

Rialto Unified School District

Sep 1, 2023 thru Sep 1, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

Generated on: 9/12/2023 8:22:02 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/01/2023																
High School Lunch	Total	5970														
HOT DIGGETY DOG	1 EACH	1000	170	15	370	0.55	1.08	40.0	0	2.4	*N/A*	6.0	18.0	8.0	2.50	0.00
BURRITO,TKY BEAN & CHSE-2 022	SERVING	1000	502	42	1107	13.05	4.36	362.4	309	6.87	*4	24.73	60.85	18.89	7.08	*0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Popcorn Chicken-Wh.Grain 2015	Serving	1400	317	47	540	4.00	2.36	165.0	404	5.0	8	16.0	33.0	14.0	2.00	0.00
Chicken, teriyaki,W/WGnoodles	serving	700	316	53	774	6.00	2.52	20.0	115	0.0	17	21.0	49.0	2.5	1.00	0.00
PIZZA,FR.BREAD,CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
TACO SALAD, Meal Deal	SERVING	500	493	97	746	3.66	3.96	309.3	1387	7.62	*3	26.48	28.29	30.24	14.24	*N/A*
Strawberry Cup, Froz. - 2017	1 each	100	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	100	90	0	0	2.00	0.00	0.0	0	0.0	16	0.0	20.0	0.0	0.00	0.00
APRICOT CUP	1 EACH	100	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
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	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			646	60	1157	5648.7	4.05	573.0	4372	37.14	*31	34.45	85.50	19.98	6.65	*0.02
% of Calories											*19.4%	21.3%	53.0%	27.9%	9.3%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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

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

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

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, 2023 thru Sep 1, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 2

Generated on: 9/12/2023 8:22:02 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average			646	60	1157	5648.7	4.05	573.0	4372	37.14	*31 *43.6%	34.45 21.3%	85.50 53.0%	19.98 27.9%	6.65 9.3%	*0.02 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target*	Miss Data	Shortfall*	Overage*	Error Messages (if any)*
Calories	646		750 - 850					
Cholesterol (mg)	60							
Sodium (mg)	1157		1420					
Fiber (g)	5648.71							
Iron (mg)	4.05							
Calcium (mg)	573.0							
Vitamin A (IU)	4372							
Sugars (g)	31	19.38%			Missing			
Vitamin C (mg)	37.14							
Protein (g)	34.45	21.34%						
Carbohydrate (g)	85.50	52.97%						
Total Fat (g)	19.98	27.85%	<=30.00%					
Saturated Fat (g)	6.65	9.27%	<10.00%					
Trans Fat ¹ (g)	0.02	0.02%			Missing			

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

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Rialto Unified School District

Sep 11, 2023 thru Sep 15, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

Generated on: 9/12/2023 8:29:51 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/11/2023																
High School Lunch	Total	5970														
Burrito, Bean & Chz '22	1 each	1000	577	60	1278	5.65	4.01	612.4	701	2.48	*1	25.15	59.92	26.12	13.02	*0.00
BURRITO,TKY BEAN & CHSE-2	SERVING	1000	502	42	1107	13.05	4.36	362.4	309	6.87	*4	24.73	60.85	18.89	7.08	*0.00
022																
Ch-Burger w/White G Bun-2015MS	1 EACH	700	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Popcorn Chicken-Wh.Grain 2015	Serving	1400	317	47	540	4.00	2.36	165.0	404	5.0	8	16.0	33.0	14.0	2.00	0.00
Chicken, teriyaki,W/WGnoodles	serving	1000	316	53	774	6.00	2.52	20.0	115	0.0	17	21.0	49.0	2.5	1.00	0.00
PIZZA,FR.BREAD,CHEESE TO	1 EACH	1000	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
NY'S																
Pizza,PHut 14"WhWhPepp,slice	serving	1000	290	25	570	3.00	2.00	300.0	400	0.0	1	21.0	29.0	11.0	4.40	0.00
YOGURT PARFAIT W/ GRANO	serving	800	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
LA 2020																
PROTEIN BOX MIDDLE SCHO	1 EACH	500	568	27	804	5.21	1.35	269.4	902	8.87	*16	17.63	46.84	37.41	9.42	*0.00
OL 2017																
Strawberry Cup, Froz. - 2017	1 each	100	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	100	90	0	0	2.00	0.00	0.0	0	0.0	16	0.0	20.0	0.0	0.00	0.00
APRICOT CUP	1 EACH	100	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
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	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00

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Sep 11, 2023 thru Sep 15, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			774	65	1397	5650.3	4.41	731.4	4215	38.82	*33 *17.2%	39.69 20.5%	102.47 53.0%	24.66 28.7%	8.49 9.9%	*0.02 *0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Sep 11, 2023 thru Sep 15, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	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)
Tue - 09/12/2023																
High School Lunch	Total	5970														
RIB A QUE BEEF/WHEAT BUN	1 EACH	1500	318	18	1140	5.37	3.00	65.9	302	5.23	*3	21.75	45.92	6.93	2.17	*0.00
BURRITO,TKY BEAN & CHSE-2	SERVING	1500	502	42	1107	13.05	4.36	362.4	309	6.87	*4	24.73	60.85	18.89	7.08	*0.00
022																
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Popcorn Chicken-Wh.Grain 2015	Serving	1400	317	47	540	4.00	2.36	165.0	404	5.0	8	16.0	33.0	14.0	2.00	0.00
Chicken, teriyaki,W/WGnoodles	serving	1000	316	53	774	6.00	2.52	20.0	115	0.0	17	21.0	49.0	2.5	1.00	0.00
PIZZA,FR.BREAD,CHEESE TO	1 EACH	1000	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
NY'S																
YOGURT PARFAIT W/ GRANO	serving	1000	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
LA 2020																
spicy chicken/tapatío salad	1 EACH	500	410	51	868	6.24	3.38	55.1	1656	11.72	*10	22.4	43.32	18.27	2.72	*0.01
Strawberry Cup, Froz. - 2017	1 each	100	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	100	90	0	0	2.00	0.00	0.0	0	0.0	16	0.0	20.0	0.0	0.00	0.00
APRICOT CUP	1 EACH	100	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
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	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			788	66	1553	5651.9	5.21	643.6	4528	42.00	*34	43.43	109.88	21.83	6.78	*0.02
% of Calories											*17.4%	22.0%	55.7%	24.9%	7.7%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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

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

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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)
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Rialto Unified School District

Sep 11, 2023 thru Sep 15, 2023

Base Menu Spreadsheet

High School Lunch

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)
Wed - 09/13/2023																
High School Lunch	Total	5970														
GRAVY, TURKEY, L/F#2 HS-2017	1 each	1000	340	27	1035	4.34	3.04	116.6	204	1.72	*5	21.33	46.26	10.0	1.73	*0.00
BURRITO, TKY BEAN & CHSE-2022	SERVING	1000	502	42	1107	13.05	4.36	362.4	309	6.87	*4	24.73	60.85	18.89	7.08	*0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	700	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Popcorn Chicken-Wh.Grain 2015	Serving	1400	317	47	540	4.00	2.36	165.0	404	5.0	8	16.0	33.0	14.0	2.00	0.00
Chicken, teriyaki, W/WGnoodles	serving	700	316	53	774	6.00	2.52	20.0	115	0.0	17	21.0	49.0	2.5	1.00	0.00
PIZZA, FR.BREAD, CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
Pizza, PHut 14"WhWhPepp,slice	serving	700	290	25	570	3.00	2.00	300.0	400	0.0	1	21.0	29.0	11.0	4.40	0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	1000	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
Wrap, CRUNCHY CHICKEN 2017	1 EACH	900	421	50	943	5.34	3.17	202.4	2939	19.9	*5	17.44	51.92	17.81	3.94	*0.00
PROTEIN BOX MIDDLE SCHO OL 2017	1 EACH	500	568	27	804	5.21	1.35	269.4	902	8.87	*16	17.63	46.84	37.41	9.42	*0.00
Strawberry Cup, Froz. - 2017	1 each	100	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	100	90	0	0	2.00	0.00	0.0	0	0.0	16	0.0	20.0	0.0	0.00	0.00
APRICOT CUP	1 EACH	100	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS, FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES, FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES, FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
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	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00

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Rialto Unified School District

Sep 11, 2023 thru Sep 15, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			773	63	1425	5650.4	4.54	671.8	4546	42.70	*34 *17.6%	39.74 20.6%	105.76 54.7%	23.88 27.8%	6.90 8.0%	*0.02 *0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Rialto Unified School District

Sep 11, 2023 thru Sep 15, 2023

Base Menu Spreadsheet

High School Lunch

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)
Thu - 09/14/2023																
High School Lunch	Total	5970														
CHILI VERDEFRIES w/cheese-2 018	SERVING	1000	481	118	1117	2.61	2.29	121.3	112	13.95	*1	40.97	32.89	20.06	6.23	*0.00
BURRITO,TKY BEAN & CHSE-2 022	SERVING	1000	502	42	1107	13.05	4.36	362.4	309	6.87	*4	24.73	60.85	18.89	7.08	*0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Popcorn Chicken-Wh.Grain 2015	Serving	1400	317	47	540	4.00	2.36	165.0	404	5.0	8	16.0	33.0	14.0	2.00	0.00
Chicken, teriyaki,W/WGnoodles	serving	700	316	53	774	6.00	2.52	20.0	115	0.0	17	21.0	49.0	2.5	1.00	0.00
PIZZA,FR.BREAD,CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	1000	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
SALAD,CHEF	1 EACH	900	579	173	1467	5.05	4.02	244.0	14294	31.44	*17	30.13	42.99	35.17	9.22	*0.00
Strawberry Cup, Froz. - 2017	1 each	100	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	100	90	0	0	2.00	0.00	0.0	0	0.0	16	0.0	20.0	0.0	0.00	0.00
APRICOT CUP	1 EACH	100	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
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	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00

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Rialto Unified School District

Sep 11, 2023 thru Sep 15, 2023

Base Menu Spreadsheet

High School Lunch

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			779	97	1459	5649.8	4.67	642.3	6447	46.20	*34	44.07	98.64	25.26	7.69	*0.02
% of Calories											*17.6%	22.6%	50.7%	29.2%	8.9%	*0.0%
Nutrient Guideline			750-850		1420									<=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

Sep 11, 2023 thru Sep 15, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 9

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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)
Fri - 09/15/2023																
High School Lunch	Total	5970														
CHICKEN FAJITA / W/RICE 2022	SERVING	1200	356	40	609	7.21	4.94	109.3	718	2.89	*0	20.61	51.52	7.74	1.17	*0.00
BURRITO,TKY BEAN & CHSE-2 022	SERVING	1200	502	42	1107	13.05	4.36	362.4	309	6.87	*4	24.73	60.85	18.89	7.08	*0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1600	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Popcorn Chicken-Wh.Grain 2015	Serving	1400	317	47	540	4.00	2.36	165.0	404	5.0	8	16.0	33.0	14.0	2.00	0.00
Chicken, teriyaki,W/WGnoodles	serving	700	316	53	774	6.00	2.52	20.0	115	0.0	17	21.0	49.0	2.5	1.00	0.00
PIZZA,FR.BREAD,CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	1100	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
TACO SALAD, Meal Deal	SERVING	500	493	97	746	3.66	3.96	309.3	1387	7.62	*3	26.48	28.29	30.24	14.24	*N/A*
Strawberry Cup, Froz. - 2017	1 each	100	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	100	90	0	0	2.00	0.00	0.0	0	0.0	16	0.0	20.0	0.0	0.00	0.00
APRICOT CUP	1 EACH	100	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
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	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			758	70	1297	5650.9	5.31	658.7	4640	41.21	*32	40.97	103.59	21.82	7.11	*0.02
% of Calories											*16.9%	21.6%	54.7%	25.9%	8.5%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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

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

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Rialto Unified School District

Sep 18, 2023 thru Sep 22, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/18/2023																
High School Lunch	Total	5970														
Crunchers, Cheese Pizza '23	1 EACH	1000	420	30	770	5.00	2.70	300.0	0	0.0	4	20.0	41.0	20.0	8.00	0.50
BURRITO,TKY BEAN & CHSE-2	SERVING	1000	502	42	1107	13.05	4.36	362.4	309	6.87	*4	24.73	60.85	18.89	7.08	*0.00
022																
Ch-Burger w/White G Bun-2015MS	1 EACH	700	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Popcorn Chicken-Wh.Grain 2015	Serving	1400	317	47	540	4.00	2.36	165.0	404	5.0	8	16.0	33.0	14.0	2.00	0.00
Chicken, teriyaki,W/WGnoodles	serving	700	316	53	774	6.00	2.52	20.0	115	0.0	17	21.0	49.0	2.5	1.00	0.00
PIZZA,FR.BREAD,CHEESE TO	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
NY'S																
Pizza,PHut 14"WhWhPepp,slice	serving	700	290	25	570	3.00	2.00	300.0	400	0.0	1	21.0	29.0	11.0	4.40	0.00
YOGURT PARFAIT W/ GRANO	serving	1200	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
LA 2020																
PROTEIN BOX MIDDLE SCHO	1 EACH	1300	568	27	804	5.21	1.35	269.4	902	8.87	*16	17.63	46.84	37.41	9.42	*0.00
OL 2017																
Strawberry Cup, Froz. - 2017	1 each	100	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	100	90	0	0	2.00	0.00	0.0	0	0.0	16	0.0	20.0	0.0	0.00	0.00
APRICOT CUP	1 EACH	100	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
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	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			811	60	1351	5650.5	4.23	723.1	4196	41.61	*35 *17.4%	39.74 19.6%	105.51 52.1%	28.04 31.1%	8.69 9.6%	*0.10 *0.1%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Rialto Unified School District

Sep 18, 2023 thru Sep 22, 2023

Base Menu Spreadsheet

High School Lunch

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)
Tue - 09/19/2023																
High School Lunch	Total	5970														
CHICKEN,WINGS-GENERAL T	SERVING	1000	476	186	730	0.00	0.54	17.8	0	0.0	14	26.75	17.49	32.7	8.92	0.00
SO'S'23																
BURRITO,TKY BEAN & CHSE-2	SERVING	1000	502	42	1107	13.05	4.36	362.4	309	6.87	*4	24.73	60.85	18.89	7.08	*0.00
022																
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Popcorn Chicken-Wh.Grain 2015	Serving	1400	317	47	540	4.00	2.36	165.0	404	5.0	8	16.0	33.0	14.0	2.00	0.00
Chicken, teriyaki,W/WGnoodles	serving	700	316	53	774	6.00	2.52	20.0	115	0.0	17	21.0	49.0	2.5	1.00	0.00
PIZZA,FR.BREAD,CHEESE TO	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
NY'S																
YOGURT PARFAIT W/ GRANO	serving	1200	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
LA 2020																
spicy chicken/tapatio salad	1 EACH	1000	410	51	868	6.24	3.38	55.1	1656	11.72	*10	22.4	43.32	18.27	2.72	*0.01
Strawberry Cup, Froz. - 2017	1 each	100	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	100	90	0	0	2.00	0.00	0.0	0	0.0	16	0.0	20.0	0.0	0.00	0.00
APRICOT CUP	1 EACH	100	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
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	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00

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Rialto Unified School District

Sep 18, 2023 thru Sep 22, 2023

Base Menu Spreadsheet

High School Lunch

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			771	91	1324	5649.7	4.38	612.3	4556	42.10	*36 *18.5%	41.38 21.5%	99.01 51.4%	25.29 29.5%	7.28 8.5%	*0.02 *0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Rialto Unified School District

Sep 18, 2023 thru Sep 22, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 5

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/20/2023																
High School Lunch	Total	5970														
Pull Apart Bread 2020	Serving	1000	290	30	629	0.00	9.71	243.0	136	0.48	1	14.99	28.97	13.99	5.00	0.00
BURRITO,TKY BEAN & CHSE-2	SERVING	1000	502	42	1107	13.05	4.36	362.4	309	6.87	*4	24.73	60.85	18.89	7.08	*0.00
022																
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Popcorn Chicken-Wh.Grain 2015	Serving	1400	317	47	540	4.00	2.36	165.0	404	5.0	8	16.0	33.0	14.0	2.00	0.00
Chicken, teriyaki,W/WGnoodles	serving	700	316	53	774	6.00	2.52	20.0	115	0.0	17	21.0	49.0	2.5	1.00	0.00
PIZZA,FR.BREAD,CHEESE TO	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
NY'S																
YOGURT PARFAIT W/ GRANO	serving	1100	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
LA 2020																
Wrap, CRUNCHY CHICKEN 2017	1 EACH	900	421	50	943	5.34	3.17	202.4	2939	19.9	*5	17.44	51.92	17.81	3.94	*0.00
PROTEIN BOX MIDDLE SCHO	1 EACH	1000	568	27	804	5.21	1.35	269.4	902	8.87	*16	17.63	46.84	37.41	9.42	*0.00
OL 2017																
Strawberry Cup, Froz. - 2017	1 each	100	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	100	90	0	0	2.00	0.00	0.0	0	0.0	16	0.0	20.0	0.0	0.00	0.00
APRICOT CUP	1 EACH	100	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
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	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	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
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Rialto Unified School District

Sep 18, 2023 thru Sep 22, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 6

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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			824	68	1435	5650.3	6.03	709.0	4893	44.20	*35 *17.1%	41.00 19.9%	108.27 52.6%	27.97 30.6%	8.30 9.1%	*0.02 *0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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

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

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Rialto Unified School District

Sep 18, 2023 thru Sep 22, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 7

Generated on: 9/12/2023 8:30:21 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 - 09/21/2023																
High School Lunch	Total	5970														
Chicken & Waffles, WG 2019	Serving	1000	314	34	623	4.00	3.08	40.0	109	87.0	5	19.0	39.0	10.0	2.00	0.00
BURRITO,TKY BEAN & CHSE-2 022	SERVING	1000	502	42	1107	13.05	4.36	362.4	309	6.87	*4	24.73	60.85	18.89	7.08	*0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Popcorn Chicken-Wh.Grain 2015	Serving	1400	317	47	540	4.00	2.36	165.0	404	5.0	8	16.0	33.0	14.0	2.00	0.00
Chicken, teriyaki,W/WGnoodles	serving	700	316	53	774	6.00	2.52	20.0	115	0.0	17	21.0	49.0	2.5	1.00	0.00
PIZZA,FR.BREAD,CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	1000	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
SALAD,CHEF	1 EACH	900	579	173	1467	5.05	4.02	244.0	14294	31.44	*17	30.13	42.99	35.17	9.22	*0.00
Strawberry Cup, Froz. - 2017	1 each	100	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	100	90	0	0	2.00	0.00	0.0	0	0.0	16	0.0	20.0	0.0	0.00	0.00
APRICOT CUP	1 EACH	100	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
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	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			751	83	1376	5650.0	4.80	628.7	6446	58.44	*35	40.39	99.67	23.57	6.98	*0.02
% of Calories											*18.6%	21.5%	53.1%	28.3%	8.4%	*0.0%
Nutrient Guideline			750-850		1420									<=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

Sep 18, 2023 thru Sep 22, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 8

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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)
Fri - 09/22/2023																
High School Lunch	Total	5970														
CHEESEBURGER MINIS-2018	SERVING	1000	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
BURRITO,TKY BEAN & CHSE-2	SERVING	1000	502	42	1107	13.05	4.36	362.4	309	6.87	*4	24.73	60.85	18.89	7.08	*0.00
022																
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Popcorn Chicken-Wh.Grain 2015	Serving	1400	317	47	540	4.00	2.36	165.0	404	5.0	8	16.0	33.0	14.0	2.00	0.00
Chicken, teriyaki,W/WGnoodles	serving	700	316	53	774	6.00	2.52	20.0	115	0.0	17	21.0	49.0	2.5	1.00	0.00
PIZZA,FR.BREAD,CHEESE TO	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
NY'S																
YOGURT PARFAIT W/ GRANO	serving	1100	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
LA 2020																
TACO SALAD, Meal Deal	SERVING	1100	493	97	746	3.66	3.96	309.3	1387	7.62	*3	26.48	28.29	30.24	14.24	*N/A*
Strawberry Cup, Froz. - 2017	1 each	100	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	100	90	0	0	2.00	0.00	0.0	0	0.0	16	0.0	20.0	0.0	0.00	0.00
APRICOT CUP	1 EACH	100	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
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	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	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

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Rialto Unified School District

Sep 18, 2023 thru Sep 22, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 9

Generated on: 9/12/2023 8:30:22 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			753	77	1250	5649.7	4.90	663.4	4548	41.04	*33 *17.4%	41.08 21.8%	98.20 52.2%	23.55 28.2%	8.40 10.0%	*0.02 *0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Weighted Average			782	76	1347	5650.1	4.87	667.3	4928	45.48	*35 *40.0%	40.72 20.8%	102.13 52.3%	25.69 29.6%	7.93 9.1%	*0.03 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	782		750 - 850	100%				
Cholesterol (mg)	76							
Sodium (mg)	1347		1420					
Fiber (g)	5650.11							
Iron (mg)	4.87							
Calcium (mg)	667.3							
Vitamin A (IU)	4928							
Sugars (g)	35	17.78%			Missing			
Vitamin C (mg)	45.48							
Protein (g)	40.72	20.83%						
Carbohydrate (g)	102.13	52.25%						
Total Fat (g)	25.69	29.57%	<=30.00%					
Saturated Fat (g)	7.93	9.13%	<10.00%					
Trans Fat ¹ (g)	0.03	0.04%			Missing			

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

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Rialto Unified School District

Sep 25, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

Generated on: 9/12/2023 8:30:35 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 - 09/25/2023																
High School Lunch	Total	5970														
NACHOS,CHEESE	1 EACH	1000	520	64	1151	3.40	1.25	771.8	726	2.58	*1	15.67	40.89	32.76	14.92	*0.00
BURRITO,TKY BEAN & CHSE-2	SERVING	700	502	42	1107	13.05	4.36	362.4	309	6.87	*4	24.73	60.85	18.89	7.08	*0.00
022																
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Popcorn Chicken-Wh.Grain 2015	Serving	1400	317	47	540	4.00	2.36	165.0	404	5.0	8	16.0	33.0	14.0	2.00	0.00
Chicken, teriyaki,W/WGnoodles	serving	700	316	53	774	6.00	2.52	20.0	115	0.0	17	21.0	49.0	2.5	1.00	0.00
PIZZA,FR.BREAD,CHEESE TO	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
NY'S																
YOGURT PARFAIT W/ GRANO	serving	1100	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
LA 2020																
Pizza,PHut 14"WhWhPepp,slice	serving	700	290	25	570	3.00	2.00	300.0	400	0.0	1	21.0	29.0	11.0	4.40	0.00
PROTEIN BOX MIDDLE SCHO	1 EACH	1100	568	27	804	5.21	1.35	269.4	902	8.87	*16	17.63	46.84	37.41	9.42	*0.00
OL 2017																
Strawberry Cup, Froz. - 2017	1 each	100	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	100	90	0	0	2.00	0.00	0.0	0	0.0	16	0.0	20.0	0.0	0.00	0.00
APRICOT CUP	1 EACH	100	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
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	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00

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Rialto Unified School District

Sep 25, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 2

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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			817	68	1405	5649.9	4.17	788.5	4595	41.35	*35 *17.0%	40.00 19.6%	103.56 50.7%	29.39 32.4%	9.69 10.7%	*0.02 *0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Rialto Unified School District

Sep 25, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 3

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/26/2023																
High School Lunch	Total	5970														
TACO GRANDE,TURKEY 2018	1 EACH	1000	503	65	815	4.33	5.60	334.4	1460	5.93	*0	24.2	61.53	19.75	4.94	*0.00
BURRITO,TKY BEAN & CHSE-2022	SERVING	1000	502	42	1107	13.05	4.36	362.4	309	6.87	*4	24.73	60.85	18.89	7.08	*0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Popcorn Chicken-Wh.Grain 2015	Serving	1400	317	47	540	4.00	2.36	165.0	404	5.0	8	16.0	33.0	14.0	2.00	0.00
Chicken, teriyaki,W/WGnoodles	serving	700	316	53	774	6.00	2.52	20.0	115	0.0	17	21.0	49.0	2.5	1.00	0.00
PIZZA,FR.BREAD,CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	1100	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
spicy chicken/tapatío salad	1 EACH	1100	410	51	868	6.24	3.38	55.1	1656	11.72	*10	22.4	43.32	18.27	2.72	*0.01
Strawberry Cup, Froz. - 2017	1 each	100	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	100	90	0	0	2.00	0.00	0.0	0	0.0	16	0.0	20.0	0.0	0.00	0.00
APRICOT CUP	1 EACH	100	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
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	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			776	72	1350	5650.5	5.26	658.8	4826	42.78	*33	41.08	106.03	23.35	6.62	*0.02
% of Calories											*17.3%	21.2%	54.6%	27.1%	7.7%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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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)
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Rialto Unified School District

Sep 25, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/27/2023																
High School Lunch	Total	5970														
MACARONI AND CHEESE '22	1/2 CUP	1000	304	45	1252	0.47	0.50	693.6	2239	0.53	*5	25.1	20.89	13.87	9.08	*0.00
BURRITO,TKY BEAN & CHSE-2	SERVING	1000	502	42	1107	13.05	4.36	362.4	309	6.87	*4	24.73	60.85	18.89	7.08	*0.00
022																
Ch-Burger w/White G Bun-2015MS	1 EACH	700	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Popcorn Chicken-Wh.Grain 2015	Serving	1400	317	47	540	4.00	2.36	165.0	404	5.0	8	16.0	33.0	14.0	2.00	0.00
Chicken, teriyaki,W/WGnoodles	serving	700	316	53	774	6.00	2.52	20.0	115	0.0	17	21.0	49.0	2.5	1.00	0.00
Pizza,PHut 14"WhWhPepp,slice	serving	700	290	25	570	3.00	2.00	300.0	400	0.0	1	21.0	29.0	11.0	4.40	0.00
PIZZA,FR.BREAD,CHEESE TO	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
NY'S																
YOGURT PARFAIT W/ GRANO	serving	1100	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
LA 2020																
Wrap, CRUNCHY CHICKEN 2017	1 EACH	900	421	50	943	5.34	3.17	202.4	2939	19.9	*5	17.44	51.92	17.81	3.94	*0.00
PROTEIN BOX MIDDLE SCHO	1 EACH	1100	568	27	804	5.21	1.35	269.4	902	8.87	*16	17.63	46.84	37.41	9.42	*0.00
OL 2017																
Strawberry Cup, Froz. - 2017	1 each	100	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	100	90	0	0	2.00	0.00	0.0	0	0.0	16	0.0	20.0	0.0	0.00	0.00
APRICOT CUP	1 EACH	100	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
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	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00

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Rialto Unified School District

Sep 25, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 6

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			830	69	1544	5650.4	4.28	803.0	4981	43.90	*36 *17.2%	42.39 20.4%	107.31 51.7%	28.37 30.8%	9.11 9.9%	*0.02 *0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Rialto Unified School District

Sep 25, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

High School Lunch

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)
Thu - 09/28/2023																
High School Lunch	Total	5970														
Bowl,Chicken, Kung Pao 2014	1 EACH	1000	354	64	885	6.00	9.00	0.0	739	12.16	10	26.26	50.92	4.34	1.45	0.00
BURRITO,TKY BEAN & CHSE-2	SERVING	1000	502	42	1107	13.05	4.36	362.4	309	6.87	*4	24.73	60.85	18.89	7.08	*0.00
022																
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Popcorn Chicken-Wh.Grain 2015	Serving	1400	317	47	540	4.00	2.36	165.0	404	5.0	8	16.0	33.0	14.0	2.00	0.00
Chicken, teriyaki,W/WGnoodles	serving	700	316	53	774	6.00	2.52	20.0	115	0.0	17	21.0	49.0	2.5	1.00	0.00
PIZZA,FR.BREAD,CHEESE TO	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
NYS																
YOGURT PARFAIT W/ GRANO	serving	1100	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
LA 2020																
SALAD,CHEF	1 EACH	1100	579	173	1467	5.05	4.02	244.0	14294	31.44	*17	30.13	42.99	35.17	9.22	*0.00
Strawberry Cup, Froz. - 2017	1 each	100	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	100	90	0	0	2.00	0.00	0.0	0	0.0	16	0.0	20.0	0.0	0.00	0.00
APRICOT CUP	1 EACH	100	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
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	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			783	94	1472	5650.6	5.95	637.6	7034	47.46	*37	42.85	104.19	23.88	7.24	*0.02
% of Calories											*18.7%	21.9%	53.3%	27.5%	8.3%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Rialto Unified School District

Sep 25, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

High School Lunch

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)
Fri - 09/29/2023																
High School Lunch	Total	5970														
CHEESEBURGER MINIS-2018	SERVING	1000	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
BURRITO, TKY BEAN & CHSE-2022	SERVING	1000	502	42	1107	13.05	4.36	362.4	309	6.87	*4	24.73	60.85	18.89	7.08	*0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Popcorn Chicken-Wh.Grain 2015	Serving	1400	317	47	540	4.00	2.36	165.0	404	5.0	8	16.0	33.0	14.0	2.00	0.00
Chicken, teriyaki, W/WGnoodles	serving	700	316	53	774	6.00	2.52	20.0	115	0.0	17	21.0	49.0	2.5	1.00	0.00
PIZZA, FR.BREAD, CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
TACO SALAD, Meal Deal	SERVING	500	493	97	746	3.66	3.96	309.3	1387	7.62	*3	26.48	28.29	30.24	14.24	*N/A*
Strawberry Cup, Froz. - 2017	1 each	100	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	100	90	0	0	2.00	0.00	0.0	0	0.0	16	0.0	20.0	0.0	0.00	0.00
APRICOT CUP	1 EACH	100	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS, FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES, FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES, FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
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	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00

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Rialto Unified School District

Sep 25, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			663	65	1155	5649.0	4.34	580.0	4389	36.74	*32 *19.2%	36.74 22.2%	87.73 53.0%	19.95 27.1%	6.72 9.1%	*0.02 *0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Weighted Average			774	73	1385	5650.1	4.80	693.6	5165	42.45	*34 *40.0%	40.61 21.0%	101.76 52.6%	24.99 29.1%	7.87 9.2%	*0.02 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	774		750 - 850	100%				
Cholesterol (mg)	73							
Sodium (mg)	1385		1420					
Fiber (g)	5650.10							
Iron (mg)	4.80							
Calcium (mg)	693.6							
Vitamin A (IU)	5165							
Sugars (g)	34	17.80%			Missing			
Vitamin C (mg)	42.45							
Protein (g)	40.61	21.00%						
Carbohydrate (g)	101.76	52.61%						
Total Fat (g)	24.99	29.07%	<=30.00%					
Saturated Fat (g)	7.87	9.16%	<10.00%					
Trans Fat ¹ (g)	0.02	0.02%			Missing			

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