

# Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Dec 1, 2022 thru Dec 2, 2022

EL CLASSROOM BREAKFAST #1

Generated on: 12/6/2022 10:04:07 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 <sup>1</sup> (g)
Thu - 12/01/2022																
EL CLASSROOM BREAKFA	Total	4950														
POP TARTS,Wh.Gr Strawbrry-2013	PKG. of (2 ea)	4950	360	0	360	6.00	3.60	200.0	1000	0.0	30	4.0	75.0	4.5	2.00	0.00
BANANAS	1 EACH	225	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
BANANAS	1 EACH	4950	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	300	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	4650	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			565	3	497	8.75	4.55	461.3	1568	9.33	61	13.33	118.87	5.00	2.21	*0.00
% of Calories											43.0%	9.4%	84.2%	8.0%	3.5%	*0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Fri - 12/02/2022																
EL CLASSROOM BREAKFA	Total	4950														
Bar, Cinna Toast Crunch '22	Package	4950	150	0	115	3.00	1.80	200.0	0	0.0	9	2.0	30.0	3.5	0.50	0.00
Juice, Orange,4oz. Hollan-2018	CARTONS	225	60	0	10	0.00	0.00	0.0	0	30.0	12	1.0	14.0	0.0	0.00	0.00
Juice, Orange,4oz. Hollan-2018	CARTONS	4950	60	0	10	0.00	0.00	0.0	0	30.0	12	1.0	14.0	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	300	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	4650	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			323	3	261	3.00	2.48	456.1	500	31.51	39	11.23	64.39	3.65	0.59	0.00
% of Calories											48.6%	13.9%	79.7%	10.2%	1.6%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Weighted Average			444	3	379	5.87	3.51	458.7	1034	20.42	50	12.28	91.63	4.33	1.40	*0.00
											101.3%	11.1%	82.6%	8.8%	2.8%	*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.

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# Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Dec 1, 2022 thru Dec 2, 2022

EL CLASSROOM BREAKFAST #1

Generated on: 12/6/2022 10:04:07 AM

Nutrient	Menu AVG	Portion Size % of Cals	Reimb Qty Weekly Target	Cals (kcal) % of Target*	Cholst (mg) % of Target*	Sodm (mg) Miss Data	Fiber (g) Shortfall*	Iron (mg) Overage*	Calc (mg) Overage*	Vit-A (IU) Error Messages (if any)*	Vit-C (mg) Error Messages (if any)*	Sugars (g) Error Messages (if any)*	Protn (g) Error Messages (if any)*	Carb (g) Error Messages (if any)*	T-Fat (g) Error Messages (if any)*	S-Fat (g) Error Messages (if any)*	Tr-Fat <sup>1</sup> (g) Error Messages (if any)*
Calories	444		350 - 500														
Cholesterol (mg)	3																
Sodium (mg)	379		540														
Fiber (g)	5.87																
Iron (mg)	3.51																
Calcium (mg)	458.7																
Vitamin A (IU)	1034																
Sugars (g)	50	45.04%															
Vitamin C (mg)	20.42																
Protein (g)	12.28	11.06%															
Carbohydrate (g)	91.63	82.56%															
Total Fat (g)	4.33	8.77%		<=30.00%													
Saturated Fat (g)	1.40	2.84%		<10.00%													
Trans Fat <sup>1</sup> (g)	0.00	0.00%				Missing											

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

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# Rialto Unified School District

Dec 5, 2022 thru Dec 9, 2022

## Base Menu Spreadsheet

EL CLASSROOM BREAKFAST #1

### Portion Values - Detailed

	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 <sup>1</sup> (g)
Mon - 12/05/2022																
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
GRAPES,Fresh	serving	225	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
GRAPES,Fresh	serving	4950	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	300	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	4650	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			445	3	368	5.87	3.65	289.5	701	3.99	54	13.79	84.25	8.49	2.70	*0.00
% of Calories											48.9%	12.4%	75.7%	17.2%	5.5%	*0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Tue - 12/06/2022																
EL CLASSROOM BREAKFA	Total	4950														
BURRITO,Brkft.Bn&Ch-Wh-Gr-2 017	1 EACH	4950	177	20	264	3.90	0.76	186.3	168	0.0	0	9.92	18.12	7.3	3.54	0.00
APPLES,Fresh sliced 2017	pkg. (3 oz)	225	51	0	0	3.00	0.18	10.0	50	185.4	9	0.0	12.0	0.0	0.00	0.00
APPLES,Fresh sliced 2017	pkg. (3 oz)	4950	51	0	0	3.00	0.18	10.0	50	185.4	9	0.0	12.0	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	300	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	4650	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			341	23	400	7.04	1.62	452.8	720	193.97	27	18.10	50.42	7.45	3.63	0.00
% of Calories											32.1%	21.2%	59.1%	19.7%	9.6%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Wed - 12/07/2022																
EL CLASSROOM BREAKFA	Total	100														
Pan Dulce 51% Whole Wheat-2014	1 each	100	180	10	180	2.00	1.44	0.0	35	0.0	7	5.0	31.0	5.5	1.75	0.00
Craisins 2020	servings	1	187	0	2	3.45	0.32	6.1	0	0.12	39	0.04	49.92	0.83	0.06	*N/A*
Craisins 2020	servings	100	187	0	2	3.45	0.32	6.1	0	0.12	39	0.04	49.92	0.83	0.06	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	100	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	1	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			490	25	333	5.49	1.77	358.6	540	2.52	61	16.12	97.61	8.84	3.31	*0.00
% of Calories											49.8%	13.2%	79.7%	16.2%	6.1%	*0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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# Rialto Unified School District

Dec 5, 2022 thru Dec 9, 2022

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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Thu - 12/08/2022</b>																
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
BANANAS	1 EACH	225	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
BANANAS	1 EACH	4950	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	300	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	4650	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			364	29	449	4.15	2.05	371.3	678	9.33	32	19.03	59.87	6.90	2.81	*0.00
% of Calories											35.7%	20.9%	65.9%	17.1%	6.9%	*0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

<b>Fri - 12/09/2022</b>																
EL CLASSROOM BREAKFA	Total	4950														
Muffins, Banana-Elements 2017	1 ea	4950	400	75	370	2.00	0.36	0.0	100	0.0	25	5.0	46.0	23.0	3.00	0.00
Juice, Orange,4oz. Hollan-2018	CARTONS	225	60	0	10	0.00	0.00	0.0	0	30.0	12	1.0	14.0	0.0	0.00	0.00
Juice, Orange,4oz. Hollan-2018	CARTONS	4950	60	0	10	0.00	0.00	0.0	0	30.0	12	1.0	14.0	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	300	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	4650	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			573	78	516	2.00	1.03	256.1	600	31.51	55	14.23	80.39	23.15	3.09	0.00
% of Calories											38.6%	9.9%	56.1%	36.3%	4.9%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Weighted Average			443	32	413	4.91	2.03	345.7	648	48.27	46	16.25	74.51	10.97	3.11	*0.00
											93.8%	14.7%	67.4%	22.3%	6.3%	*0.0%

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**Rialto Unified School District**

**Dec 5, 2022 thru Dec 9, 2022**

Base Menu Spreadsheet

EL CLASSROOM BREAKFAST #1

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size % of Cals	Reimb Qty Weekly Target	Cals (kcal) % of Target	Cholst (mg)	Sodm (mg) Miss Data	Fiber (g) Shortfall	Iron (mg) Overage	Calc (mg)	Vit-A (IU) Error Messages (if any)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Calories	443		350 - 500	100%													
Cholesterol (mg)	32																
Sodium (mg)	413		540														
Fiber (g)	4.91																
Iron (mg)	2.03																
Calcium (mg)	345.7																
Vitamin A (IU)	648																
Sugars (g)	46	41.67%															
Vitamin C (mg)	48.27																
Protein (g)	16.25	14.69%															
Carbohydrate (g)	74.51	67.35%															
Total Fat (g)	10.97	22.30%		<=30.00%													
Saturated Fat (g)	3.11	6.32%		<10.00%													
Trans Fat <sup>1</sup> (g)	0.00	0.00%				Missing											

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# Rialto Unified School District

Dec 12, 2022 thru Dec 16, 2022

Base Menu Spreadsheet

EL CLASSROOM BREAKFAST #1

Portion Values - Detailed

Page 1

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 12/12/2022</b>																
EL CLASSROOM BREAKFA	Total	4950														
Pocket, Pizza Pepp '22	1 EACH	4950	300	30	590	3.00	2.70	240.0	70	0.0	5	19.0	31.0	12.0	5.00	0.00
GRAPES,Fresh	serving	225	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
GRAPES,Fresh	serving	4950	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	300	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	4650	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			475	33	728	3.87	3.65	509.5	666	3.99	38	27.79	67.25	12.49	5.20	*0.00
% of Calories											32.3%	23.4%	56.6%	23.7%	9.8%	*0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

<b>Tue - 12/13/2022</b>																
EL CLASSROOM BREAKFA	Total	4950														
OATMEAL CHOC-CHIP BAR-2017	1 EACH	4950	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
APPLES,Fresh sliced 2017	pkg. (3 oz)	225	51	0	0	3.00	0.18	10.0	50	185.4	9	0.0	12.0	0.0	0.00	0.00
APPLES,Fresh sliced 2017	pkg. (3 oz)	4950	51	0	0	3.00	0.18	10.0	50	185.4	9	0.0	12.0	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	300	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	4650	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			454	23	376	6.14	2.66	286.5	552	193.97	49	13.18	79.30	9.15	3.09	0.00
% of Calories											43.3%	11.6%	69.9%	18.1%	6.1%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

<b>Wed - 12/14/2022</b>																
EL CLASSROOM BREAKFA	Total	4950														
Waffles, Mini Maple 2017	pkg	4950	210	0	170	3.00	0.72	20.0	65	0.0	13	4.0	38.0	6.0	1.00	0.00
Juice, Orange,4oz. Hollan-2018	CARTONS	225	60	0	10	0.00	0.00	0.0	0	30.0	12	1.0	14.0	0.0	0.00	0.00
Juice, Orange,4oz. Hollan-2018	CARTONS	4950	60	0	10	0.00	0.00	0.0	0	30.0	12	1.0	14.0	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	300	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	4650	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			383	3	316	3.00	1.40	276.1	565	31.51	43	13.23	72.39	6.15	1.09	0.00
% of Calories											45.2%	13.8%	75.5%	14.4%	2.6%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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

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# Rialto Unified School District

Dec 12, 2022 thru Dec 16, 2022

## Base Menu Spreadsheet

EL CLASSROOM BREAKFAST #1

### Portion Values - Detailed

	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 <sup>1</sup> (g)
<b>Thu - 12/15/2022</b>																
EL CLASSROOM BREAKFA	Total	4950														
UBR - BRKFST CINN ROUND 2	1 EACH	4950	260	0	190	3.00	2.70	80.0	0	0.0	14	5.0	38.0	10.0	2.50	0.00
020																
BANANAS	1 EACH	225	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
BANANAS	1 EACH	4950	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	300	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	4650	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			465	3	327	5.75	3.65	341.3	568	9.33	45	14.33	81.87	10.50	2.71	*0.00
% of Calories											38.5%	12.3%	70.5%	20.3%	5.2%	*0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

<b>Fri - 12/16/2022</b>																
EL CLASSROOM BREAKFA	Total	100														
Cereal Bar, Trix 2019	Package	100	150	0	100	3.00	1.80	250.0	100	1.2	9	2.0	30.0	3.0	0.50	0.00
Craisins 2020	servings	1	187	0	2	3.45	0.32	6.1	0	0.12	39	0.04	49.92	0.83	0.06	*N/A*
Craisins 2020	servings	100	187	0	2	3.45	0.32	6.1	0	0.12	39	0.04	49.92	0.83	0.06	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	100	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	1	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			460	15	253	6.49	2.13	608.6	605	3.72	63	13.12	96.61	6.34	2.06	*0.00
% of Calories											54.8%	11.4%	84.1%	12.4%	4.0%	*0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Weighted Average			447	15	400	5.05	2.70	404.4	591	48.51	48	16.33	79.49	8.93	2.83	*0.00
											96.0%	14.6%	71.1%	18.0%	5.7%	*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.

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# Rialto Unified School District

Dec 12, 2022 thru Dec 16, 2022

Base Menu Spreadsheet

EL CLASSROOM BREAKFAST #1

Portion Values - Detailed

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Generated on: 12/6/2022 10:04:31 AM

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall		Overage	Error Messages (if any)							
Calories	447		350 - 500		100%												
Cholesterol (mg)	15																
Sodium (mg)	400		540														
Fiber (g)	5.05																
Iron (mg)	2.70																
Calcium (mg)	404.4																
Vitamin A (IU)	591																
Sugars (g)	48	42.66%															
Vitamin C (mg)	48.51																
Protein (g)	16.33	14.60%															
Carbohydrate (g)	79.49	71.08%															
Total Fat (g)	8.93	17.96%	<=30.00%														
Saturated Fat (g)	2.83	5.69%	<10.00%														
Trans Fat <sup>1</sup> (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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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