

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Sep 1, 2023 thru Sep 1, 2023

ELEMENTARY LUNCH, CHOICES

Generated on: 8/29/2023 9:37:13 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 - 09/01/2023																
ELEMENTARY LUNCH, CH	Total	9000														
TURKEY GRAVY -2022	3/8 CUP	7000	148	45	755	0.04	1.41	15.6	3	0.6	*0	18.21	6.29	5.02	1.65	*0.00
POTATO,MASHED,IDAHO REA	Servings	9000	23	0	91	0.26	0.08	8.6	0	0.0	0	0.52	4.65	0.13	0.00	*0.00
L 2020																
Roll, dinner,whte.wht Galassos	1 each	9000	150	0	270	3.00	1.80	80.0	15	0.0	3	7.0	29.0	2.0	0.00	0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	400	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2	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
017																
YOGURT,Strawberry W/Crack-2	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
017																
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
CAKE, CHOCOLATE, WHT FR	1 EACH	7000	259	0	164	2.11	1.12	11.3	102	0.01	*26	2.61	40.3	10.86	2.27	*0.00
OST																
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
PLUMS,FRESH	1 EACH	5500	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*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			753	48	1415	6.62	5.14	457.0	1888	6.88	*51	35.28	109.21	22.87	4.99	*0.00
% of Calories											*27.3%	18.7%	58.0%	27.3%	6.0%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			753	48	1415	6.62	5.14	457.0	1888	6.88	*51	35.28	109.21	22.87	4.99	*0.00
											*61.4%	18.7%	58.0%	27.3%	6.0%	*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

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Sep 1, 2023 thru Sep 1, 2023

ELEMENTARY LUNCH, CHOICES

Generated on: 8/29/2023 9:37:13 AM

Nutrient	Menu AVG	Portion Size % of Cals	Reimb Qty Weekly Target	Cals (kcal) % of Target*	Cholst (mg) Miss Data	Sodm (mg) Shortfall*	Fiber (g) Overage*	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)	Error Messages (if any)*
Calories	753		550 - 650															
Cholesterol (mg)	48																	
Sodium (mg)	1415		1230															
Fiber (g)	6.62																	
Iron (mg)	5.14																	
Calcium (mg)	457.0																	
Vitamin A (IU)	1888																	
Sugars (g)	51	27.28%				Missing												
Vitamin C (mg)	6.88																	
Protein (g)	35.28	18.75%																
Carbohydrate (g)	109.21	58.04%																
Total Fat (g)	22.87	27.35%		<=30.00%														
Saturated Fat (g)	4.99	5.97%		<10.00%														
Trans Fat ¹ (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

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Sep 4, 2023 thru Sep 8, 2023

ELEMENTARY LUNCH, CHOICES

Generated on: 8/29/2023 9:16:54 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 - 09/04/2023																
ELEMENTARY LUNCH, CH HOLIDAY	Total SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0.0%	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Tue - 09/05/2023																
ELEMENTARY LUNCH, CH CORN DOG, CHX 2020	Total 1 EACH	7500	240	40	470	2.00	1.44	60.0	0	0.0	8	9.0	30.0	9.0	2.50	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, Hollan Peachw/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
BEANS, BLACK SEASONED-2012	1/2 CUP	6500	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, 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
APPLES, Fresh	1 EACH	5000	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
CATSUP	.5 oz	4500	17	0	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.34	0.0	0.00	*N/A*
MUSTARD	.5 oz	1000	10	0	177	0.51	0.23	9.0	11	0.23	0	0.68	0.83	0.62	0.04	0.00
DRESSING, RANCH .50oz	Servings	1000	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	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			628	42	1069	13.98	5.57	482.5	2562	11.01	*47	28.03	105.73	11.52	3.25	*0.00
											*29.6%	17.8%	67.3%	16.5%	4.7%	*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 4, 2023 thru Sep 8, 2023

ELEMENTARY LUNCH, CHOICES

Generated on: 8/29/2023 9:16:55 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 - 09/06/2023																
ELEMENTARY LUNCH, CH	Total	8225														
TERIYAKI BEEF DUNKERS	14 oz	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	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
E-2014																
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-2	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
017																
YOGURT,Strawberry W/Crack-2	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
017																
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
BROCCOLI,raw: fresh	Serving	5500	15	0	15	1.18	0.33	21.4	283	40.59	1	1.28	3.02	0.17	0.01	*N/A*
BANANAS	1 EACH	6500	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PEACHES, Diced Xtra Lite Syrup	serving	6500	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	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			538	36	672	5.39	3.07	376.7	2735	38.83	*41	23.28	88.18	12.60	3.46	*0.00
% of Calories											*30.4%	17.3%	65.6%	21.1%	5.8%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Thu - 09/07/2023																
ELEMENTARY LUNCH, CH	Total	8850														
Pozole, Green Chicken 2022	14 oz	5000	245	70	1669	2.26	1.52	147.5	135	15.97	*6	19.2	25.89	6.64	2.83	*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-2	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
017																
YOGURT,Strawberry W/Crack-2	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
017																
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*
LEMON WEDGES	Quarter	5000	17	0	1	1.60	0.36	10.0	0	30.6	*N/A*	0.6	5.0	0.2	0.00	0.00
GRAPES,Fresh	serving	5500	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
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

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Sep 4, 2023 thru Sep 8, 2023

ELEMENTARY LUNCH, CHOICES

Generated on: 8/29/2023 9:16:55 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)
Weighted Daily Average % of Calories			578	51	1335	7.81	4.72	520.3	1344	41.67	*39 *26.7%	25.99 18.0%	86.43 59.8%	15.93 24.8%	4.38 6.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 09/08/2023																
ELEMENTARY LUNCH, CH	Total	7000														
FISH STICKS, POLLOCK -2013	SERV.(4 sticks)	5000	210	55	290	3.00	1.44	60.0	0	0.0	0	18.0	23.0	5.0	0.50	0.00
Cookie, Choc Graham belly bear	bag	5000	121	0	86	2.03	1.09	101.2	0	0.0	7	2.03	20.25	4.05	0.00	0.00
YOGURT, Hollan, Ras, w/crack-2017	SERVING	325	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	198	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	225	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	252	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
POTATO FROZEN, FRNCH-2021	SERVING	5000	120	0	40	1.00	0.72	0.0	0	0.0	0	2.0	20.0	3.5	0.50	0.00
SALAD 3/WAY, 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
PLUMS, FRESH	1 EACH	3200	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
CATSUP	1 oz	4500	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
DRESSING, RANCH .50oz	Servings	4500	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
MILK, 1% HOLLANDIA 2017	1 EACH	575	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK, NF Chocolate HOLL. 2017	1 EACH	6000	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			556	46	708	6.09	3.65	411.9	2495	7.72	*35 *25.1%	25.91 18.7%	86.91 62.6%	12.80 20.7%	1.59 2.6%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			575	44	946	8.32	4.25	447.9	2284	24.81	*40 *63.0%	25.80 18.0%	91.81 63.9%	13.21 20.7%	3.17 5.0%	*0.00 *0.0%
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ELEMENTARY LUNCH, CHOICES

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Nutrient	Menu AVG	Portion Size % of Cals	Reimb Qty Weekly Target	Cals (kcal) % of Target	Cholst (mg) Miss Data	Sodm (mg) Shortfall	Fiber (g) Overage	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	575		550 - 650	100%													
Cholesterol (mg)	44																
Sodium (mg)	946		1230														
Fiber (g)	8.32																
Iron (mg)	4.25																
Calcium (mg)	447.9																
Vitamin A (IU)	2284																
Sugars (g)	40	27.98%			Missing												
Vitamin C (mg)	24.81																
Protein (g)	25.80	17.95%															
Carbohydrate (g)	91.81	63.88%															
Total Fat (g)	13.21	20.68%	<=30.00%														
Saturated Fat (g)	3.17	4.96%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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Sep 11, 2023 thru Sep 15, 2023

ELEMENTARY LUNCH, CHOICES

Generated on: 8/29/2023 9:37:48 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 - 09/11/2023																
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
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
APPLES,Fresh	1 EACH	5000	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Pears, In Extra Light Syrup	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			604	39	1229	6.76	2.66	813.1	3808	8.66	*49	30.59	88.77	17.57	7.43	*0.00
% of Calories											*32.7%	20.3%	58.8%	26.2%	11.1%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 09/12/2023																
ELEMENTARY LUNCH, CH	Total	6500														
CHICKEN PATTY,WG/HMSTL B UN2015	1 EACH	4500	338	50	666	5.00	2.16	300.0	142	1.0	3	22.0	43.0	10.0	2.00	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
BARBECUE BEANS -2012	1/2 CUP	4500	197	0	782	6.77	2.07	63.6	302	1.51	*9	8.1	45.2	0.65	0.13	*0.00
SALAD 3/WAY, side,2021	servings	4500	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
GRAPES,Fresh	serving	4500	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
CATSUP	1 oz	3000	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
DRESSING, RANCH .50oz	Servings	3000	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
MUSTARD	.5 oz	3000	10	0	177	0.51	0.23	9.0	11	0.23	0	0.68	0.83	0.62	0.04	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

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 11, 2023 thru Sep 15, 2023

ELEMENTARY LUNCH, CHOICES

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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 % of Calories			704	45	1524	10.64	4.97	691.2	2985	9.01	*53 *30.2%	35.72 20.3%	122.02 69.3%	12.42 15.9%	2.92 3.7%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 09/13/2023																
ELEMENTARY LUNCH, CH	Total	9000														
ITALIAN PASTA BAKE 2021	servings	5000	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, Hollan Peachw/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
TOMATOES, GRAPE-2023	3/4 CUP	7500	20	0	6	1.34	0.30	11.2	931	15.31	3	0.98	4.35	0.22	0.03	*N/A*
BANANAS	1 EACH	5500	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*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			448	33	722	8.79	3.34	440.5	2876	26.93	*36 *32.5%	21.60 19.3%	67.30 60.1%	12.75 25.6%	3.74 7.5%	*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 11, 2023 thru Sep 15, 2023

ELEMENTARY LUNCH, CHOICES

Generated on: 8/29/2023 9:37:48 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 - 09/14/2023																
ELEMENTARY LUNCH, CH	Total	8225														
Grinder, ham&cheese-2021	1 EACH	7225	286	38	1518	3.00	1.86	187.2	199	0.0	*5	20.9	34.67	8.87	2.79	*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
LETTUCE, SHREDDED	Serving	6000	10	0	7	0.86	0.30	13.0	361	2.02	1	0.65	2.14	0.1	0.01	*N/A*
ORANGES	1 EACH	6500	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.02	*N/A*
SLUSH, COOL TROP PARAD F	container	1	60	0	25	0.00	0.36	0.0	500	60.0	12	0.0	16.0	0.0	0.00	0.00
RU PUN	s, 4oz															
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
SANDWICH SPREAD (GOOP)1oz	serving	4500	11	1	23	0.00	0.00	0.0	0	0.0	0	0.0	0.27	1.33	0.22	*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			522	45	1662	5.69	3.07	534.1	1475	42.54	*36	30.13	72.64	15.91	4.22	*0.00
% of Calories											*27.4%	23.1%	55.7%	27.4%	7.3%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 09/15/2023																
ELEMENTARY LUNCH, CH	Total	9000														
BURRITO,TKY BEAN & CHSE-2017	SERVING	6500	434	27	452	8.27	4.30	175.0	362	2.03	*2	19.21	59.25	14.21	3.87	*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
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
JICAMA STICKS	Serving	5000	25	0	0	3.00	0.36	0.0	5	12.0	1	0.0	6.0	0.0	0.00	0.00
PEACHES, Diced Xtra Lite Syrup	serving	5000	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	4500	65	6	150	0.03	0.02	18.0	1	0.16	*1	0.52	2.01	7.1	1.19	*0.00
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
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

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 11, 2023 thru Sep 15, 2023

ELEMENTARY LUNCH, CHOICES

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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			610	28	823	9.10	4.86	450.1	2489	15.27	*28	24.68	94.38	16.01	4.11	*0.00
% of Calories											*18.4%	16.2%	61.9%	23.6%	6.1%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			577	38	1192	8.20	3.78	585.8	2726	20.48	*41	28.54	89.02	14.93	4.49	*0.00
											*63.2%	19.8%	61.7%	23.3%	7.0%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	577		550 - 650	100%				
Cholesterol (mg)	38							
Sodium (mg)	1192		1230					
Fiber (g)	8.20							
Iron (mg)	3.78							
Calcium (mg)	585.8							
Vitamin A (IU)	2726							
Sugars (g)	41	28.09%			Missing			
Vitamin C (mg)	20.48							
Protein (g)	28.54	19.77%						
Carbohydrate (g)	89.02	61.67%						
Total Fat (g)	14.93	23.28%	<=30.00%					
Saturated Fat (g)	4.49	6.99%	<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

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Sep 18, 2023 thru Sep 22, 2023

ELEMENTARY LUNCH, CHOICES

Generated on: 8/31/2023 6:17:20 PM

	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 - 09/18/2023																
ELEMENTARY LUNCH, CH	Total	9572														
Ch-Burger w/Wheat Bun-2015EL	1 EACH	4000	295	46	730	3.40	3.23	166.0	163	0.0	5	22.09	31.5	10.3	3.75	*0.00
YOGURT,Hollan,Ras,w/crack-2017	1 each	600	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	600	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	600	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	600	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	6000	18	0	89	1.78	0.22	44.6	500	3.45	2	0.77	3.31	0.19	0.04	*N/A*
APPLES,Fresh	1 EACH	6000	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
DRESSING, RANCH .50oz	Servings	6000	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
CATSUP	1 oz	6000	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
MUSTARD	.5 oz	1200	10	0	177	0.51	0.23	9.0	11	0.23	0	0.68	0.83	0.62	0.04	0.00
MILK,1% HOLLANDIA 2017	1 EACH	1200	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	8372	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			447	27	840	6.32	3.32	447.8	2823	10.42	*44	21.56	74.00	9.35	2.82	*0.00
% of Calories											*39.0%	19.3%	66.2%	18.8%	5.7%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 09/19/2023																
ELEMENTARY LUNCH, CH	Total	9500														
Nacho Delx W/ 3bnCHILI, chz2023	SERVING	7000	461	30	523	9.22	5.07	311.5	802	3.57	*2	14.75	51.05	21.82	8.04	*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
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
SALAD 3/WAY, side,2021	servings	1000	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
GRAPES,Fresh	serving	8500	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 .50oz	Servings	5500	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
Salsa, LaVictoria 2017 2oz	Serving	4000	19	0	340	0.00	0.00	0.0	0	6.8	2	0.0	3.78	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	500	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	8000	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00

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Base Menu Spreadsheet

Portion Values - Detailed

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Sep 18, 2023 thru Sep 22, 2023

ELEMENTARY LUNCH, CHOICES

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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 % of Calories			591	28	760	8.32	5.27	524.1	1737	9.40	*38 *25.5%	20.62 13.9%	84.71 57.3%	19.99 30.4%	6.86 10.4%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 09/20/2023																
ELEMENTARY LUNCH, CH	Total	8225														
ENCHILADA, SCRATCH, beef CK'23	1 Ser(24 ct	7225	274	49	474	0.40	3.35	284.3	494	1.58	*1	16.39	18.09	15.52	7.44	*0.27
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, Hollan Peachw/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, BLACK SEASONED-PS 2018	1/4 CUP	6000	63	0	162	4.75	1.34	26.0	24	2.08	*0	4.16	11.5	0.21	0.06	*0.00
SALAD 3/WAY, side, 2021	servings	6500	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*
DRESSING, RANCH	1 oz	6225	65	6	150	0.03	0.02	18.0	1	0.16	*1	0.52	2.01	7.1	1.19	*0.00
Salsa, Low Sodium 2oz	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
Weighted Daily Average % of Calories			589	55	896	7.31	6.08	610.6	3010	13.67	*32 *21.6%	29.82 20.3%	75.34 51.2%	21.32 32.6%	8.29 12.7%	*0.23 *0.4%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Sep 18, 2023 thru Sep 22, 2023

ELEMENTARY LUNCH, CHOICES

Generated on: 8/31/2023 6:17:20 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calom (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/21/2023																
ELEMENTARY LUNCH, CH	Total	9000														
CHICKEN,OVEN ROASTED	2 OZ	7000	136	50	56	0.02	0.72	8.7	91	0.03	*0	15.51	0.15	7.71	2.15	*0.00
POTATO,MASHED,IDAHO REA	Servings	9000	23	0	91	0.26	0.08	8.6	0	0.0	0	0.52	4.65	0.13	0.00	*0.00
L 2020																
Roll, dinner,white,whit Galassos	1 each	9000	150	0	270	3.00	1.80	80.0	15	0.0	3	7.0	29.0	2.0	0.00	0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	400	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2	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
017																
YOGURT,Strawberry W/Crack-2	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
017																
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, sticks '22	Servings	7000	54	0	91	3.69	0.40	43.5	22161	7.78	6	1.23	12.63	0.32	0.05	0.00
Raisels, Variety	servings	7000	140	0	2	1.00	0.81	19.3	137	74.33	27	1.0	34.67	0.0	0.00	0.00
DRESSING, RANCH	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			674	52	815	8.05	4.61	489.3	19081	66.47	*53	32.60	105.27	16.66	3.65	*0.00
% of Calories											*31.4%	19.3%	62.5%	22.2%	4.9%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 09/22/2023																
ELEMENTARY LUNCH, CH	Total	9000														
Chicken Tenders, WG 2017	Serving	7000	184	34	383	2.00	2.00	20.0	84	87.0	0	15.0	13.0	8.0	2.00	0.00
Snack ChatSnax Vanilla Gra2022	bag	7000	120	0	105	1.00	0.72	0.0	0	0.0	8	2.0	21.0	4.0	1.00	0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	700	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	SERVING	700	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
017																
YOGURT,Strawberry W/Crack-2	SERVING	700	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
017																
YOGURT,Strw-Ban,W/Crack-2017	SERVING	700	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
ZUCCHINI STICKS .50cup	Serving	6000	10	0	5	0.57	0.21	9.0	113	10.11	1	0.68	1.76	0.18	0.05	*N/A*
PLUMS,FRESH	1 EACH	6000	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
DRESSING, RANCH	1 oz	3000	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	3000	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	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

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 18, 2023 thru Sep 22, 2023

ELEMENTARY LUNCH, CHOICES

Generated on: 8/31/2023 6:17:20 PM

	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 % of Calories			546	38	794	5.25	4.11	400.3	2848	82.93	*42 *30.7%	26.57 19.5%	80.28 58.8%	15.46 25.5%	4.05 6.7%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			569	40	821	7.05	4.68	494.4	5900	36.58	*42 *65.7%	26.23 18.4%	83.92 58.9%	16.56 26.2%	5.13 8.1%	*0.05 *0.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	569		550 - 650	100%				
Cholesterol (mg)	40							
Sodium (mg)	821		1230					
Fiber (g)	7.05							
Iron (mg)	4.68							
Calcium (mg)	494.4							
Vitamin A (IU)	5900							
Sugars (g)	42	29.19%			Missing			
Vitamin C (mg)	36.58							
Protein (g)	26.23	18.43%						
Carbohydrate (g)	83.92	58.94%						
Total Fat (g)	16.56	26.17%	<=30.00%					
Saturated Fat (g)	5.13	8.11%	<10.00%					
Trans Fat ¹ (g)	0.05	0.07%			Missing			

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Sep 25, 2023 thru Sep 29, 2023

ELEMENTARY LUNCH, CHOICES

Generated on: 8/29/2023 9:38:17 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcsm (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 % of Calories			570	48	1129	7.19	4.40	404.8	2381	40.61	*51 *35.5%	28.69 20.1%	94.64 66.5%	10.76 17.0%	2.57 4.1%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 09/27/2023																
ELEMENTARY LUNCH, CH	Total	9000														
TACO Walkin, Beef, - '22	1.5 oz	7000	384	32	693	4.42	2.32	75.1	796	6.24	*3	13.78	30.47	22.76	5.23	*0.00
YOGURT, Hollan, Ras, w/crack-2017	SERVING	600	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT, Hollan Peachw/crack-2017	SERVING	600	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	600	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	600	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
LETTUCE, SHREDDED	Serving	5000	10	0	7	0.86	0.30	13.0	361	2.02	1	0.65	2.14	0.1	0.01	*N/A*
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*
PEACHES, Diced Xtra Lite Syrup	serving	5000	60	0	10	0.00	0.00	0.0	300	1.2	0	0.0	14.0	0.0	0.00	0.00
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
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			612	31	976	6.45	3.78	392.2	2162	15.57	*37 *24.1%	22.24 14.5%	86.16 56.3%	20.49 30.1%	4.97 7.3%	*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 25, 2023 thru Sep 29, 2023

ELEMENTARY LUNCH, CHOICES

Generated on: 8/29/2023 9:38:17 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 - 09/28/2023																
ELEMENTARY LUNCH, CH	Total	9000														
Pizza, PHut 14"WhWhCheese,slice	servings	8000	280	20	520	3.00	1.90	360.0	430	0.0	1	21.0	29.0	9.0	3.90	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
Carrot Nibblets 2022	1/2 Cup	3406	25	0	42	1.71	0.18	20.1	10255	3.6	3	0.57	5.84	0.15	0.02	0.00
SLUSH, COOL TROP PARAD F	container	7000	60	0	25	0.00	0.36	0.0	500	60.0	12	0.0	16.0	0.0	0.00	0.00
RU PUN	s, 4oz															
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
Weighted Daily Average			514	25	757	4.71	3.34	634.9	7071	51.84	*35	29.28	74.48	12.53	4.43	*0.00
% of Calories											*27.1%	22.8%	57.9%	21.9%	7.7%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 09/29/2023																
ELEMENTARY LUNCH, CH	Total	8225														
Penne, Alfredo, Chicken '23	3/4 CUP	8225	213	49	179	6.29	1.38	121.7	76	0.31	*1	19.88	18.93	5.82	1.91	*0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	700	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	700	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	700	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	700	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
CAKE, CHOCOLATE, WHT FR	1 EACH	6000	259	0	164	2.11	1.12	11.3	102	0.01	*26	2.61	40.3	10.86	2.27	*0.00
OST																
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
ORANGES	1 EACH	6000	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	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

Sep 25, 2023 thru Sep 29, 2023

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 % of Calories			749	62	699	11.63	4.26	548.4	3013	41.37	*57 *30.4%	35.54 19.0%	105.63 56.4%	22.74 27.3%	5.71 6.9%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			636	41	974	7.68	4.05	546.7	3699	33.44	*48 *67.4%	28.59 18.0%	94.58 59.5%	17.73 25.1%	5.16 7.3%	*0.00 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	636		550 - 650	100%				
Cholesterol (mg)	41							
Sodium (mg)	974		1230					
Fiber (g)	7.68							
Iron (mg)	4.05							
Calcium (mg)	546.7							
Vitamin A (IU)	3699							
Sugars (g)	48	29.94%			Missing			
Vitamin C (mg)	33.44							
Protein (g)	28.59	17.99%						
Carbohydrate (g)	94.58	59.52%						
Total Fat (g)	17.73	25.11%	<=30.00%					
Saturated Fat (g)	5.16	7.31%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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

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

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

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