

Rialto Unified School District

Dec 2, 2024 thru Dec 6, 2024

Base Menu Spreadsheet

EL CLASSROOM BREAKFAST #1

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/02/2024																
EL CLASSROOM BREAKFA	Total	4950														
DOUBLE CHOC. BAR- 2017	1 EACH	4950	270	0	230	5.00	2.70	20.0	105	0.0	21	5.0	48.0	8.0	2.50	0.00
Craisins, Watermelon	servings	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Craisins, Watermelon	servings	4950	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
MILK,1% DW 2024	1 EACH	300	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	4650	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			500	6	436	8.00	2.70	229.1	1195	0.00	64	13.06	95.64	8.15	2.59	0.00
% of Calories											51.0%	10.4%	76.5%	14.7%	4.7%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Tue - 12/03/2024																
EL CLASSROOM BREAKFA	Total	4950														
Snack'n Waffles, Cinnamon	pkg	4950	250	44	290	2.00	1.44	30.0	75	0.0	15	6.0	37.0	9.0	4.00	0.00
Crisps, Apple-Strawberry '22	BAG	1	39	0	0	1.93	0.00	0.0	34	0.0	7	0.0	9.64	0.0	0.00	0.00
Crisps, Apple-Strawberry '22	BAG	4950	39	0	0	1.93	0.00	0.0	34	0.0	7	0.0	9.64	0.0	0.00	0.00
MILK,1% DW 2024	1 EACH	300	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	4650	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			409	50	496	3.93	1.44	239.1	1078	0.00	40	14.06	66.28	9.15	4.09	0.00
% of Calories											39.6%	13.8%	64.9%	20.2%	9.0%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Wed - 12/04/2024																
EL CLASSROOM BREAKFA	Total	4950														
Cluster Brk, Whole Grain '22	1 EACH	4950	260	0	190	3.00	2.70	80.0	70	0.0	14	5.0	38.0	10.0	2.50	0.00
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
BANANAS	1 EACH	4949	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
MILK,1% DW 2024	1 EACH	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	2950	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			470	9	377	5.63	2.96	345.7	933	8.79	43	14.50	78.64	11.34	3.22	0.00
% of Calories											36.9%	12.3%	66.9%	21.7%	6.2%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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Base Menu Spreadsheet

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/05/2024																
EL CLASSROOM BREAKFA	Total	4950														
Sndwich Chx & Sausage 2020	1 serving	4950	159	26	312	1.40	1.10	110.0	110	0.0	2	9.7	16.0	6.4	2.60	0.00
Orange juice, DW, 4oz.2024	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Orange juice, DW, 4oz.2024	1 EACH	4949	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
MILK,1% DW 2024	1 EACH	300	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	4650	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			334	32	532	1.40	1.10	329.1	1180	30.00	34	18.76	49.64	6.55	2.69	0.00
% of Calories											41.3%	22.5%	59.4%	17.7%	7.3%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Fri - 12/06/2024																
EL CLASSROOM BREAKFA	Total	5000														
Concha, WG PINK-'24	1 each	5000	200	5	90	2.00	1.80	40.0	40	0.0	8	5.0	34.0	6.0	1.50	0.00
GRAPES,Fresh PKG '23	1 serving	1	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
GRAPES,Fresh PKG '23	1 serving	4999	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	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	3000	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			351	14	277	2.41	1.93	306.4	886	1.84	32	13.69	59.49	7.16	2.15	0.00
% of Calories											37.0%	15.6%	67.8%	18.4%	5.5%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Weighted Average			413	22	424	4.27	2.03	289.9	1054	8.13	43	14.81	69.94	8.47	2.95	0.00
											93.5%	14.4%	67.8%	18.5%	6.4%	0.0%

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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)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	413		350 - 500	100%														
Cholesterol (mg)	22																	
Sodium 1 (mg)	424		540	78%														
Fiber (g)	4.27																	
Iron (mg)	2.03																	
Calcium (mg)	289.9																	
Vitamin A (IU)	1054																	
Sugars (g)	43	41.58%																
Vitamin C (mg)	8.13																	
Protein (g)	14.81	14.36%																
Carbohydrate (g)	69.94	67.79%																
Total Fat (g)	8.47	18.48%			<=30.00%													
Saturated Fat (g)	2.95	6.43%			<10.00%													
Trans Fat ¹ (g)	0.00	0.00%																

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Dec 9, 2024 thru Dec 13, 2024

Base Menu Spreadsheet

EL CLASSROOM BREAKFAST #1

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/09/2024																
EL CLASSROOM BREAKFA	Total	4950														
Bar, Soft CoCo Cherry '24	1 EACH	4950	200	0	40	2.00	1.80	12.0	0	0.0	16	3.0	33.0	7.0	2.00	0.00
Crisps, Apple-Strawberry '22	BAG	1	39	0	0	1.93	0.00	0.0	34	0.0	7	0.0	9.64	0.0	0.00	0.00
Crisps, Apple-Strawberry '22	BAG	4949	39	0	0	1.93	0.00	0.0	34	0.0	7	0.0	9.64	0.0	0.00	0.00
MILK,1% DW 2024	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	1 EACH	2950	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			359	9	226	3.93	1.80	272.6	832	0.00	40	11.40	60.21	8.01	2.61	0.00
% of Calories											44.3%	12.7%	67.2%	20.1%	6.5%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

	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 - 12/10/2024																
EL CLASSROOM BREAKFA	Total	4950														
Croissant ,Egg, & Cheese-2017	1 EACH	4950	292	189	682	3.00	2.12	268.3	620	0.0	3	12.57	31.68	13.85	6.56	0.16
Orange juice, DW, 4oz.2024	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Orange juice, DW, 4oz.2024	1 EACH	4950	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
MILK,1% DW 2024	1 EACH	300	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	4650	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			467	195	902	3.00	2.12	487.4	1690	30.01	36	21.63	65.32	14.00	6.65	0.16
% of Calories											30.9%	18.5%	56.0%	27.0%	12.8%	0.3%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

	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 - 12/11/2024																
EL CLASSROOM BREAKFA	Total	5000														
BREAD,BANANA 2023	1 EACH	5000	163	19	84	1.41	0.57	12.9	44	1.99	*14	2.03	24.48	7.14	0.68	*0.00
GRAPES,Fresh PKG '23	serving	1	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
GRAPES,Fresh PKG '23	serving	4999	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	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	3000	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			314	28	271	1.83	0.70	279.4	890	3.83	*39	10.72	49.97	8.30	1.33	*0.00
% of Calories											*49.4%	13.7%	63.7%	23.8%	3.8%	*0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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EL CLASSROOM BREAKFAST #1

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/12/2024																
EL CLASSROOM BREAKFA	Total	4950														
CEREAL,MALT-O,Marsh-Mateys 2017	BOWL	4950	220	0	370	3.00	18.00	200.0	1000	12.0	23	4.0	47.0	2.0	0.00	0.00
APPLES,Fresh sliced 2017 2oz	pkg. (2oz)	1	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh sliced 2017 2oz	pkg. (2oz)	4950	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
MILK,1% DW 2024	1 EACH	4650	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	300	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			374	14	524	5.00	18.18	550.9	1580	135.62	43	12.94	69.37	4.35	1.41	0.00
% of Calories											46.3%	13.8%	74.2%	10.5%	3.4%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Fri - 12/13/2024																
EL CLASSROOM BREAKFA	Total	4950														
OATMEAL CHOC-CHIP BAR-2017	1 EACH	4950	290	20	240	3.00	1.80	20.0	110	0.0	22	5.0	47.0	9.0	3.00	0.00
Craisins, Watermelon	servings	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Craisins, Watermelon	servings	4950	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
MILK,1% DW 2024	1 EACH	300	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	4650	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			520	26	446	6.00	1.80	229.1	1200	0.00	65	13.06	94.64	9.15	3.09	0.00
% of Calories											49.8%	10.0%	72.8%	15.8%	5.3%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Weighted Average			407	54	474	3.95	4.92	363.9	1238	33.89	*45 *98.5%	13.95 13.7%	67.90 66.8%	8.76 19.4%	3.02 6.7%	*0.03 *0.1%
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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)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	407		350 - 500	100%														
Cholesterol (mg)	54																	
Sodium 1 (mg)	474		540	88%														
Fiber (g)	3.95																	
Iron (mg)	4.92																	
Calcium (mg)	363.9																	
Vitamin A (IU)	1238																	
Sugars (g)	45	43.78%				Missing												
Vitamin C (mg)	33.89																	
Protein (g)	13.95	13.72%																
Carbohydrate (g)	67.90	66.78%																
Total Fat (g)	8.76	19.39%																
Saturated Fat (g)	3.02	6.68%		<=30.00%														
Trans Fat ¹ (g)	0.03	0.07%		<10.00%		Missing												

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