

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Sep 1, 2025 thru Sep 5, 2025

ELEM LUNCH, O.V.S.

Generated on: 9/2/2025 6:52:54 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 - 09/01/2025																
ELEM LUNCH, O.V.S. HOLIDAY	Total SERVING	1														
Weighted Daily Average % of Calories		1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
			0	0	0	0.00	0.00	0.0	0	0.00	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 09/02/2025																
ELEM LUNCH, O.V.S. TERIYAKI BEEF DUNKERS	Total SERVING (4each)	7000														
RICE, ORIENTAL-BROWN RICE-2014	1/2 CUP	4000	159	39	382	0.60	1.60	14.0	49	0.0	9	13.6	11.7	6.5	2.60	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, 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, 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, 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, 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
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
BROCCOLI, raw: fresh	Serv. 1/2 c Veg	5500	15	0	15	1.14	0.32	20.7	274	39.25	1	1.24	2.92	0.16	0.05	0.00
APPLES, Fresh	1 EACH	3200	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	4000	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)	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)	1000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	EACH (1/2 pint)	6000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			585	35	792	6.58	3.40	530.5	9412	37.60	*51 *34.8%	23.09 15.8%	97.84 66.9%	11.98 18.4%	2.95 4.5%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2025 thru Sep 5, 2025

ELEM LUNCH, O.V.S.

Generated on: 9/2/2025 6:52:55 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 - 09/03/2025																
ELEM LUNCH, O.V.S.	Total	7500														
CORN DOG, CHX '22	EACH	5500	239	40	692	2.31	1.41	25.1	120	0.0	8	11.67	27.9	9.23	2.51	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 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
BEANS, BLACK SEASONED-2012	1/2 CUP	2000	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
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
CATSUP	.5 oz	3000	17	0	154	0.05	0.06	2.6	90	0.7	4	0.18	4.66	0.02	0.00	0.00
MUSTARD	.5 oz	3000	9	0	166	0.60	0.24	9.5	16	0.05	0	0.56	0.87	0.5	0.03	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	4000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK, 1% DW 2024	EACH(1/2 pint)	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	EACH (1/ 2 pint)	5500	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			529	42	1098	6.27	3.32	457.7	2314	7.49	*45 *34.2%	22.63 17.1%	81.09 61.3%	13.64 23.2%	3.30 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

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Sep 1, 2025 thru Sep 5, 2025

ELEM LUNCH, O.V.S.

Generated on: 9/2/2025 6:52:55 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)
Thu - 09/04/2025																
ELEM LUNCH, O.V.S.	Total	7000														
Pork Bahn Mi w/ Pkld Veg '25	Serving	4000	388	74	202	3.68	2.36	56.2	*3796	*7.91	*6	28.03	36.8	12.97	3.98	*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	5000	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
JICAMA STICKS	Serv (1/2 Cup)	5000	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	5500	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	3000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK, 1% DW 2024	EACH (1/2 pint)	1000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	EACH (1/2 pint)	6000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			626	54	547	8.69	3.65	522.8	*4800	*22.31	*52 *33.1%	28.58 18.3%	96.40 61.6%	13.79 19.8%	3.49 5.0%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Portion Values - Detailed

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Sep 1, 2025 thru Sep 5, 2025

ELEM LUNCH, O.V.S.

Generated on: 9/2/2025 6:52:55 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 - 09/05/2025																
ELEM LUNCH, O.V.S.	Total	7000														
Pizza, Chz Wedge Sicilian '24	1 EACH	6000	334	30	636	1.50	1.58	436.7	462	8.74	*N/A*	17.75	26.26	17.11	7.60	0.00
Yogurt, Vanilla w/crack-DW '24	Serv. (8oz, 2G)	200	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (8oz, 2G)	200	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	Serv (8oz, 2G)	200	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	200	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	Serv.(8oz, 2G)	200	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
SALAD 3/WAY, '23	1 cup	5500	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
TOMATOES, GRAPE	1/2 CUP	5500	13	0	4	0.89	0.20	7.5	621	10.21	2	0.66	2.9	0.15	0.02	0.00
PEACHES, FRESH	1 EACH	5500	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.02	0.00
Pears, In Extra Light Syrup	Serv(1/2 Cup)	5500	60	0	5	2.00	0.00	0.0	60	1.2	12	0.0	16.0	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	3000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK, 1% DW 2024	EACH(1/2 pint)	1000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	EACH (1/2 pint)	6000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			587	36	874	5.29	2.47	700.2	3867	25.62	*41 *28.2%	26.39 18.0%	77.44 52.7%	19.44 29.8%	7.45 11.4%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			582	42	828	6.71	3.21	552.8	*5098	*23.25	*47 *73.2%	25.17 17.3%	88.19 60.6%	14.71 22.8%	4.30 6.6%	*0.00 *0.0%
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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2025 thru Sep 5, 2025

ELEM LUNCH, O.V.S.

Generated on: 9/2/2025 6:52:55 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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (If any)									
Calories	582		550 - 650	100%													
Cholesterol (mg)	42																
Sodium 1 (mg)	828		1230	67%													
Sodium 1a (mg)	828		1110	75%													
Fiber (g)	6.71																
Iron (mg)	3.21																
Calcium (mg)	552.8																
Vitamin A (IU)	5098																
Sugars (g)	47	32.53%				Missing											
Vitamin C (mg)	23.25					Missing											
Protein (g)	25.17	17.30%				Missing											
Carbohydrate (g)	88.19	60.62%															
Total Fat (g)	14.71	22.76%	<=30.00%														
Saturated Fat (g)	4.30	6.65%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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Sep 8, 2025 thru Sep 12, 2025

ELEM LUNCH, O.V.S.

Generated on: 9/2/2025 6:53:12 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 - 09/08/2025																
ELEM LUNCH, O.V.S.	Total	7000														
TACOS, FISH STICKS '25	SERV (2 TACOS)	6000	338	55	308	5.00	1.72	99.0	0	0.0	0	20.0	49.0	7.0	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
CABBAGE, SHREDDED	Serv(1/2 Cup)	4000	9	0	6	0.88	0.16	14.0	34	12.81	1	0.45	2.03	0.04	0.01	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	5500	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
STRAWBERRIES: frozen unswtnd.	Serv(1/2 Cup)	4000	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	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)	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			604	58	630	10.28	2.86	437.5	6868	40.47	41	27.87	98.96	11.92	1.57	*0.00
% of Calories											27.2%	18.5%	65.5%	17.8%	2.3%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Sep 8, 2025 thru Sep 12, 2025

ELEM LUNCH, O.V.S.

Generated on: 9/2/2025 6:53:12 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 - 09/09/2025																
ELEM LUNCH, O.V.S.	Total	7000														
Chicken Tenders Meal, WG 2025	Serving	5000	281	37	537	3.18	2.94	43.5	*84	*87.0	0	17.44	27.36	11.36	2.86	0.04
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, 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
BARBECUE BEANS -2012	1/2 CUP	5000	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
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 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)	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			785	38	1393	11.07	6.00	584.2	*2847	*73.73	*52 *26.5%	31.92 16.3%	129.00 65.7%	17.82 20.4%	3.47 4.0%	*0.03 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 8, 2025 thru Sep 12, 2025

ELEM LUNCH, O.V.S.

Generated on: 9/2/2025 6:53:12 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 - 09/10/2025																
ELEM LUNCH, O.V.S.	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
BREAD, STICK	1 each	7000	99	0	94	0.99	1.43	0.0	5	0.0	1	0.99	14.88	2.98	0.50	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
CELERY STICKS 2021	1/2 Cup	6000	10	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	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			570	37	956	11.00	4.92	496.2	3692	18.66	*47	23.76	89.58	12.78	3.86	*0.00
% of Calories											*33.0%	16.7%	62.9%	20.2%	6.1%	*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

Sep 8, 2025 thru Sep 12, 2025

ELEM LUNCH, O.V.S.

Generated on: 9/2/2025 6:53:12 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 - 09/11/2025																
ELEM LUNCH, O.V.S.	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-2021	Serv(2oz)	3300	283	0	255	1.89	226.80	75.6	0	0.0	0	1.89	37.8	15.12	3.78	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	840	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	Serv (8oz , 2G)	840	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	Serv.(8oz , 2G)	840	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (8oz , 2G)	840	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Vanilla w/crack-DW '24	Serv. (8o z, 2G)	840	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
CABBAGE, SHREDDED	Serv(1/2 Cup)	6000	9	0	6	0.88	0.16	14.0	34	12.81	1	0.45	2.03	0.04	0.01	0.00
LEMON WEDGES	Half	6500	34	0	2	3.20	0.72	20.0	0	61.2	*N/A*	1.2	10.0	0.4	0.00	0.00
JICAMA STICKS	Serv(1/2 Cup)	5000	25	0	0	3.00	0.36	0.0	5	12.0	1	0.0	6.0	0.0	0.00	0.00
FRUIT MIX, Extra Light Syrup	Serv.(1/2 Cup)	5000	80	0	5	1.00	0.00	0.0	200	1.2	15	0.0	18.0	0.0	0.00	0.00
MILK, 1% DW 2024	EACH(1/2 pint)	2500	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	EACH (1/ 2 pint)	5000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			644	23	1106	10.19	103.73	650.7	1307	73.02	*52 *32.5%	20.33 12.6%	113.09 70.2%	12.94 18.1%	3.43 4.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 8, 2025 thru Sep 12, 2025

ELEM LUNCH, O.V.S.

Generated on: 9/2/2025 6:53:12 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 - 09/12/2025																
ELEM LUNCH, O.V.S.	Total	7500														
NACHOS,CHEESE / CK '25	1 EACH	5500	436	43	1014	3.00	0.67	481.7	488	0.28	1	10.38	32.73	29.06	9.95	0.49
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
TOMATOES, GRAPE	1/2 CUP	4000	13	0	4	0.89	0.20	7.5	621	10.21	2	0.66	2.9	0.15	0.02	0.00
NECTARINES,FRESH	1 EACH	4000	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	0.00
PINEAPPLE, IN JUICE	Serving	4000	54	0	1	1.18	0.25	14.5	45	8.51	13	0.46	14.08	0.1	0.01	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	2000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
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)	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			642	42	1134	5.70	2.15	773.0	3042	17.26	44	19.87	82.86	25.98	8.33	*0.36
% of Calories											27.4%	12.4%	51.6%	36.4%	11.7%	*0.5%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			649	40	1044	9.65	23.93	588.4	*3551	*44.63	*47	24.75	102.70	16.29	4.13	*0.08
											*65.5%	15.3%	63.3%	22.6%	5.7%	*0.1%

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 8, 2025 thru Sep 12, 2025

ELEM LUNCH, O.V.S.

Generated on: 9/2/2025 6:53:12 AM

Nutrient	Menu AVG	Portion Size % of Cals	Reimb Qty Weekly Target	Cals (kcal) % of Target	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	649		550 - 650	100%													
Cholesterol (mg)	40																
Sodium 1 (mg)	1044		1230	85%													
Sodium 1a (mg)	1044		1110	94%													
Fiber (g)	9.65																
Iron (mg)	23.93																
Calcium (mg)	588.4																
Vitamin A (IU)	3551																
Sugars (g)	47	29.11%				Missing											
Vitamin C (mg)	44.63					Missing											
Protein (g)	24.75	15.26%				Missing											
Carbohydrate (g)	102.70	63.30%															
Total Fat (g)	16.29	22.59%															
Saturated Fat (g)	4.13	5.73%															
Trans Fat ¹ (g)	0.08	0.11%				Missing											

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 15, 2025 thru Sep 19, 2025

ELEM LUNCH, O.V.S.

Generated on: 9/2/2025 7:00:55 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 - 09/15/2025																
ELEM LUNCH, O.V.S.	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
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, 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
BEANS, PINTO SEASONED-2017	1/2 Cup BP	5000	64	0	259	3.21	1.21	45.2	70	2.89	*0	3.44	11.71	0.61	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
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 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)	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			639	46	921	7.69	3.55	654.5	2698	13.29	*46 *29.0%	26.18 16.4%	94.61 59.2%	17.55 24.7%	2.85 4.0%	*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

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Sep 15, 2025 thru Sep 19, 2025

ELEM LUNCH, O.V.S.

Generated on: 9/2/2025 7:00:56 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 - 09/16/2025																
ELEM LUNCH, O.V.S.	Total	7000														
TACO, TURKEY SOFT	Serving(3 2 oz)	5000	375	44	694	4.00	1.80	353.2	77	0.0	4	29.79	37.53	13.17	1.83	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
BEANS, PINTO SEASONED-2017	1/2 Cup BP	5000	64	0	259	3.21	1.21	45.2	70	2.89	*0	3.44	11.71	0.61	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
PEACHES: canned, light syrup	1 CUP	1	136	0	13	3.26	0.90	7.5	889	6.02	33	1.13	36.52	0.08	0.01	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 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)	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			651	43	1048	8.29	3.68	709.5	2640	12.58	*42 *25.6%	35.80 22.0%	95.54 58.7%	15.78 21.8%	2.74 3.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 15, 2025 thru Sep 19, 2025

ELEM LUNCH, O.V.S.

Generated on: 9/2/2025 7:00:56 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 - 09/17/2025																
ELEM LUNCH, O.V.S.	Total	7000														
ENCHILADA, GREEN CHICKEN 2017	6.25 OUN CE	4000	182	44	769	1.10	1.31	83.1	60	5.44	2	10.59	19.83	7.36	1.31	*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
SALAD 3/WAY, '23	1 cup	3500	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
Salad, Honey Bee Caviar '25	1/2 cup	3500	141	0	151	3.22	1.01	20.8	462	15.55	*3	3.0	14.51	8.49	1.31	*0.00
APPLESAUCE	1 CUP	3500	238	0	0	2.00	0.00	0.0	0	2.4	*N/A*	0.0	53.92	0.0	0.00	*N/A*
GRAPES, Fresh	1 CUP	3500	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	Servings (1oz)	1000	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)	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	EACH (1/2 pint)	5000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			633	36	924	5.45	3.24	563.9	2324	16.86	*45 *28.7%	19.96 12.6%	107.76 68.1%	12.99 18.5%	2.50 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

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Sep 15, 2025 thru Sep 19, 2025

ELEM LUNCH, O.V.S.

Generated on: 9/2/2025 7:00:56 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 - 09/18/2025																
ELEM LUNCH, O.V.S.	Total	6400														
Ch-Burger w/WhWheat Bun-'24EL	1 EACH	4000	295	46	730	3.40	3.23	166.0	163	0.0	5	22.09	31.5	10.3	3.75	*6.30
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
JICAMA STICKS	Serv(1/2 Cup)	3000	25	0	0	3.00	0.36	0.0	5	12.0	1	0.0	6.0	0.0	0.00	0.00
SALAD 3/WAY, '23	1 cup	3000	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
FRUIT COCKTAIL:canned,lt syrup	1 CUP	3000	138	0	15	2.42	0.70	14.5	503	4.6	34	0.97	36.13	0.17	0.02	0.00
Blueberries, Frozen	Serv(1/2 Cup)	3000	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)	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	2000	17	0	154	0.05	0.06	2.6	90	0.7	4	0.18	4.66	0.02	0.00	0.00
MUSTARD	.5 oz	2000	9	0	166	0.60	0.24	9.5	16	0.05	0	0.56	0.87	0.5	0.03	0.00
MILK,1% DW 2024	EACH(1/2 pint)	1200	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/2 pint)	5200	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			596	40	975	7.44	4.31	576.6	2379	11.73	57 38.4%	26.40 17.7%	96.58 64.8%	13.20 19.9%	3.64 5.5%	*3.94 *5.9%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 15, 2025 thru Sep 19, 2025

ELEM LUNCH, O.V.S.

Generated on: 9/2/2025 7:00:56 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)
Fri - 09/19/2025																
ELEM LUNCH, O.V.S.	Total	8000														
CH LASAGNA ROLLUP W MARI	SERVING	6000	266	5	669	4.38	3.09	184.8	*761	*13.06	*7	17.45	41.39	3.9	2.05	*0.00
NARA																
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
BROCCOLI, raw: fresh .75 CUP	Serving	4000	23	0	23	1.77	0.50	32.1	425	60.88	1	1.92	4.53	0.25	0.08	0.00
PEACHES, Diced Xtra Lite Syrup	serving	4000	60	0	10	0.00	0.00	0.0	300	1.2	0	0.0	14.0	0.0	0.00	0.00
PEARS, FRESH	1 EACH	4000	95	0	2	5.15	0.30	14.9	42	7.14	16	0.6	25.28	0.23	0.04	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	3000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK, 1% DW 2024	EACH(1/2 pint)	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	EACH (1/2 pint)	6000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			618	15	938	8.62	5.00	556.1	*3544	*48.83	*43 *27.9%	26.04 16.9%	105.35 68.2%	10.39 15.1%	3.07 4.5%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			627	36	961	7.50	3.96	612.1	*2717	*20.66	*47 *67.0%	26.88 17.1%	99.97 63.7%	13.98 20.1%	2.96 4.2%	*0.79 *1.1%
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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 15, 2025 thru Sep 19, 2025

ELEM LUNCH, O.V.S.

Generated on: 9/2/2025 7:00:56 AM

Nutrient	Menu AVG	Portion Size % of Cals	Reimb Qty Weekly Target	Cals (kcal) % of Target	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	627		550 - 650	100%													
Cholesterol (mg)	36																
Sodium 1 (mg)	961		1230	78%													
Sodium 1a (mg)	961		1110	87%													
Fiber (g)	7.50																
Iron (mg)	3.96																
Calcium (mg)	612.1																
Vitamin A (IU)	2717					Missing											
Sugars (g)	47	29.79%				Missing											
Vitamin C (mg)	20.66					Missing											
Protein (g)	26.88	17.14%															
Carbohydrate (g)	99.97	63.75%															
Total Fat (g)	13.98	20.06%	<=30.00%														
Saturated Fat (g)	2.96	4.25%	<10.00%														
Trans Fat ¹ (g)	0.79	1.13%				Missing											

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 22, 2025 thru Sep 26, 2025

ELEM LUNCH, O.V.S.

Generated on: 9/2/2025 7:04:31 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcmm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/22/2025																
ELEM LUNCH, O.V.S.	Total	7000														
Nacho,TURKEY TACO, '25	Serv(3.2 oz)	3000	481	44	784	1.89	226.80	328.8	77	0.0	4	25.89	45.4	24.42	5.64	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, 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,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, 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
LETTUCE, SHREDDED	Serv.(1/4 Cup)	2000	6	0	5	0.54	0.19	8.2	228	1.27	1	0.41	1.35	0.06	0.01	0.00
BEANS, PINTO SEASONED-.75 cup	Servings	3000	126	0	286	5.52	1.94	50.5	49	3.75	*1	7.61	22.93	0.49	0.09	*0.00
FRUIT COCKTAIL:canned,lt syrup	1 CUP	2000	138	0	15	2.42	0.70	14.5	503	4.6	34	0.97	36.13	0.17	0.02	0.00
APPLES,Fresh	1 EACH	2500	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	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)	3000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/2 pint)	4000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			677	31	896	7.49	100.63	773.2	1110	5.55	*57	27.87	109.97	15.32	3.69	*0.00
% of Calories											*34.0%	16.5%	65.0%	20.4%	4.9%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 22, 2025 thru Sep 26, 2025

ELEM LUNCH, O.V.S.

Generated on: 9/2/2025 7:04:31 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 - 09/23/2025																
ELEM LUNCH, O.V.S.	Total	7000														
Chicken, Orange EL	3.6 OZ	4000	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 OG	1/2 Cup	4000	116	0	901	2.61	1.07	27.3	1430	7.02	*2	4.05	19.62	3.1	0.48	*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
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	5000	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	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, In Extra Light Syrup	Serv(1/2 Cup)	5000	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)	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	36	1123	7.45	3.36	545.3	3600	43.41	*61 *40.8%	22.69 15.1%	107.89 72.0%	10.39 15.6%	1.79 2.7%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 22, 2025 thru Sep 26, 2025

ELEM LUNCH, O.V.S.

Generated on: 9/2/2025 7:04:31 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 - 09/24/2025																
ELEM LUNCH, O.V.S.	Total	6000														
Chicken, Shawarma '25	Servings	4000	170	*65	98	0.09	0.90	12.9	96	0.7	*0	20.94	0.39	8.88	1.92	*0.00
Rice, Brown, Steamed '24	1/2 cup	4000	114	0	4	1.07	0.38	4.9	0	0.0	*0	2.23	22.57	1.51	0.21	*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	5000	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	5000	21	0	318	1.99	0.59	33.2	358	3.14	*0	1.05	4.79	0.11	0.03	*0.00
APPLESAUCE	1 CUP	4000	238	0	0	2.00	0.00	0.0	0	2.4	*N/A*	0.0	53.92	0.0	0.00	*N/A*
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)	1000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK, 1% DW 2024	EACH(1/2 pint)	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	EACH (1/2 pint)	4000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			685	*54	681	5.83	3.10	500.7	3166	12.21	*42 *24.8%	28.38 16.6%	113.74 66.5%	11.36 14.9%	2.57 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

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Sep 22, 2025 thru Sep 26, 2025

ELEM LUNCH, O.V.S.

Generated on: 9/2/2025 7:04:31 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 - 09/25/2025																
ELEM LUNCH, O.V.S.	Total	7000														
PIZZA, DOMINOS 14" WGPeP, slice '24	serving	5000	260	15	520	4.00	1.80	300.0	500	6.0	3	16.0	34.0	7.0	3.00	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, Straw w/crack-DW '24	Serv (8oz, 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	Serv. (8oz, 2G)	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	Serv (8oz, 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv (8oz, 2G)	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
SALAD 3/WAY, '23	1 cup	5000	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
JICAMA STICKS	Serv (1/2 Cup)	6500	25	0	0	3.00	0.36	0.0	5	12.0	1	0.0	6.0	0.0	0.00	0.00
SLUSH, KIWI STRAWBERRY '23	container s, 4oz	7200	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
STRAWBERRIES, FRESH	Serving	4000	23	0	1	1.44	0.30	11.5	9	42.34	4	0.48	5.53	0.22	0.01	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)	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			567	24	774	7.74	3.51	644.9	3370	43.88	47	23.06	92.63	11.91	3.59	*0.00
% of Calories											33.4%	16.3%	65.4%	18.9%	5.7%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 22, 2025 thru Sep 26, 2025

ELEM LUNCH, O.V.S.

Generated on: 9/2/2025 7:04:31 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 - 09/26/2025																
ELEM LUNCH, O.V.S.	Total	7000														
Pupusa, Bean and Cheese '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
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
PEACHES: canned, light syrup	1 CUP	5500	136	0	13	3.26	0.90	7.5	889	6.02	33	1.13	36.52	0.08	0.01	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 % of Calories			649	23	804	10.64	2.70	515.5	11481	17.20	65 40.3%	22.80 14.0%	112.10 69.1%	14.27 19.8%	3.96 5.5%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			635	*34	856	7.83	22.66	595.9	4545	24.45	*55 *77.5%	24.96 15.7%	107.27 67.5%	12.65 17.9%	3.12 4.4%	*0.00 *0.0%
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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 22, 2025 thru Sep 26, 2025

ELEM LUNCH, O.V.S.

Generated on: 9/2/2025 7:04:31 AM

Nutrient	Menu AVG	Portion Size % of Cals	Reimb Qty Weekly Target	Cals (kcal) % of Target	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)
Calories	635		550 - 650	100%													
Cholesterol (mg)	34					Missing											
Sodium 1 (mg)	856		1230	70%													
Sodium 1a (mg)	856		1110	77%													
Fiber (g)	7.83																
Iron (mg)	22.66																
Calcium (mg)	595.9																
Vitamin A (IU)	4545																
Sugars (g)	55	34.46%				Missing											
Vitamin C (mg)	24.45																
Protein (g)	24.96	15.71%															
Carbohydrate (g)	107.27	67.53%															
Total Fat (g)	12.65	17.92%	<=30.00%														
Saturated Fat (g)	3.12	4.42%	<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

Sep 29, 2025 thru Sep 30, 2025

ELEM LUNCH, O.V.S.

Generated on: 9/2/2025 7:06:46 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcmm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/29/2025																
ELEM LUNCH, O.V.S.	Total	7000														
TERIYAKI BEEF DUNKERS	SERVING (4each)	4000	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	4000	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)	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, 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, 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, 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
SALAD 3/WAY, '23	1 cup	5500	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
BROCCOLI, raw: fresh	Serv. 1/2 c Veg	5500	15	0	15	1.14	0.32	20.7	274	39.25	1	1.24	2.92	0.16	0.05	0.00
APPLES, Fresh	1 EACH	3200	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	4000	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)	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)	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			575	35	763	5.36	3.47	516.7	3180	39.35	*49 *34.0%	23.16 16.1%	95.40 66.3%	11.88 18.6%	2.94 4.6%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 29, 2025 thru Sep 30, 2025

ELEM LUNCH, O.V.S.

Generated on: 9/2/2025 7:06:46 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 - 09/30/2025																
ELEM LUNCH, O.V.S.	Total	7500														
CORN DOG, CHX '22	EACH	5500	239	40	692	2.31	1.41	25.1	120	0.0	8	11.67	27.9	9.23	2.51	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
BEANS, BLACK SEASONED-2012	1/2 CUP	2000	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
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
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
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
CATSUP	.5 oz	3000	17	0	154	0.05	0.06	2.6	90	0.7	4	0.18	4.66	0.02	0.00	0.00
MUSTARD	.5 oz	3000	9	0	166	0.60	0.24	9.5	16	0.05	0	0.56	0.87	0.5	0.03	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	4000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK,1% DW 2024	EACH(1/2 pint)	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/ 2 pint)	5500	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			583	42	1122	9.03	3.33	459.3	7734	11.85	*51 *34.8%	23.00 15.8%	94.96 65.2%	13.68 21.1%	3.30 5.1%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Weighted Average																
			579	38	943	7.20	3.40	488.0	5457	25.60	*50 *77.4%	23.08 15.9%	95.18 65.7%	12.78 19.9%	3.12 4.8%	*0.00 *0.0%

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

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Sep 29, 2025 thru Sep 30, 2025

ELEM LUNCH, O.V.S.

Generated on: 9/2/2025 7:06:46 AM

Nutrient	Menu AVG	Portion Size % of Cals	Reimb Qty Weekly Target	Cals (kcal) % of Target*	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	579		550 - 650														
Cholesterol (mg)	38																
Sodium 1 (mg)	943		1230														
Sodium 1a (mg)	943		1110														
Fiber (g)	7.20																
Iron (mg)	3.40																
Calcium (mg)	488.0																
Vitamin A (IU)	5457																
Sugars (g)	50	34.40%				Missing											
Vitamin C (mg)	25.60																
Protein (g)	23.08	15.94%															
Carbohydrate (g)	95.18	65.74%															
Total Fat (g)	12.78	19.86%	<=30.00%														
Saturated Fat (g)	3.12	4.85%	<10.00%														
Trans Fat ¹ (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

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