

Rialto Unified School District

Sep 1, 2025 thru Sep 5, 2025

Base Menu Spreadsheet

HS BIC BREAKFAST

Portion Values - Detailed

Page 1

Generated on: 8/29/2025 1:20:16 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 - 09/01/2025																
HS BIC BREAKFAST HOLIDAY	Total SERVING	1														
Weighted Daily Average % of Calories		1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Nutrient Guideline			450-600		640						0.0%	0.0%	0.0%	0.0%	0.0%	<10.00

Tue - 09/02/2025																
HS BIC BREAKFAST	Total	4500														
Muffin, Choc Chip-Buena Vista '25	1 ea	4500	250	20	240	2.04	1.80	20.4	*N/A*	*N/A*	19	4.0	40.97	8.0	2.00	0.00
Juice, Wildberry, 4oz, 2024	1 EACH	4500	60	0	15	0.00	0.00	200.0	2000	30.0	15	0.0	15.0	0.0	0.00	0.00
APPLES, Fresh sliced	pkg. (2oz)	4500	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
MILK, 1% DW 2024	EACH (1/2 pint)	500	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	EACH (1/2 pint)	4000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			464	27	458	4.04	1.98	447.1	*2994	*153.60	58 50.4%	12.11 10.4%	83.30 71.8%	8.28 16.1%	2.16 4.2%	0.00 0.0%
Nutrient Guideline			450-600		640											<10.00

Wed - 09/03/2025																
HS BIC BREAKFAST	Total	4500														
Uncrustable, Grape Wh, Che-2016	1 each	4500	300	0	280	4.00	0.18	260.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
Juice, apple 4oz. DW-2024	1 EACH	4500	55	0	15	0.00	0.00	0.0	0	30.0	15	0.0	15.0	0.0	0.00	0.00
GRAPES, Fresh PKG '23	serv. (1/2 cup)	4500	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
MILK, 1% DW 2024	EACH (1/2 pint)	500	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	EACH (1/2 pint)	4000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			506	6	499	4.41	0.31	483.1	990	31.84	55 43.4%	17.40 13.8%	74.22 58.7%	17.44 31.0%	3.22 5.7%	0.00 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 1, 2025 thru Sep 5, 2025

Base Menu Spreadsheet

HS BIC BREAKFAST

Portion Values - Detailed

Page 2

Generated on: 8/29/2025 1:20:16 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcmm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/04/2025																
HS BIC BREAKFAST	Total	4500														
Donuts, Choc Super Bakery '24	1 EACH	4500	320	0	310	3.00	2.00	31.0	0	0.0	19	5.0	42.0	16.0	9.00	0.00
Orange juice, DW, 4oz.2024	1 EACH	4500	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Craisins	1/4 Cup	4500	93	0	2	1.61	0.12	2.7	14	0.06	22	0.05	25.09	0.33	0.03	0.00
MILK,1% DW 2024	EACH(1/2 pint)	500	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/2 pint)	4000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			588	6	529	4.61	2.12	260.4	1058	30.06	73 49.9%	14.16 9.6%	100.42 68.3%	16.61 25.4%	9.19 14.1%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Fri - 09/05/2025																
HS BIC BREAKFAST	Total	4500														
BREAD,BANANA 6-12	1 Slice	4500	404	40	216	4.46	1.33	34.0	91	3.82	*36	5.15	59.49	18.47	1.69	*0.01
Juice, Wildberry, 4oz, 2024	1 EACH	4500	60	0	15	0.00	0.00	200.0	2000	30.0	15	0.0	15.0	0.0	0.00	0.00
TANGERINES,FRESH	Serving	4500	89	0	3	3.02	0.25	62.2	1144	44.86	18	1.36	22.41	0.52	0.07	0.00
MILK,1% DW 2024	EACH(1/2 pint)	500	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/2 pint)	4000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			674	46	437	7.48	1.58	512.8	4179	78.67	*87 *51.6%	14.62 8.7%	116.24 69.0%	19.27 25.8%	1.92 2.6%	*0.01 *0.0%
Nutrient Guideline			450-600		640										<10.00	

Weighted Average			558	21	481	5.14	1.50	425.9	*2306	*73.54	*68 *110.4	14.57 10.4%	93.55 67.1%	15.40 24.8%	4.12 6.7%	*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 1, 2025 thru Sep 5, 2025

Base Menu Spreadsheet

HS BIC BREAKFAST

Portion Values - Detailed

Page 3

Generated on: 8/29/2025 1:20:16 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	558		450 - 600		100%												
Cholesterol (mg)	21																
Sodium 1 (mg)	481		640		75%												
Fiber (g)	5.14																
Iron (mg)	1.50																
Calcium (mg)	425.9																
Vitamin A (IU)	2306					Missing											
Sugars (g)	68	49.06%				Missing											
Vitamin C (mg)	73.54					Missing											
Protein (g)	14.57	10.45%															
Carbohydrate (g)	93.55	67.07%															
Total Fat (g)	15.40	24.84%															
Saturated Fat (g)	4.12	6.65%	<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 8, 2025 thru Sep 12, 2025

Base Menu Spreadsheet

HS BIC BREAKFAST

Portion Values - Detailed

Page 1

Generated on: 8/29/2025 1:20:27 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 - 09/08/2025																
HS BIC BREAKFAST	Total	4500														
Cinnamon Swirls, WG 2024	Serving	4500	300	10	125	3.00	0.36	499.7	0	0.0	22	6.0	47.97	8.99	2.50	0.00
Orange juice, DW, 4oz.2024	EACH(4 oz	4500	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Crisps, Apple-Strawberry '22	BAG (0.3 4 oz)	4500	39	0	0	1.93	0.00	0.0	34	0.0	7	0.0	9.64	0.0	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	500	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/ 2 pint)	4000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			513	16	342	4.93	0.36	726.4	1078	30.00	61	15.11	90.94	9.27	2.66	0.00
% of Calories											47.7%	11.8%	70.9%	16.3%	4.7%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Tue - 09/09/2025																
HS BIC BREAKFAST	Total	4500														
Concha, WG CHOCOLATE '24	1 each	1500	200	5	90	2.00	1.80	40.0	40	0.0	8	5.0	34.0	6.0	1.50	0.00
Concha, WG PINK-'24	1 EACH	1500	200	5	90	2.00	1.80	40.0	40	0.0	8	5.0	34.0	6.0	1.50	0.00
Concha, WG WHITE-'24	each(2G)	1500	200	5	90	2.00	1.80	40.0	40	0.0	8	5.0	34.0	6.0	1.50	0.00
Juice, Wildberry, 4oz, 2024	1 EACH	4500	60	0	15	0.00	0.00	200.0	2000	30.0	15	0.0	15.0	0.0	0.00	0.00
APPLES,Fresh sliced	pkg. (2oz)	4500	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	500	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/ 2 pint)	4000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			414	11	308	4.00	1.98	466.7	3034	153.60	47	13.11	76.33	6.28	1.67	0.00
% of Calories											45.8%	12.7%	73.8%	13.6%	3.6%	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 8, 2025 thru Sep 12, 2025

Base Menu Spreadsheet

HS BIC BREAKFAST

Portion Values - Detailed

Page 2

Generated on: 8/29/2025 1:20:27 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)
Wed - 09/10/2025																
HS BIC BREAKFAST	Total	5500														
CEREAL, LUCKY CHARMS '23	BOWL	4500	218	0	358	3.36	3.02	84.0	420	5.04	18	4.48	46.48	2.24	0.00	0.00
Juice, apple 4oz. DW-2024	1 EACH	4500	55	0	15	0.00	0.00	0.0	0	30.0	15	0.0	15.0	0.0	0.00	0.00
GRAPES, Fresh PKG '23	serv.(1/2 cup)	4500	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
MILK, 1% DW 2024	EACH(1/2 pint)	500	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	EACH (1/2 pint)	4000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			347	5	473	3.09	2.58	251.3	1154	30.17	49 56.0%	10.54 12.1%	72.57 83.6%	2.19 5.7%	0.18 0.5%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Thu - 09/11/2025																
HS BIC BREAKFAST	Total	4500														
Waffles, Mini Maple 2017	pkg	4500	210	0	170	3.00	0.72	20.0	65	0.0	13	4.0	38.0	6.0	1.00	0.00
Orange juice, DW, 4oz. 2024	1 EACH	4500	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Craisins	1/4 Cup	4500	93	0	2	1.61	0.12	2.7	14	0.06	22	0.05	25.09	0.33	0.03	0.00
MILK, 1% DW 2024	EACH(1/2 pint)	500	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	EACH (1/2 pint)	4000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			478	6	389	4.61	0.84	249.4	1123	30.06	67 56.4%	13.16 11.0%	96.42 80.6%	6.61 12.4%	1.19 2.2%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Fri - 09/12/2025																
HS BIC BREAKFAST	Total	4500														
Cinnis, Mini	1 EACH	4500	240	0	270	2.00	1.44	40.0	75	0.0	15	5.0	39.0	7.0	1.50	0.00
Juice, Wildberry, 4oz, 2024	1 EACH	4500	60	0	15	0.00	0.00	200.0	2000	30.0	15	0.0	15.0	0.0	0.00	0.00
TANGERINES, FRESH	Serving	4500	89	0	3	3.02	0.25	62.2	1144	44.86	18	1.36	22.41	0.52	0.07	0.00
MILK, 1% DW 2024	EACH(1/2 pint)	500	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	EACH (1/2 pint)	4000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00

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 3

Sep 8, 2025 thru Sep 12, 2025

HS BIC BREAKFAST

Generated on: 8/29/2025 1:20:27 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			509	6	492	5.02	1.69	518.8	4164	74.86	66	14.47	95.74	7.80	1.73	0.00
% of Calories											52.0%	11.4%	75.2%	13.8%	3.1%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Weighted Average			452	9	401	4.33	1.49	442.5	2111	63.74	58	13.28	86.40	6.43	1.49	0.00
											115.7%	11.7%	76.4%	12.8%	3.0%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	452		450 - 600	100%				
Cholesterol (mg)	9							
Sodium 1 (mg)	401		640	63%				
Fiber (g)	4.33							
Iron (mg)	1.49							
Calcium (mg)	442.5							
Vitamin A (IU)	2111							
Sugars (g)	58	51.44%						
Vitamin C (mg)	63.74							
Protein (g)	13.28	11.74%						
Carbohydrate (g)	86.40	76.40%						
Total Fat (g)	6.43	12.79%						
Saturated Fat (g)	1.49	2.96%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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 1

Sep 15, 2025 thru Sep 19, 2025

HS BIC BREAKFAST

Generated on: 8/29/2025 1:20:42 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 - 09/15/2025																
HS BIC BREAKFAST	Total	4500														
UBR - BRKFST CINN ROUND	1 EACH	4500	280	5	190	6.29	0.68	29.8	8	0.01	19	5.0	44.0	8.0	3.00	0.00
Orange Juice, DW, 4oz.2024	EACH(4 oz)	4500	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Crisps, Apple-Strawberry '22	BAG (0.3 4 oz)	4500	39	0	0	1.93	0.00	0.0	34	0.0	7	0.0	9.64	0.0	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	500	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/2 pint)	4000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			494	11	407	8.22	0.68	256.5	1086	30.01	58 47.2%	14.11 11.4%	86.97 70.5%	8.28 15.1%	3.17 5.8%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Tue - 09/16/2025																
HS BIC BREAKFAST	Total	4500														
Mini Brkfst Apple Bites '25	1 EACH	4500	260	0	140	2.96	1.50	39.8	*N/A*	*N/A*	14	6.0	37.99	9.98	4.50	0.00
Juice, Wildberry, 4oz, 2024	1 EACH	4500	60	0	15	0.00	0.00	200.0	2000	30.0	15	0.0	15.0	0.0	0.00	0.00
APPLES,Fresh sliced	pkg. (2oz)	4500	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	500	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/2 pint)	4000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			474	6	358	4.96	1.68	466.4	*2994	*153.60	53 45.2%	14.11 11.9%	80.32 67.8%	10.26 19.5%	4.67 8.9%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Wed - 09/17/2025																
HS BIC BREAKFAST	Total	4500														
Bagel, Mini w/Cinn CC '25	1 Each	4500	230	10	190	2.00	1.60	30.0	100	0.0	13	6.0	42.0	6.0	2.00	0.00
Juice, apple 4oz. DW-2024	1 EACH	4500	55	0	15	0.00	0.00	0.0	0	30.0	15	0.0	15.0	0.0	0.00	0.00
GRAPES,Fresh PKG '23	serv.(1/2 cup)	4500	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
MILK,1% DW 2024	EACH(1/2 pint)	500	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/2 pint)	4000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00

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 15, 2025 thru Sep 19, 2025

HS BIC BREAKFAST

Generated on: 8/29/2025 1:20:42 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			436	16	409	2.41	1.73	253.1	1090	31.84	54 49.5%	14.40 13.2%	84.22 77.3%	6.44 13.3%	2.22 4.6%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Thu - 09/18/2025																
HS BIC BREAKFAST	Total	4500														
Mini Donuts, WG Powdered Sugar	1 each	4500	280	0	290	2.00	1.08	20.0	110	0.0	22	5.0	42.0	10.0	3.00	0.00
Orange juice, DW, 4oz. 2024	1 EACH	4500	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Craisins	1/4 Cup	4500	93	0	2	1.61	0.12	2.7	14	0.06	22	0.05	25.09	0.33	0.03	0.00
MILK, 1% DW 2024	EACH (1/2 pint)	500	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	EACH (1/2 pint)	4000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			548	6	509	3.61	1.20	249.4	1168	30.06	76 55.8%	14.16 10.3%	100.42 73.3%	10.61 17.4%	3.19 5.2%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Fri - 09/19/2025																
HS BIC BREAKFAST	Total	4500														
BREAD, STRAWBERRY, fzeg	Serv. (2 G)	4500	223	52	152	1.40	1.04	36.5	80	3.42	*20	3.93	33.82	8.19	0.96	*0.01
Juice, Wildberry, 4oz, 2024	1 EACH	4500	60	0	15	0.00	0.00	200.0	2000	30.0	15	0.0	15.0	0.0	0.00	0.00
TANGERINES, FRESH	Serving	4500	89	0	3	3.02	0.25	62.2	1144	44.86	18	1.36	22.41	0.52	0.07	0.00
MILK, 1% DW 2024	EACH (1/2 pint)	500	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	EACH (1/2 pint)	4000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			492	58	374	4.42	1.29	515.3	4168	78.28	*72 *58.3%	13.41 10.9%	90.56 73.7%	8.99 16.5%	1.19 2.2%	*0.01 *0.0%
Nutrient Guideline			450-600		640										<10.00	

Weighted Average			489	19	411	4.72	1.32	348.1	*2102	*64.76	*63 *115.6	14.04 11.5%	88.50 72.4%	8.92 16.4%	2.89 5.3%	*0.00 *0.0%
------------------	--	--	-----	----	-----	------	------	-------	-------	--------	---------------	----------------	----------------	---------------	--------------	----------------

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

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

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

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

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Sep 15, 2025 thru Sep 19, 2025

HS BIC BREAKFAST

Generated on: 8/29/2025 1:20:42 PM

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)	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	489		450 - 600	100%													
Cholesterol (mg)	19																
Sodium 1 (mg)	411		640	64%													
Fiber (g)	4.72																
Iron (mg)	1.32																
Calcium (mg)	348.1																
Vitamin A (IU)	2102																
Sugars (g)	63	51.37%			Missing												
Vitamin C (mg)	64.76				Missing												
Protein (g)	14.04	11.49%			Missing												
Carbohydrate (g)	88.50	72.45%															
Total Fat (g)	8.92	16.42%															
Saturated Fat (g)	2.89	5.32%	<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

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Sep 22, 2025 thru Sep 26, 2025

HS BIC BREAKFAST

Generated on: 8/29/2025 1:20:55 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)
Mon - 09/22/2025																
HS BIC BREAKFAST	Total	4500														
Cinnamon Roll-Wh.Wheat-IW-2017	1 EACH	4500	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.0	11.0	6.00	0.00
Orange juice, DW, 4oz.2024	EACH(4 oz	4500	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Crisps, Apple-Strawberry '22	BAG (0.3 4 oz)	4500	39	0	0	1.93	0.00	0.0	34	0.0	7	0.0	9.64	0.0	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	500	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/ 2 pint)	4000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			514	11	527	4.93	1.80	246.7	1378	31.20	61 47.7%	14.11 11.0%	93.97 73.2%	11.28 19.8%	6.17 10.8%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	
Tue - 09/23/2025																
HS BIC BREAKFAST	Total	4500														
CRESCENT,CHOCOLATE FILL ED '22	1 EACH	4500	240	1	270	3.00	1.80	20.0	55	0.0	11	6.0	37.0	8.0	1.50	0.00
Juice, Wildberry, 4oz, 2024	1 EACH	4500	60	0	15	0.00	0.00	200.0	2000	30.0	15	0.0	15.0	0.0	0.00	0.00
APPLES,Fresh sliced	pkg. (2oz)	4500	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	500	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/ 2 pint)	4000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			454	7	488	5.00	1.98	446.7	3049	153.60	50 44.4%	14.11 12.4%	79.33 69.9%	8.28 16.4%	1.67 3.3%	0.00 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 22, 2025 thru Sep 26, 2025

HS BIC BREAKFAST

Generated on: 8/29/2025 1:20:55 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcmm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/24/2025																
HS BIC BREAKFAST	Total	4500														
CEREAL,MALT-O, SCOOTERS'25	BOWL	4500	156	0	260	3.90	11.69	129.9	650	19.49	*N/A*	5.2	29.89	2.6	0.00	0.00
Juice, apple 4oz. DW-2024	1 EACH	4500	55	0	15	0.00	0.00	0.0	0	30.0	15	0.0	15.0	0.0	0.00	0.00
GRAPES,Fresh PKG '23	serv.(1/2 cup)	4500	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
MILK,1% DW 2024	EACH(1/2 pint)	500	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/2 pint)	4500	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			375	7	502	4.31	11.83	375.3	1751	51.33	*43 *45.9%	14.49 15.4%	74.33 79.3%	3.04 7.3%	0.22 0.5%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Thu - 09/25/2025																
HS BIC BREAKFAST	Total	4500														
Croissant,Sausage & Cheese '25	1 Each	4500	222	35	406	2.20	1.61	154.3	182	0.0	3	12.14	18.28	11.3	5.43	0.16
Orange juice, DW, 4oz.2024	1 EACH	4500	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
BANANAS	1 EACH	4500	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
MILK,1% DW 2024	EACH(1/2 pint)	500	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/2 pint)	4000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			487	41	624	4.83	1.87	386.0	1291	38.79	47 38.8%	22.35 18.4%	74.68 61.3%	11.91 22.0%	5.71 10.5%	0.16 0.3%
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 22, 2025 thru Sep 26, 2025

Base Menu Spreadsheet

HS BIC BREAKFAST

Portion Values - Detailed

Page 3

Generated on: 8/29/2025 1:20:55 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 - 09/26/2025																
HS BIC BREAKFAST	Total	4500														
Concha, WG CHOCOLATE '24	1 each	1500	200	5	90	2.00	1.80	40.0	40	0.0	8	5.0	34.0	6.0	1.50	0.00
Concha, WG PINK-'24	1 EACH	1500	200	5	90	2.00	1.80	40.0	40	0.0	8	5.0	34.0	6.0	1.50	0.00
Concha, WG WHITE-'24	each(2G)	1500	200	5	90	2.00	1.80	40.0	40	0.0	8	5.0	34.0	6.0	1.50	0.00
Juice, Wildberry, 4oz, 2024	1 EACH	4500	60	0	15	0.00	0.00	200.0	2000	30.0	15	0.0	15.0	0.0	0.00	0.00
TANGERINES,FRESH	Serving	4500	89	0	3	3.02	0.25	62.2	1144	44.86	18	1.36	22.41	0.52	0.07	0.00
MILK,1% DW 2024	EACH(1/2 pint)	500	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/2 pint)	4000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			469	11	312	5.02	2.05	518.8	4129	74.86	59	14.47	90.74	6.80	1.73	0.00
% of Calories											50.5%	12.3%	77.4%	13.0%	3.3%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Weighted Average			460	15	491	4.82	3.91	394.7	2320	69.95	*52	15.91	82.61	8.26	3.10	0.03
											*102.3	13.8%	71.9%	16.2%	6.1%	0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	460		450 - 600	100%				
Cholesterol (mg)	15							
Sodium 1 (mg)	491		640	77%				
Fiber (g)	4.82							
Iron (mg)	3.91							
Calcium (mg)	394.7							
Vitamin A (IU)	2320							
Sugars (g)	52	45.45%			Missing			
Vitamin C (mg)	69.95							
Protein (g)	15.91	13.84%						
Carbohydrate (g)	82.61	71.87%						
Total Fat (g)	8.26	16.17%						
Saturated Fat (g)	3.10	6.07%	<10.00%					
Trans Fat ¹ (g)	0.03	0.06%						

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 29, 2025 thru Sep 30, 2025

Base Menu Spreadsheet

HS BIC BREAKFAST

Portion Values - Detailed

Page 1

Generated on: 8/29/2025 1:21:07 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)
Mon - 09/29/2025																
HS BIC BREAKFAST	Total	4500														
POP TARTS, Wh.Gr Strawberry-'24	PKG. of (2 ea)	4500	360	0	360	6.00	3.60	200.0	1000	0.0	30	4.0	75.0	4.5	2.00	0.00
Orange juice, DW, 4oz.2024	EACH(4 oz	4500	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Crisps, Apple-Strawberry '22	BAG (0.3 4 oz)	4500	39	0	0	1.93	0.00	0.0	34	0.0	7	0.0	9.64	0.0	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	500	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/ 2 pint)	4000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			574	6	577	7.93	3.60	426.7	2078	30.00	69 48.3%	13.11 9.1%	117.97 82.3%	4.78 7.5%	2.17 3.4%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	
Tue - 09/30/2025																
HS BIC BREAKFAST	Total	4500														
Muffin,Choc Chip-BuenaVista'25	1 ea	4500	250	20	240	2.04	1.80	20.4	*N/A*	*N/A*	19	4.0	40.97	8.0	2.00	0.00
Juice, Wildberry, 4oz, 2024	1 EACH	4500	60	0	15	0.00	0.00	200.0	2000	30.0	15	0.0	15.0	0.0	0.00	0.00
APPLES,Fresh sliced	pkg. (2oz)	4500	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	500	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/ 2 pint)	4000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			464	27	458	4.04	1.98	447.1	*2994	*153.60	58 50.4%	12.11 10.4%	83.30 71.8%	8.28 16.1%	2.16 4.2%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	
Weighted Average			519	16	518	5.98	2.79	436.9	*2536	*91.80	64 110.8%	12.61 9.7%	100.64 77.6%	6.53 11.3%	2.17 3.8%	0.00 0.0%

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

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

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

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

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Sep 29, 2025 thru Sep 30, 2025

HS BIC BREAKFAST

Generated on: 8/29/2025 1:21:07 PM

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)	Error Messages (if any)*
Calories	519		450 - 600															
Cholesterol (mg)	16																	
Sodium 1 (mg)	518		640															
Fiber (g)	5.98																	
Iron (mg)	2.79																	
Calcium (mg)	436.9																	
Vitamin A (IU)	2536				Missing													
Sugars (g)	64	49.23%																
Vitamin C (mg)	91.80				Missing													
Protein (g)	12.61	9.73%																
Carbohydrate (g)	100.64	77.60%																
Total Fat (g)	6.53	11.32%																
Saturated Fat (g)	2.17	3.76%																
Trans Fat ¹ (g)	0.00	0.00%																

*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.