	40	1.00	0.72	0.0	0	0.0	0	2.0	20.0	3.5	0.50	0.00
SALAD 3/WAY, '23	servings	5500	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
APPLES,Fresh	1 EACH	3200	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
DRESSING, RANCH 1oz. '23	ounces	1000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
CATSUP	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% HOLLANDIA 2017	1 EACH	1000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	6000	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 4

Apr 1, 2024 thru Apr 5, 2024

ELEMENTARY LUNCH, CHOICES

Generated on: 3/20/2024 7:01:21 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			646	47	772	6.59	4.45	481.7	3723	7.83	46	27.90	104.80	13.39	1.85	*0.00
% of Calories											28.4%	17.3%	64.9%	18.7%	2.6%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			629	38	943	9.08	4.91	589.6	5731	24.13	*46 *65.5%	27.50 17.5%	99.80 63.5%	14.95 21.4%	4.19 6.0%	*0.00 *0.0%
------------------	--	--	-----	----	-----	------	------	-------	------	-------	---------------	----------------	----------------	----------------	--------------	----------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	629		550 - 650	100%				
Cholesterol (mg)	38							
Sodium 1 (mg)	943		1230	77%				
Sodium 1a (mg)	943		1110	85%				
Fiber (g)	9.08							
Iron (mg)	4.91							
Calcium (mg)	589.6							
Vitamin A (IU)	5731							
Sugars (g)	46	29.13%			Missing			
Vitamin C (mg)	24.13							
Protein (g)	27.50	17.48%						
Carbohydrate (g)	99.80	63.46%						
Total Fat (g)	14.95	21.38%	<=30.00%					
Saturated Fat (g)	4.19	5.99%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

Rialto Unified School District

Apr 8, 2024 thru Apr 12, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Page 1

Generated on: 3/20/2024 7:10:33 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 - 04/08/2024																
ELEMENTARY LUNCH, CH	Total	9500														
NACHOS,Queso Blanco '23	1 EACH	7000	462	42	521	6.10	3.70	385.6	201	0.0	*0	13.96	40.22	26.08	10.08	0.00
YOGURT,HollanPeachw/crack-2	SERVING	400	410	10	405	4.00	4.00	286.0	2560	0.0	37	10.0	75.0	8.5	2.50	0.00
017																
YOGURT,Strawberry W/Crack-2	SERVING	400	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
017																
YOGURT,Strw-Ban,W/Crack-2017	SERVING	400	410	10	410	4.00	4.00	288.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	400	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	75.0	8.5	2.50	0.00
BEANS, BLACK SEASONED-2012	1/2 CUP	1000	126	0	323	9.50	2.68	52.0	48	4.15	*0	8.32	22.99	0.43	0.11	*0.00
SALAD 3/WAY, '23	servings	1000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
APPLES,Fresh	1 EACH	8500	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Pears, In Extra Light Syrup	servings	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 .50oz	Servings	5500	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
Salsa, LaVictoria 2017 2oz	Serving	4000	19	0	340	0.00	0.00	0.0	9	6.8	2	0.0	3.78	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	500	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	8000	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			649	37	795	10.33	4.47	579.9	1448	10.29	*43	20.69	91.22	23.10	8.32	*0.00
% of Calories											*26.5%	12.8%	56.3%	32.1%	11.5%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 04/09/2024																
ELEMENTARY LUNCH, CH	Total	8000														
Penne, Alfredo, Chicken '23	3/4 CUP	6000	203	79	411	6.29	1.47	108.8	86	1.73	*2	15.8	20.12	5.55	1.49	*0.04
Roll, dinner,white.wht Galassos	1 each	6000	150	0	270	3.00	1.80	80.0	15	0.0	3	7.0	29.0	2.0	0.00	0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	500	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2	SERVING	500	410	10	405	4.00	4.00	286.0	2560	0.0	37	10.0	75.0	8.5	2.50	0.00
017																
YOGURT,Strawberry W/Crack-2	SERVING	500	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
017																
YOGURT,Strw-Ban,W/Crack-2017	SERVING	500	410	10	410	4.00	4.00	288.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, '23	servings	6000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
JICAMA STICKS	Serving	6000	25	0	0	3.00	0.36	0.0	5	12.0	1	0.0	6.0	0.0	0.00	0.00
BANANAS	1 EACH	6000	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	1 oz	5000	65	6	150	0.03	0.02	18.0	1	0.16	*1	0.52	2.01	7.1	1.19	*0.00
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	6000	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

Rialto Unified School District

Apr 8, 2024 thru Apr 12, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Page 2

Generated on: 3/20/2024 7:10:33 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			616	71	853	12.44	4.63	506.4	3480	20.72	*40	29.91	99.79	13.12	2.95	*0.03
% of Calories											*26.2%	19.4%	64.8%	19.2%	4.3%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 04/10/2024																
ELEMENTARY LUNCH, CH	Total	7500														
TERIYAKI BEEF DUNKERS	SERVING (4each)	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	97	1	133	1.12	0.44	2.9	1	0.44	*0	2.79	19.61	0.98	0.04	0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	625	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	625	410	10	405	4.00	4.00	286.0	2560	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	625	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	625	410	10	410	4.00	4.00	288.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, '23	servings	5500	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
BROCCOLI,raw: fresh	Serving	5500	15	0	15	1.18	0.33	21.4	283	40.59	1	1.28	3.02	0.17	0.05	0.00
GRAPES,Fresh	serving	6500	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	0.00
DRESSING, RANCH 1oz. '23	ounces	6225	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% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	6225	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			562	41	768	4.32	3.94	453.3	3886	37.08	*51	26.13	86.53	15.22	4.18	*0.00
% of Calories											*36.6%	18.6%	61.6%	24.4%	6.7%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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

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

Rialto Unified School District

Apr 8, 2024 thru Apr 12, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Page 3

Generated on: 3/20/2024 7:10:33 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 - 04/11/2024																
ELEMENTARY LUNCH, CH	Total	7500														
Pozole, Green Chicken 2022	14 oz	3300	255	70	1519	2.26	1.52	147.5	154	15.97	*5	19.2	27.77	6.64	2.83	*0.00
TORTILLA CHIPS-2021	SERVING	3300	280	0	200	6.00	3.60	80.0	200	0.0	*N/A*	4.0	38.0	12.0	2.00	0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	1050	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	1050	410	10	405	4.00	4.00	286.0	2560	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	1050	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	1050	410	10	410	4.00	4.00	288.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
CABBAGE, SHREDDED	Serving	7500	13	0	9	1.31	0.25	21.0	51	19.22	2	0.67	3.05	0.05	0.02	0.00
LEMON WEDGES	Quarter	7500	17	0	1	1.60	0.36	10.0	0	30.6	*N/A*	0.6	5.0	0.2	0.00	0.00
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
MILK,1% HOLLANDIA 2017	1 EACH	2500	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	5000	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			652	43	1143	8.79	5.58	575.2	2361	58.52	*41	26.08	108.20	14.05	4.04	*0.00
% of Calories											*24.9%	16.0%	66.3%	19.4%	5.6%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 04/12/2024																
ELEMENTARY LUNCH, CH	Total	7500														
Grilled Cheese, Integrated2020	1 EACH	5100	245	24	479	3.00	1.64	362.2	393	0.0	5	15.03	30.11	7.83	4.25	0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	600	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	600	410	10	405	4.00	4.00	286.0	2560	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	600	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	600	410	10	410	4.00	4.00	288.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, '23	servings	6000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
APPLES,Fresh	1 EACH	6500	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
DRESSING, RANCH 1oz. '23	ounces	6225	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% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	5500	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			540	30	721	6.46	3.26	641.0	4011	9.61	45	23.43	84.00	15.25	5.18	*0.00
% of Calories											33.6%	17.4%	62.3%	25.4%	8.6%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 4

Apr 8, 2024 thru Apr 12, 2024

ELEMENTARY LUNCH, CHOICES

Generated on: 3/20/2024 7:10:33 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average			604	44	856	8.47	4.38	551.1	3037	27.24	*44 *65.8%	25.25 16.7%	93.95 62.2%	16.15 24.1%	4.94 7.4%	*0.01 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	604		550 - 650	100%				
Cholesterol (mg)	44							
Sodium 1 (mg)	856		1230	70%				
Sodium 1a (mg)	856		1110	77%				
Fiber (g)	8.47							
Iron (mg)	4.38							
Calcium (mg)	551.1							
Vitamin A (IU)	3037							
Sugars (g)	44	29.23%			Missing			
Vitamin C (mg)	27.24							
Protein (g)	25.25	16.73%						
Carbohydrate (g)	93.95	62.25%						
Total Fat (g)	16.15	24.07%	<=30.00%					
Saturated Fat (g)	4.94	7.36%	<10.00%					
Trans Fat ¹ (g)	0.01	0.01%			Missing			

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

Rialto Unified School District

Apr 15, 2024 thru Apr 19, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Page 1

Generated on: 3/20/2024 7:16:42 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 - 04/15/2024																
ELEMENTARY LUNCH, CH	Total	7000														
QUESADILLA,CHEESE, '23	1 EACH	5000	316	47	452	0.00	1.34	471.0	431	0.0	*0	16.75	21.75	18.5	11.00	0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	500	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	500	410	10	405	4.00	4.00	286.0	2560	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	500	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	500	410	10	410	4.00	4.00	288.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
BEANS, PINTO SEASONED-2017	1/2 CUP	5000	83	0	189	3.65	1.28	33.3	32	2.48	*1	5.02	15.13	0.32	0.06	*0.00
APPLES,Fresh	1 EACH	6500	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Pears, In Extra Light Syrup	serving	4000	60	0	5	2.00	0.00	0.0	60	1.2	12	0.0	16.0	0.0	0.00	0.00
Salsa, LaVictoria 2017 2oz	Serving	7000	19	0	340	0.00	0.00	0.0	9	6.8	2	0.0	3.78	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	1200	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	5800	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			634	41	1056	7.97	3.76	717.1	1675	15.57	*50	27.25	97.85	16.52	8.91	*0.00
% of Calories											*31.7%	17.2%	61.8%	23.5%	12.6%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 04/16/2024																
ELEMENTARY LUNCH, CH	Total	7000														
CHICKEN PATTY,WG/HMSTL B UN2015	1 EACH	5000	334	33	648	5.00	3.80	100.0	95	87.0	3	22.0	42.0	10.0	2.00	0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	500	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	500	410	10	405	4.00	4.00	286.0	2560	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	500	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	500	410	10	410	4.00	4.00	288.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, '23	servings	5500	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
BANANAS	1 EACH	3000	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
DRESSING, RANCH 1oz. '23	ounces	3000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
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
MUSTARD	.5 oz	500	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% HOLLANDIA 2017	1 EACH	1000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	6000	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

Rialto Unified School District

Apr 15, 2024 thru Apr 19, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Page 2

Generated on: 3/20/2024 7:16:42 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			559	33	918	6.18	4.83	433.8	3716	70.15	39	28.32	87.63	13.40	2.96	*0.00
% of Calories											27.8%	20.3%	62.7%	21.6%	4.8%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 04/17/2024																
ELEMENTARY LUNCH, CH	Total	7500														
Spaghetti w/Meat &Noodle-2013	3/4 CUP	5100	216	31	765	5.40	3.29	43.4	614	10.57	*4	14.9	28.18	6.07	2.00	*0.00
Roll, dinner,wh.wheat Galassos	1 each	5100	80	0	149	1.00	1.00	47.8	10	0.0	2	2.99	15.94	1.0	0.00	0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	600	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	600	410	10	405	4.00	4.00	286.0	2560	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	600	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	600	410	10	410	4.00	4.00	288.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, '23	servings	5500	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
GRAPES,Fresh	serving	5500	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	0.00
APPLESAUCE, UNSWEETNED	serving	7500	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	7500	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	5500	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			594	36	1041	7.16	5.24	464.4	3992	14.36	*51	25.65	95.63	16.12	3.92	*0.00
% of Calories											*34.1%	17.3%	64.4%	24.4%	5.9%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

Rialto Unified School District

Apr 15, 2024 thru Apr 19, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Page 3

Generated on: 3/20/2024 7:16:42 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 - 04/18/2024																
ELEMENTARY LUNCH, CH	Total	9000														
PIZZA,DOMINOS14"WGPep,slic e'24	servings	7000	260	15	520	4.00	1.80	300.0	500	6.0	3	16.0	34.0	7.0	3.00	0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	500	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	500	410	10	405	4.00	4.00	286.0	2560	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	500	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	500	410	10	410	4.00	4.00	288.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, '23	servings	8000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
JICAMA STICKS	Serving	6000	25	0	0	3.00	0.36	0.0	5	12.0	1	0.0	6.0	0.0	0.00	0.00
SLUSH, KIWI STRAWBERRY '23	container s, 4oz	6000	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	ounces	8000	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% HOLLANDIA 2017	1 EACH	1000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	8000	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			534	23	775	6.30	3.62	578.6	4417	16.79	38	23.98	81.05	14.40	4.19	*0.00
Nutrient Guideline			550-650		1230						28.3%	18.0%	60.8%	<=30.0	<10.00	

Fri - 04/19/2024																
ELEMENTARY LUNCH, CH	Total	7500														
Grinder, turkey&cheese-EI-2017	1 EACH	5100	296	42	1147	3.00	1.89	248.1	175	0.0	*3	26.08	34.09	8.47	2.56	*0.16
YOGURT,Hollan,Ras,w/crack-2017	SERVING	600	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	600	410	10	405	4.00	4.00	286.0	2560	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	600	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	600	410	10	410	4.00	4.00	288.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, '23	servings	6000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
APPLES,Fresh	1 EACH	6500	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
SANDWICH SPREAD (GOOP).50oz	serving	4500	6	1	11	0.00	0.00	0.0	0	0.0	0	0.0	0.14	0.67	0.11	*0.00
DRESSING, RANCH 1oz. '23	ounces	6225	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% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	5500	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

Rialto Unified School District

Apr 15, 2024 thru Apr 19, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Page 4

Generated on: 3/20/2024 7:16:42 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			578	43	1182	6.46	3.43	563.4	3863	9.61	*44	30.94	86.78	16.08	4.10	*0.11
% of Calories											*30.6%	21.4%	60.0%	25.0%	6.4%	*0.2%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			580	35	994	6.81	4.18	551.4	3533	25.29	*44 *68.8%	27.23 18.8%	89.79 62.0%	15.30 23.8%	4.82 7.5%	*0.02 *0.0%
------------------	--	--	-----	----	-----	------	------	-------	------	-------	---------------	----------------	----------------	----------------	--------------	----------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	580		550 - 650	100%				
Cholesterol (mg)	35							
Sodium 1 (mg)	994		1230	81%				
Sodium 1a (mg)	994		1110	90%				
Fiber (g)	6.81							
Iron (mg)	4.18							
Calcium (mg)	551.4							
Vitamin A (IU)	3533							
Sugars (g)	44	30.59%			Missing			
Vitamin C (mg)	25.29							
Protein (g)	27.23	18.79%						
Carbohydrate (g)	89.79	61.96%						
Total Fat (g)	15.30	23.76%	<=30.00%					
Saturated Fat (g)	4.82	7.48%	<10.00%					
Trans Fat ¹ (g)	0.02	0.03%			Missing			

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Apr 22, 2024 thru Apr 26, 2024

ELEMENTARY LUNCH, CHOICES

Generated on: 3/20/2024 7:16:57 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 - 04/22/2024																
ELEMENTARY LUNCH, CH	Total	7500														
Nacho Delx W/ 3bnCHILI, chz2023	SERVING	5500	461	30	520	9.22	5.07	311.5	802	3.57	*2	14.75	51.05	21.82	8.04	*0.00
YOGURT, HollanPeachw/crack-2	SERVING	500	410	10	405	4.00	4.00	286.0	2560	0.0	37	10.0	75.0	8.5	2.50	0.00
017																
YOGURT, Strawberry W/Crack-2	SERVING	500	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
017																
YOGURT, Strw-Ban, W/Crack-2017	SERVING	500	410	10	410	4.00	4.00	288.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT, Hollan, Ras, w/crack-2017	SERVING	500	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	75.0	8.5	2.50	0.00
SALAD 3/WAY, '23	servings	4000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
JICAMA STICKS	Serving	4000	25	0	0	3.00	0.36	0.0	5	12.0	1	0.0	6.0	0.0	0.00	0.00
APPLES, Fresh	1 EACH	4000	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
DRESSING, RANCH 1oz. '23	ounces	4000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
Salsa, LaVictoria 2017 2oz	Serving	4000	19	0	340	0.00	0.00	0.0	9	6.8	2	0.0	3.78	0.0	0.00	0.00
MILK, 1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK, NF Chocolate HOLL.2017	1 EACH	5500	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			665	33	891	11.37	5.72	598.3	3391	18.98	*38	23.06	94.45	23.13	7.67	*0.00
% of Calories											*22.7%	13.9%	56.8%	31.3%	10.4%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 04/23/2024																
ELEMENTARY LUNCH, CH	Total	8225														
ENCHILADA, GREEN CHICKEN	6.25 OUN	6025	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, Hollan, Ras, w/crack-2017	SERVING	300	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT, HollanPeachw/crack-2	SERVING	300	410	10	405	4.00	4.00	286.0	2560	0.0	37	10.0	75.0	8.5	2.50	0.00
017																
YOGURT, Strawberry W/Crack-2	SERVING	300	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
017																
YOGURT, Strw-Ban, W/Crack-2017	SERVING	300	410	10	410	4.00	4.00	288.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
BEANS, BLACK SEASONED-2012	1/2 CUP	6000	126	0	323	9.50	2.68	52.0	48	4.15	*0	8.32	22.99	0.43	0.11	*0.00
SALAD 3/WAY, '23	servings	6500	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
BANANAS	1 EACH	5000	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
DRESSING, RANCH	1 oz	6225	65	6	150	0.03	0.02	18.0	1	0.16	*1	0.52	2.01	7.1	1.19	*0.00
Salsa, Low Sodium 2oz	1 serving	5000	20	0	64	0.82	1.27	6.4	312	2.28	*N/A*	0.85	3.97	0.11	0.02	0.00
MILK, 1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK, NF Chocolate HOLL.2017	1 EACH	6225	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

Rialto Unified School District

Apr 22, 2024 thru Apr 26, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			523	44	1158	10.68	5.16	438.7	3512	17.75	*32	26.03	81.42	13.21	2.76	*0.00
% of Calories											*24.5%	19.9%	62.3%	22.8%	4.7%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 04/24/2024																
ELEMENTARY LUNCH, CH	Total	6400														
Ch-Burger w/WhWheat Bun-201	1 EACH	4000	295	46	730	3.40	3.23	166.0	163	0.0	5	22.09	31.5	10.3	3.75	*0.00
5EL																
YOGURT,Hollan,Ras,w/crack-2017	1 each	600	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2	1 each	600	410	10	405	4.00	4.00	286.0	2560	0.0	37	10.0	75.0	8.5	2.50	0.00
017																
YOGURT,Strawberry W/Crack-2	1 each	600	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
017																
YOGURT,Strw-Ban,W/Crack-2017	1 each	600	410	10	410	4.00	4.00	288.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, '23	servings	4000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
TOMATOES, GRAPE-2023	1/2 CUP	4000	13	0	4	0.89	0.20	7.5	621	10.21	2	0.66	2.9	0.15	0.02	0.00
GRAPES,Fresh	serving	4000	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	0.00
DRESSING, RANCH 1oz. '23	ounces	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	1 oz.	3000	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	1200	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% HOLLANDIA 2017	1 EACH	1200	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	5200	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			554	40	979	5.02	4.59	506.0	3932	12.76	48	27.60	85.67	14.06	4.25	*0.00
% of Calories											34.7%	19.9%	61.8%	22.8%	6.9%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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

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

Rialto Unified School District

Apr 22, 2024 thru Apr 26, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/25/2024																
ELEMENTARY LUNCH, CH	Total	9000														
TURKEY GRAVY -2022	3/8 CUP	7000	148	45	755	0.04	1.41	15.6	3	0.6	*0	18.21	6.29	5.02	1.65	*0.00
POTATO,MASHED,IDAHO REA L 2020	Servings	9000	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,whte.wht Galassos	1 each	9000	150	0	270	3.00	1.80	80.0	15	0.0	3	7.0	29.0	2.0	0.00	0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	400	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2 017	SERVING	400	410	10	405	4.00	4.00	286.0	2560	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2 017	SERVING	400	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	400	410	10	410	4.00	4.00	288.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, '23	servings	3500	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
Raisels, Variety	servings	5500	140	0	2	1.00	0.81	19.3	137	74.33	27	1.0	34.67	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	ounces	7500	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK,1% HOLLANDIA 2017	1 EACH	3000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	5750	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			620	49	1279	4.76	4.75	457.4	2191	48.45	*44 *28.2%	33.52 21.6%	94.07 60.7%	14.73 21.4%	3.29 4.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 04/26/2024																
ELEMENTARY LUNCH, CH	Total	7500														
PRETZEL DOG 2013 WG	1 EACH	5500	300	35	780	5.00	5.00	132.0	55	0.0	6	20.0	41.0	6.5	2.00	0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	500	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2 017	SERVING	500	410	10	405	4.00	4.00	286.0	2560	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2 017	SERVING	500	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	500	410	10	410	4.00	4.00	288.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, '23	servings	3000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
CARROT, sticks '22	Serving	7500	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	5000	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
DRESSING, RANCH 1oz. '23	ounces	1000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
CATSUP	.5 oz	4500	17	0	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.34	0.0	0.00	*N/A*
MUSTARD	.5 oz	1000	9	0	166	0.60	0.24	9.5	16	0.05	0	0.56	0.87	0.5	0.03	0.00
MILK,1% HOLLANDIA 2017	1 EACH	1000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	6500	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00

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

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

Rialto Unified School District

Apr 22, 2024 thru Apr 26, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Page 4

Generated on: 3/20/2024 7:16:57 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)
Weighted Daily Average			514	33	939	7.15	5.59	447.6	2455	6.25	*41	26.34	85.85	8.61	2.53	*0.00
% of Calories											*32.2%	20.5%	66.8%	15.1%	4.4%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			575	40	1049	7.80	5.16	489.6	3096	20.84	*41	27.31	88.29	14.75	4.10	*0.00
											*63.5%	19.0%	61.4%	23.1%	6.4%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	575		550 - 650	100%				
Cholesterol (mg)	40							
Sodium 1 (mg)	1049		1230	85%				
Sodium 1a (mg)	1049		1110	95%				
Fiber (g)	7.80							
Iron (mg)	5.16							
Calcium (mg)	489.6							
Vitamin A (IU)	3096							
Sugars (g)	41	28.21%			Missing			
Vitamin C (mg)	20.84							
Protein (g)	27.31	18.99%						
Carbohydrate (g)	88.29	61.41%						
Total Fat (g)	14.75	23.08%	<=30.00%					
Saturated Fat (g)	4.10	6.41%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

Rialto Unified School District

Apr 29, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Generated on: 3/20/2024 7:17:19 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 - 04/29/2024																
ELEMENTARY LUNCH, CH	Total	7000														
MACARONI AND CHEESE '22	1/2 CUP	3000	304	45	1252	0.47	0.50	693.6	2239	0.53	*5	25.1	20.89	13.87	9.08	*0.00
Roll, dinner,wh.wheat Galassos	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,Hollan,Ras,w/crack-2017	SERVING	1000	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	1000	410	10	405	4.00	4.00	286.0	2560	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	1000	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	1000	410	10	410	4.00	4.00	288.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, '23	servings	5500	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
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
DRESSING, RANCH 1oz. '23	ounces	2000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK,1% HOLLANDIA 2017	1 EACH	1000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	6000	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			591	31	1020	5.53	3.84	760.5	5297	8.43	*52	27.02	94.69	13.95	5.93	*0.00
% of Calories											*35.3%	18.3%	64.1%	21.2%	9.0%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 04/30/2024																
ELEMENTARY LUNCH, CH	Total	7000														
Chicken,Tangerine-2014	SERV	5000	190	45	380	2.00	1.44	0.0	65	0.0	13	14.0	25.0	4.0	1.00	0.00
Noodles, Chow Mein '23	1/2 Cup	5000	108	1	554	2.49	0.93	24.6	18	9.09	*2	3.69	17.97	3.14	0.50	*0.00
YOGURT,Hollan,Ras,w/crack-2017	1 each	500	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	1 each	500	410	10	405	4.00	4.00	286.0	2560	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	1 each	500	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	1 each	500	410	10	410	4.00	4.00	288.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, '23	servings	5000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
BROCCOLI,raw: fresh	Serving	5000	15	0	15	1.18	0.33	21.4	283	40.59	1	1.28	3.02	0.17	0.05	0.00
BANANAS	1 EACH	5000	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
PEARS: canned,light syrup	1 CUP	5000	143	0	13	4.02	0.70	12.6	0	1.76	30	0.48	38.08	0.08	0.01	0.00
DRESSING, RANCH 1oz. '23	ounces	3000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	5000	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

Rialto Unified School District

Apr 29, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Page 2

Generated on: 3/20/2024 7:17:19 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' (g)
Weighted Daily Average			659	44	1010	10.17	4.44	417.0	3646	46.75	*69	27.02	119.79	11.94	2.88	*0.00
% of Calories											*42.2%	16.4%	72.7%	16.3%	3.9%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			625	37	1015	7.85	4.14	588.7	4472	27.59	*61	27.02	107.24	12.94	4.41	*0.00
											*87.5%	17.3%	68.6%	18.6%	6.3%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target*	Miss Data	Shortfall*	Overage*	Error Messages (if any)*
Calories	625		550 - 650					
Cholesterol (mg)	37							
Sodium 1 (mg)	1015		1230					
Sodium 1a (mg)	1015		1110					
Fiber (g)	7.85							
Iron (mg)	4.14							
Calcium (mg)	588.7							
Vitamin A (IU)	4472							
Sugars (g)	61	38.90%			Missing			
Vitamin C (mg)	27.59							
Protein (g)	27.02	17.30%						
Carbohydrate (g)	107.24	68.64%						
Total Fat (g)	12.94	18.64%	<=30.00%					
Saturated Fat (g)	4.41	6.35%	<10.00%					
Trans Fat' (g)	0.00	0.00%			Missing			

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

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

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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