

Rialto Unified School District

Sep 1, 2023 thru Sep 1, 2023

Base Menu Spreadsheet

HS BIC BREAKFAST

Portion Values - Detailed

Page 1

Generated on: 9/13/2023 4:34:12 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)
Fri - 09/01/2023																
HS BIC BREAKFAST	Total	1000														
Mini Donuts,Wh Gr Chocolate	1 each	800	300	0	290	3.00	1.08	20.0	100	0.0	20	5.0	39.0	13.0	8.00	0.00
Craisins 2020	servings	700	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	1	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	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	500	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			486	9	376	4.82	1.45	320.2	580	1.28	60	13.53	84.19	12.23	7.19	*0.00
% of Calories											49.1%	11.1%	69.3%	22.7%	13.3%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Weighted Average			486	9	376	4.82	1.45	320.2	580	1.28	60	13.53	84.19	12.23	7.19	*0.00
											110.4%	11.1%	69.3%	22.7%	13.3%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target*	Miss Data	Shortfall*	Overage*	Error Messages (if any)*
Calories	486		450 - 600					
Cholesterol (mg)	9							
Sodium (mg)	376		640					
Fiber (g)	4.82							
Iron (mg)	1.45							
Calcium (mg)	320.2							
Vitamin A (IU)	580							
Sugars (g)	60	49.08%						
Vitamin C (mg)	1.28							
Protein (g)	13.53	11.14%						
Carbohydrate (g)	84.19	69.31%						
Total Fat (g)	12.23	22.66%						
Saturated Fat (g)	7.19	13.32%	<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

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

Sep 4, 2023 thru Sep 8, 2023

Base Menu Spreadsheet

HS BIC BREAKFAST

Portion Values - Detailed

Page 1

Generated on: 9/13/2023 4:34:30 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 - 09/04/2023																
HS BIC BREAKFAST	Total	1														
HOLIDAY	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			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Tue - 09/05/2023																
HS BIC BREAKFAST	Total	1000														
Muffins, Cherry-Buena Vista 22	1 ea	1000	230	20	240	2.00	1.80	20.0	0	0.0	15	4.0	39.0	7.0	1.00	0.00
GRAPES,Fresh	serving	1000	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	1	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	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	500	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			407	29	384	2.83	2.43	332.9	592	4.88	46	14.08	72.79	8.57	1.85	*0.00
% of Calories											45.2%	13.8%	71.6%	19.0%	4.1%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Wed - 09/06/2023																
HS BIC BREAKFAST	Total	1000														
Uncrustable,Strw Wh 5.3oz-2015	1 each	700	630	0	620	7.00	1.80	60.0	140	0.0	28	19.0	64.0	33.0	7.00	0.00
BANANAS	1 EACH	700	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	1	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	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	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			564	8	510	6.74	1.44	220.8	394	7.36	35	19.58	68.99	24.58	5.73	*0.00
% of Calories											25.0%	13.9%	48.9%	39.2%	9.1%	*0.0%
Nutrient Guideline			450-600		640										<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.

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

Page 2

Sep 4, 2023 thru Sep 8, 2023

HS BIC BREAKFAST

Generated on: 9/13/2023 4:34:30 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)
Thu - 09/07/2023																
HS BIC BREAKFAST	Total	1000														
Waffles, Vanilla	pkg	1000	271	17	226	2.26	0.00	9.0	0	0.0	14	5.65	37.27	10.17	2.82	0.00
APPLES,Fresh sliced 2017	pkg. (3 oz)	1000	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)	1	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	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	500	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			437	25	368	5.26	0.54	319.0	550	186.78	39	15.15	67.28	11.42	3.57	0.00
% of Calories											35.3%	13.9%	61.6%	23.5%	7.4%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Fri - 09/08/2023																
HS BIC BREAKFAST	Total	1000														
Mini Donuts,WG Powdered Sugar	1 each	1000	280	0	290	2.00	1.08	20.0	110	0.0	22	5.0	42.0	10.0	3.00	0.00
Juice, AppleBerry,8ozHoll-2017	CARTONS	1000	110	0	0	0.00	0.00	0.0	130	0.0	26	0.0	28.0	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	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			450	8	365	2.00	1.08	195.3	490	1.20	55	10.51	78.02	11.25	3.75	0.00
% of Calories											48.9%	9.3%	69.3%	22.5%	7.5%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Weighted Average			465	17	407	4.21	1.37	267.0	507	50.06	44	14.83	71.77	13.96	3.73	*0.00
											84.7%	12.8%	61.8%	27.0%	7.2%	*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

Sep 4, 2023 thru Sep 8, 2023

Base Menu Spreadsheet

HS BIC BREAKFAST

Portion Values - Detailed

Page 3

Generated on: 9/13/2023 4:34:30 PM

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)
Calories	465		Weekly Target	450 - 600	100%												
Cholesterol (mg)	17																
Sodium (mg)	407			640													
Fiber (g)	4.21																
Iron (mg)	1.37																
Calcium (mg)	267.0																
Vitamin A (IU)	507																
Sugars (g)	44	37.64%															
Vitamin C (mg)	50.06																
Protein (g)	14.83	12.77%															
Carbohydrate (g)	71.77	61.80%															
Total Fat (g)	13.96	27.04%															
Saturated Fat (g)	3.73	7.22%		<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.

Rialto Unified School District

Sep 11, 2023 thru Sep 15, 2023

Base Menu Spreadsheet

HS BIC BREAKFAST

Portion Values - Detailed

Page 1

Generated on: 9/13/2023 4:34:51 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 - 09/11/2023																
HS BIC BREAKFAST	Total	1000														
POP TARTS,Wh.Gr Strawberry-2013	PKG. of (2 ea)	1000	360	0	360	6.00	3.60	200.0	1000	0.0	30	4.0	75.0	4.5	2.00	0.00
Crisps, Apple-Strawberry '22	BAG	1000	39	0	0	1.93	0.00	0.0	0	0.0	7	0.0	9.64	0.0	0.00	0.00
Crisps, Apple-Strawberry '22	BAG	1	39	0	0	1.93	0.00	0.0	0	0.0	7	0.0	9.64	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	500	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	9	503	7.93	3.96	500.0	1500	1.20	53	13.50	102.65	5.75	2.75	0.00
% of Calories											41.1%	10.5%	79.9%	10.1%	4.8%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Tue - 09/12/2023																
HS BIC BREAKFAST	Total	1000														
FRENCH TST Mini Cinna '23	SERV	600	667	348	1000	9.09	5.45	242.4	585	10.91	24	27.27	90.9	24.24	4.55	0.00
GRAPES,Fresh	serving	1000	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	1	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	450	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	450	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	217	730	6.28	3.86	428.3	893	11.31	44	25.49	86.53	15.99	3.50	*0.00
% of Calories											31.1%	18.0%	61.2%	25.5%	5.6%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Wed - 09/13/2023																
HS BIC BREAKFAST	Total	500														
Sndwch Pncke, Beef Sausage '22	serving	500	192	16	309	2.06	2.24	27.6	0	0.08	4	10.75	26.34	4.95	1.35	0.00
Juice, apple 8oz. Hollan-2017	CARTONS	500	110	0	25	0.00	0.72	0.0	0	0.0	25	0.0	28.0	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	250	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			477	32	551	2.06	3.32	502.6	750	2.48	52	25.75	80.34	7.45	2.85	0.00
% of Calories											43.8%	21.6%	67.3%	14.0%	5.4%	0.0%
Nutrient Guideline			450-600		640										<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.

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

Sep 11, 2023 thru Sep 15, 2023

Base Menu Spreadsheet

HS BIC BREAKFAST

Portion Values - Detailed

Page 2

Generated on: 9/13/2023 4:34:51 PM

	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 - 09/14/2023																
HS BIC BREAKFAST	Total	500														
Pan Dulce, Whole Wheat-2013	1 each	500	220	10	200	2.00	1.80	0.0	0	0.0	*N/A*	5.0	34.0	7.0	2.50	0.00
BANANAS	1 EACH	500	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	1	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	450	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	450	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			517	25	458	4.63	2.71	545.1	965	10.96	*41	23.20	89.51	9.58	3.96	*0.00
% of Calories											*31.9%	17.9%	69.2%	16.7%	6.9%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Fri - 09/15/2023																
HS BIC BREAKFAST	Total	500														
Sndwich Chx & Sausage 2020	serving	750	159	26	312	1.40	1.10	110.0	110	0.0	2	9.7	16.0	6.4	2.60	0.00
RAISINS	1 CUP	750	129	0	5	1.59	0.81	21.5	0	0.99	25	1.32	34.05	0.2	0.03	*N/A*
RAISINS	1 CUP	1	129	0	5	1.59	0.81	21.5	0	0.99	25	1.32	34.05	0.2	0.03	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	350	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	350	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			593	51	675	4.49	3.37	617.3	865	3.17	63	29.83	100.34	11.65	4.99	*0.00
% of Calories											42.7%	20.1%	67.7%	17.7%	7.6%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Weighted Average			533	67	583	5.08	3.44	518.6	995	5.82	*51 *85.6%	23.55 17.7%	91.87 68.9%	10.08 17.0%	3.61 6.1%	*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

Sep 11, 2023 thru Sep 15, 2023

Base Menu Spreadsheet

HS BIC BREAKFAST

Portion Values - Detailed

Page 3

Generated on: 9/13/2023 4:34:51 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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	533		450 - 600	100%													
Cholesterol (mg)	67																
Sodium (mg)	583		640														
Fiber (g)	5.08																
Iron (mg)	3.44																
Calcium (mg)	518.6																
Vitamin A (IU)	995																
Sugars (g)	51	38.03%			Missing												
Vitamin C (mg)	5.82																
Protein (g)	23.55	17.67%															
Carbohydrate (g)	91.87	68.93%															
Total Fat (g)	10.08	17.02%															
Saturated Fat (g)	3.61	6.09%	<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.

Rialto Unified School District

Sep 18, 2023 thru Sep 22, 2023

Base Menu Spreadsheet

HS BIC BREAKFAST

Portion Values - Detailed

Page 1

Generated on: 9/13/2023 4:35:04 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																
HS BIC BREAKFAST	Total	1000														
POP TARTS,Wh. Gr Cinnamon-2022	Serving	500	360	0	380	6.00	4.00	200.0	1000	0.0	30	4.0	74.0	5.0	2.00	0.00
Juice, AppleBerry,8ozHoll-2017	CARTONS	1000	110	0	0	0.00	0.00	0.0	130	0.0	26	0.0	28.0	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	1000	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			520	17	475	3.00	2.72	700.0	1630	2.40	73	21.00	101.00	5.00	2.50	0.00
% of Calories											56.2%	16.2%	77.7%	8.7%	4.3%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Tue - 09/19/2023																
HS BIC BREAKFAST	Total	1000														
Cluster Brk, Whole Grain '22	1 EACH	1000	260	0	190	3.00	2.70	80.0	0	0.0	14	5.0	38.0	10.0	2.50	0.00
GRAPES,Fresh	serving	1000	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	1	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	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	500	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			437	9	334	3.83	3.33	392.9	592	4.88	45	15.08	71.79	11.57	3.35	*0.00
% of Calories											41.2%	13.8%	65.8%	23.8%	6.9%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Wed - 09/20/2023																
HS BIC BREAKFAST	Total	900														
Uncrustable, Grp Wh 5.3oz-2015	1 each	600	590	0	530	7.00	2.00	83.0	0	0.0	30	18.0	64.0	32.0	7.00	0.00
Craisins 2020	servings	900	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	1	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	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	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			647	8	439	8.13	1.66	256.1	278	1.45	67	18.16	101.55	23.55	5.56	*0.00
% of Calories											41.6%	11.2%	62.8%	32.8%	7.7%	*0.0%
Nutrient Guideline			450-600		640										<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.

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

Page 2

Sep 18, 2023 thru Sep 22, 2023

HS BIC BREAKFAST

Generated on: 9/13/2023 4:35:04 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)
Thu - 09/21/2023																
HS BIC BREAKFAST	Total	1000														
Pancakes, Confetti Bites 2022	pkg	1800	210	10	210	4.00	3.60	20.0	1000	0.0	11	4.0	36.0	7.0	1.00	0.00
Crisps, Apple-Strawberry '22	BAG	1000	39	0	0	1.93	0.00	0.0	0	0.0	7	0.0	9.64	0.0	0.00	0.00
Crisps, Apple-Strawberry '22	BAG	1	39	0	0	1.93	0.00	0.0	0	0.0	7	0.0	9.64	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	500	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			532	27	521	9.13	6.84	336.0	2300	1.20	43	16.70	92.45	13.85	2.55	0.00
% of Calories											32.0%	12.6%	69.6%	23.4%	4.3%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Fri - 09/22/2023																
HS BIC BREAKFAST	Total	500														
BREAD,BANANA 2023	1 EACH	500	163	19	84	1.41	0.57	12.9	44	1.99	*14	2.03	24.48	7.14	0.68	*0.00
Juice, Orange,8oz. Hollan-2017	CARTONS	500	110	0	30	0.00	0.00	0.0	140	60.0	28	2.0	28.0	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	250	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			448	35	331	1.41	0.93	487.9	934	64.39	*65	19.03	78.48	9.64	2.17	*0.00
% of Calories											*58.3%	17.0%	70.0%	19.3%	4.4%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Weighted Average			517	19	420	5.10	3.09	434.6	1147	14.87	*59	17.99	89.05	12.72	3.23	*0.00
											*102.1	13.9%	68.9%	22.2%	5.6%	*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

Sep 18, 2023 thru Sep 22, 2023

Base Menu Spreadsheet

HS BIC BREAKFAST

Portion Values - Detailed

Page 3

Generated on: 9/13/2023 4:35:04 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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	517		450 - 600	100%													
Cholesterol (mg)	19																
Sodium (mg)	420		640														
Fiber (g)	5.10																
Iron (mg)	3.09																
Calcium (mg)	434.6																
Vitamin A (IU)	1147																
Sugars (g)	59	45.38%			Missing												
Vitamin C (mg)	14.87																
Protein (g)	17.99	13.93%															
Carbohydrate (g)	89.05	68.94%															
Total Fat (g)	12.72	22.16%															
Saturated Fat (g)	3.23	5.62%	<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.

Rialto Unified School District

Sep 25, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

HS BIC BREAKFAST

Portion Values - Detailed

Page 1

Generated on: 9/13/2023 4:35:18 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 - 09/25/2023																
HS BIC BREAKFAST	Total	1000														
Muffins, Choc. Chip-Dave's	1 each	1600	227	30	115	3.10	0.90	4.0	44	0.9	18	3.9	39.5	6.0	0.90	0.00
APPLES,Fresh sliced 2017	pkg. (3 oz)	1000	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)	1	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	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	500	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			529	56	327	7.96	1.98	316.4	620	188.23	53	15.74	93.21	10.85	2.19	0.00
% of Calories											40.1%	11.9%	70.4%	18.5%	3.7%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Tue - 09/26/2023																
HS BIC BREAKFAST	Total	1000														
Cinnis, Mini 2.29oz 2017	pkg	1200	240	0	270	2.00	1.44	40.0	75	0.0	15	5.0	39.0	7.0	1.50	0.00
Craisins 2020	servings	900	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	1	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	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	500	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			571	9	468	5.51	2.38	353.5	590	1.31	69	15.54	109.77	10.40	2.60	*0.00
% of Calories											48.7%	10.9%	76.9%	16.4%	4.1%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Wed - 09/27/2023																
HS BIC BREAKFAST	Total	1000														
BAR, PEACH CHEERIOS 2023	1 EACH	1600	152	0	106	3.04	1.82	202.5	101	4.86	9	2.02	30.37	3.04	0.51	0.00
GRAPES,Fresh	serving	1600	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	1	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	600	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	600	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			480	10	344	6.19	3.77	704.6	909	15.11	58	15.57	95.46	6.88	1.87	*0.00
% of Calories											48.1%	13.0%	79.6%	12.9%	3.5%	*0.0%
Nutrient Guideline			450-600		640										<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.

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

Page 2

Sep 25, 2023 thru Sep 29, 2023

HS BIC BREAKFAST

Generated on: 9/13/2023 4:35:18 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)
Thu - 09/28/2023																
HS BIC BREAKFAST	Total	1000														
FRENCH TST Mini Cinna '23	SERV	500	667	348	1000	9.09	5.45	242.4	585	10.91	24	27.27	90.9	24.24	4.55	0.00
BANANAS	1 EACH	1000	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	1	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	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	500	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	183	643	7.17	3.35	426.3	857	15.45	40	24.24	86.54	13.70	3.13	*0.00
% of Calories											30.1%	18.0%	64.3%	22.9%	5.2%	*0.0%
Nutrient Guideline			450-600		640										<10.00	
Fri - 09/29/2023																
HS BIC BREAKFAST	Total	500														
Bar, Cinna Toast Crunch '22	Package	700	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,8oz. Hollan-2017	CARTONS	600	110	0	30	0.00	0.00	0.0	140	60.0	28	2.0	28.0	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	250	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			517	16	415	4.20	2.88	755.0	918	74.40	69	20.20	101.60	7.40	2.20	0.00
% of Calories											53.5%	15.6%	78.6%	12.9%	3.8%	0.0%
Nutrient Guideline			450-600		640										<10.00	
Weighted Average			527	55	439	6.21	2.87	511.1	779	58.90	58	18.26	97.32	9.85	2.40	*0.00
											99.0%	13.9%	73.9%	16.8%	4.1%	*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

Sep 25, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

HS BIC BREAKFAST

Portion Values - Detailed

Page 3

Generated on: 9/13/2023 4:35:18 PM

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	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	527		Weekly Target	450 - 600	100%												
Cholesterol (mg)	55																
Sodium (mg)	439			640													
Fiber (g)	6.21																
Iron (mg)	2.87																
Calcium (mg)	511.1																
Vitamin A (IU)	779																
Sugars (g)	58	44.00%															
Vitamin C (mg)	58.90																
Protein (g)	18.26	13.85%															
Carbohydrate (g)	97.32	73.85%															
Total Fat (g)	9.85	16.81%															
Saturated Fat (g)	2.40	4.10%		<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.