

Rialto Unified School District

Dec 1, 2022 thru Dec 2, 2022

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

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 ¹ (g)
Thu - 12/01/2022																
ELEMENTARY LUNCH, CH	Total	9000														
ITALIAN PASTA BAKE 2021	servings	7000	237	35	680	8.89	3.06	149.6	735	11.2	*5	15.87	26.75	7.34	3.08	*0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	400	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	400	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	400	410	10	410	4.00	4.00	287.0	2500	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	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, side,2021	servings	3500	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
Carrot Nibbles 2022	1/2 Cup	5500	25	0	42	1.71	0.18	20.1	10255	3.6	3	0.57	5.84	0.15	0.02	0.00
PEACHES, Diced Xtra Lite Syrup	serving	7500	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	1 oz	7500	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	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			494	40	901	9.08	3.72	473.6	8741	14.49	*29	23.98	70.76	14.08	4.35	*0.00
% of Calories											*23.7%	19.4%	57.3%	25.7%	7.9%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

	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 - 12/02/2022																
ELEMENTARY LUNCH, CH	Total	8225														
CHICKEN,BBQ SAND 2021	1 EACH	7225	348	55	1112	3.51	2.52	98.7	142	0.34	22	25.47	53.12	4.86	0.52	0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	300	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	300	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	300	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	300	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, side,2021	servings	6000	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
CELERY STICKS 2021	serving	6500	18	0	89	1.78	0.22	44.6	500	3.45	2	0.77	3.31	0.19	0.04	*N/A*
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	*N/A*
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
CATSUP	1 oz	1	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	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			591	60	1370	6.33	3.77	464.4	2794	9.05	*53	34.48	93.26	11.88	2.19	*0.00
% of Calories											*36.0%	23.3%	63.1%	18.1%	3.3%	*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.

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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

ELEMENTARY LUNCH, CHOICES

Generated on: 12/6/2022 9:07:50 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)
Weighted Average			543	50	1136	7.71	3.74	469.0	5767	11.77	*41 *68.5%	29.23 21.6%	82.01 60.5%	12.98 21.5%	3.27 5.4%	*0.00 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target*	Miss Data	Shortfall*	Overage*	Error Messages (if any)*
Calories	543		550 - 650					
Cholesterol (mg)	50							
Sodium (mg)	1136		1230					
Fiber (g)	7.71							
Iron (mg)	3.74							
Calcium (mg)	469.0							
Vitamin A (IU)	5767							
Sugars (g)	41	30.43%			Missing			
Vitamin C (mg)	11.77							
Protein (g)	29.23	21.55%						
Carbohydrate (g)	82.01	60.46%						
Total Fat (g)	12.98	21.53%	<=30.00%					
Saturated Fat (g)	3.27	5.42%	<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

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Rialto Unified School District

Dec 5, 2022 thru Dec 9, 2022

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

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 ¹ (g)
Mon - 12/05/2022																
ELEMENTARY LUNCH, CH	Total	8225														
Chicken Tenders, WG 2017	Serving	7225	184	34	383	2.00	2.00	20.0	84	87.0	0	15.0	13.0	8.0	2.00	0.00
Cookie, Choc Belly Bear-2018	bag	7225	120	0	85	2.00	1.08	100.0	35	0.0	7	2.0	20.0	4.0	0.00	0.00
YOGURT, Hollan, Ras, w/crack-2017	SERVING	300	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT, HollanPeachw/crack-2017	SERVING	300	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT, Strawberry W/Crack-2017	SERVING	300	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT, Strw-Ban, W/Crack-2017	SERVING	300	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, side, 2021	servings	6000	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*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	*N/A*
PEACH CUP	1 EACH	5000	53	0	3	1.02	0.21	1.7	161	53.41	13	0.36	13.6	0.07	0.01	*N/A*
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
CATSUP	1 oz	1	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	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			591	41	735	8.09	4.18	447.6	2479	117.69	*48	26.58	86.71	18.04	3.43	*0.00
% of Calories											*32.8%	18.0%	58.7%	27.5%	5.2%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 12/06/2022																
ELEMENTARY LUNCH, CH	Total	8225														
TACO GRANDE, TURKEY-2022	1 EACH	7225	297	55	566	2.00	*0.36	*0.0	*0	*0.0	*2	16.38	15.49	19.43	7.74	0.00
YOGURT, Hollan, Ras, w/crack-2017	SERVING	300	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT, HollanPeachw/crack-2017	SERVING	300	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT, Strawberry W/Crack-2017	SERVING	300	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT, Strw-Ban, W/Crack-2017	SERVING	300	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
BEANS, PINTO SEASONED-2017	1/2 CUP	6000	83	0	189	3.65	1.28	33.3	32	2.48	*1	5.02	15.13	0.32	0.06	*0.00
LETTUCE, SHREDDED	Serving	6500	10	0	7	0.86	0.30	13.0	361	2.02	1	0.65	2.14	0.1	0.01	*N/A*
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	*N/A*
PINEAPPLE, IN JUICE	Serving	1	54	0	1	1.18	0.25	14.5	45	8.51	13	0.46	14.08	0.1	0.01	*N/A*
Salsa, Low Sodium 2oz	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

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Rialto Unified School District

Dec 5, 2022 thru Dec 9, 2022

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

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' (g)
Weighted Daily Average % of Calories			551	55	879	6.69	*3.54	*362.5	*1420	*7.61	*35 *25.5%	29.62 21.5%	68.38 49.6%	19.49 31.8%	7.64 12.5%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 12/07/2022																
ELEMENTARY LUNCH, CH	Total	9000														
Spagh.w/Meat &Noodle-Roll-2020	3/4 CUP	5000	384	47	928	8.21	5.25	97.1	611	10.57	*6	24.46	54.28	9.94	2.97	*0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	400	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	400	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	400	410	10	410	4.00	4.00	287.0	2500	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	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, side,2021	servings	3500	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
Strawberry Cup, Froz. - 2017	1 each	5500	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
APPLESAUCE	1 CUP	7500	238	0	0	2.00	0.00	0.0	0	2.4	*N/A*	0.0	53.92	0.0	0.00	*N/A*
DRESSING, RANCH	1 oz	7500	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	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			705	39	859	8.86	4.68	410.4	2024	40.00	*36 *20.6%	25.19 14.3%	122.56 69.5%	13.81 17.6%	3.59 4.6%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Page 3

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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 - 12/08/2022																
ELEMENTARY LUNCH, CH	Total	10000														
Pie, Chicken Pot '22 CK	Servings	9000	203	62	778	2.35	1.45	24.0	3326	3.82	*1	12.14	11.45	13.58	3.75	*0.00
Biscuit, Whole Grain	1 each	9000	190	0	410	2.00	0.72	150.0	10	0.0	2	4.0	24.0	9.0	8.00	0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	400	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	400	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	400	410	10	410	4.00	4.00	287.0	2500	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	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, side,2021	servings	3500	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*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
ORANGES	1 EACH	5500	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.02	*N/A*
DRESSING, RANCH	1 oz	7500	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	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			631	68	1376	7.29	3.11	488.2	4641	34.51	*35	25.19	78.16	27.84	12.34	*0.00
% of Calories											*22.4%	16.0%	49.6%	39.7%	17.6%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 12/09/2022																
ELEMENTARY LUNCH, CH	Total	8273														
Chile Verde-2022	3 oz	4500	389	100	650	1.85	2.46	123.5	991	11.98	*1	36.68	34.04	12.01	2.71	*0.00
Tortilla, Ultra Grain 6"-2014	1 Each	1	90	0	84	2.00	0.90	50.0	0	0.0	0	3.0	15.0	2.0	0.00	0.00
YOGURT,Hollan,Ras,w/crack-2017	1 each	220	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	1 each	640	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	1 each	350	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	1 each	700	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
CARROT, sticks '22	Serving	6016	54	0	91	3.69	0.40	43.5	22161	7.78	6	1.23	12.63	0.32	0.05	0.00
FRUIT MIX, Extra Light Syrup	serving	1000	80	0	5	1.00	0.00	0.0	200	1.2	15	0.0	18.0	0.0	0.00	0.00
DRESSING, RANCH	1 oz	8036	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	1720	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	6553	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			530	67	798	4.77	3.14	453.4	17757	12.97	*33	32.28	68.43	16.14	3.56	*0.00
% of Calories											*24.9%	24.4%	51.7%	27.4%	6.0%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Dec 5, 2022 thru Dec 9, 2022

ELEMENTARY LUNCH, CHOICES

Generated on: 12/6/2022 9:08:05 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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average			601	54	930	7.14	*3.73	*432.4	*5664	*42.56	*38 *56.3%	27.77 18.5%	84.85 56.4%	19.06 28.5%	6.11 9.1%	*0.00 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	601		550 - 650	100%				
Cholesterol (mg)	54							
Sodium (mg)	930		1230					
Fiber (g)	7.14							
Iron (mg)	3.73				Missing			
Calcium (mg)	432.4				Missing			
Vitamin A (IU)	5664				Missing			
Sugars (g)	38	25.04%			Missing			
Vitamin C (mg)	42.56				Missing			
Protein (g)	27.77	18.47%						
Carbohydrate (g)	84.85	56.42%						
Total Fat (g)	19.06	28.52%	<=30.00%					
Saturated Fat (g)	6.11	9.15%	<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

Dec 12, 2022 thru Dec 16, 2022

ELEMENTARY LUNCH, CHOICES

Generated on: 12/6/2022 9:08:22 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/12/2022																
ELEMENTARY LUNCH, CH	Total	8225														
MACARONI AND CHEESE '22	1/2 CUP	5000	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	5000	90	0	170	2.00	1.08	40.0	10	0.0	2	5.0	17.0	1.5	0.00	0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	500	410	10	410	4.00	4.00	287.0	2500	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	2500	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	2500	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	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
Green Beans, Fzn-Season-2022	1/2 cup	5500	21	0	318	1.99	0.59	33.2	358	3.14	*0	1.05	4.79	0.11	0.03	*0.00
SALAD 3/WAY, side,2021	servings	5500	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
Mixed Berry, Froz. 2019	1 each	5000	90	0	0	2.00	0.00	0.0	0	0.0	16	0.0	20.0	0.0	0.00	0.00
Pears, In Extra Light Syrup	1 serving	6500	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	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
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			629	39	1441	7.30	2.95	830.3	4002	6.90	*51	31.08	92.54	17.50	7.42	*0.00
% of Calories											*32.2%	19.8%	58.9%	25.1%	10.6%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 12/13/2022																
ELEMENTARY LUNCH, CH	Total	8225														
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	400	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	400	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	400	410	10	410	4.00	4.00	287.0	2500	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	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, side,2021	servings	5500	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
BEAN, GARBANZO	1 CUP	5500	286	0	718	10.61	3.24	76.0	58	9.19	*N/A*	11.88	54.29	2.74	0.29	0.00
GRAPES,Fresh	1 serving	6500	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
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
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

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Rialto Unified School District

Dec 12, 2022 thru Dec 16, 2022

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

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Generated on: 12/6/2022 9:08:22 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 % of Calories			649	36	1135	10.27	5.02	419.4	2368	12.85	*42 *26.1%	29.95 18.5%	105.63 65.1%	14.30 19.8%	3.64 5.0%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 12/14/2022																
ELEMENTARY LUNCH, CH BURRITO,TKY BEAN & CHSE-2 017	Total SERVING	9000 6500														
YOGURT,Hollan,Ras,w/crack-2017	SERVING	500	410	10	410	4.00	4.00	287.0	2500	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	2500	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	2500	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	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, side,2021	servings	5000	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	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	*N/A*
APRICOT CUP	1 EACH	5000	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Salsa, LaVictoria 2017 2oz	Serving	5000	19	0	340	0.00	0.00	0.0	0	6.8	2	0.0	3.78	0.0	0.00	0.00
DRESSING, RANCH	1 oz	4500	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	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 % of Calories			647	28	819	9.63	5.09	456.3	2645	15.96	*34 *21.3%	25.52 15.8%	104.77 64.8%	16.25 22.6%	4.18 5.8%	*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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Dec 12, 2022 thru Dec 16, 2022

ELEMENTARY LUNCH, CHOICES

Generated on: 12/6/2022 9:08:22 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 - 12/15/2022																
ELEMENTARY LUNCH, CH	Total	8850														
Pozole, Red Turkey22 SEC	14 oz	5000	252	48	1584	3.47	2.57	24.0	1210	3.0	*3	21.6	24.3	6.91	2.67	*0.00
TORTILLA CHIPS-2021	SERVING.	5000	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	500	410	10	410	4.00	4.00	287.0	2500	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	2500	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	2500	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	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
CABBAGE, SHREDDED	Serving	5500	13	0	9	1.31	0.25	21.0	51	19.22	2	0.67	3.05	0.05	0.02	*N/A*
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
CELERY STICKS 2021	serving	4000	18	0	89	1.78	0.22	44.6	500	3.45	2	0.77	3.31	0.19	0.04	*N/A*
Salsa, LaVictoria 2017 2oz	Serving	4000	19	0	340	0.00	0.00	0.0	0	6.8	2	0.0	3.78	0.0	0.00	0.00
DRESSING, RANCH .50oz	Servings	5000	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
MILK,1% HOLLANDIA 2017	1 EACH	4000	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	4850	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			588	39	1485	7.88	5.04	457.0	2307	20.15	*29	26.99	84.81	15.86	4.25	*0.00
% of Calories											*19.9%	18.4%	57.7%	24.3%	6.5%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 12/16/2022																
ELEMENTARY LUNCH, CH	Total	9000														
PIZZA,PEP-WG-4X6 ARDELLAS-2013	1 EACH	8000	330	38	670	3.58	1.36	470.4	469	12.65	5	18.64	31.94	14.46	6.25	0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	300	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	300	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	300	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	300	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, side,2021	servings	7700	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
Strawberry Cup, Froz. - 2017	1 each	3406	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
DRESSING, RANCH .50oz	Servings	8000	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*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	8500	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00

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Rialto Unified School District

Dec 12, 2022 thru Dec 16, 2022

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

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)
Weighted Daily Average			533	41	859	5.51	2.85	732.5	2857	33.36	*33	27.16	70.34	17.33	6.51	*0.00
% of Calories											*25.1%	20.4%	52.7%	29.2%	11.0%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			609	37	1148	8.12	4.19	579.1	2836	17.84	*38	28.14	91.62	16.25	5.20	*0.00
											*56.2%	18.5%	60.2%	24.0%	7.7%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	609		550 - 650	100%				
Cholesterol (mg)	37							
Sodium (mg)	1148		1230					
Fiber (g)	8.12							
Iron (mg)	4.19							
Calcium (mg)	579.1							
Vitamin A (IU)	2836							
Sugars (g)	38	24.96%			Missing			
Vitamin C (mg)	17.84							
Protein (g)	28.14	18.48%						
Carbohydrate (g)	91.62	60.16%						
Total Fat (g)	16.25	24.01%	<=30.00%					
Saturated Fat (g)	5.20	7.68%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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