

# Rialto Unified School District

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 1

Sep 1, 2025 thru Sep 5, 2025

High School Lunch

Generated on: 9/2/2025 6:49:59 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 <sup>1</sup> (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 09/01/2025                     |              |           |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| High School Lunch                    | Total        | 1         |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| HOLIDAY                              | SERVING      | 1         | 0           | 0           | 0         | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 0          | 0.0       | 0.0      | 0.0       | 0.00      | 0.00                    |
| Weighted Daily Average % of Calories |              |           | 0           | 0           | 0         | 0.00      | 0.00      | 0.0       | 0          | 0.00       | 0          | 0.00      | 0.00     | 0.00      | 0.00      | 0.00                    |
| Nutrient Guideline                   |              |           | 750-850     |             | 1420      |           |           |           |            |            | 0.0%       | 0.0%      | 0.0%     | <=30.0    | <10.00    |                         |

|                                 |                  |      |     |      |      |        |      |       |      |       |       |       |       |       |      |       |
|---------------------------------|------------------|------|-----|------|------|--------|------|-------|------|-------|-------|-------|-------|-------|------|-------|
| Tue - 09/02/2025                |                  |      |     |      |      |        |      |       |      |       |       |       |       |       |      |       |
| High School Lunch               | Total            | 3199 |     |      |      |        |      |       |      |       |       |       |       |       |      |       |
| ChickenFajitasW/CheeseBOWL'25   | BOWL             | 600  | 574 | *128 | 1063 | 5.25   | 3.79 | 280.3 | *608 | 27.95 | *1    | 32.86 | 46.8  | 30.53 | 7.62 | *0.00 |
| Chicken, Teriyaki and Rice '24  | BOX              | 400  | 349 | 83   | 739  | 3.47   | 2.14 | 16.7  | 4785 | 2.91  | *8    | 24.13 | 49.99 | 6.14  | 1.27 | 0.00  |
| Chicken, Orange Sec-'24         | BOX              | 500  | 364 | 41   | 654  | 3.47   | 2.02 | 26.7  | 4750 | 2.91  | *12   | 17.63 | 62.99 | 5.05  | 0.10 | 0.00  |
| BUZZBURGER                      | Burger(2 MMA,2G) | 600  | 279 | 48   | 310  | 3.00   | 3.15 | 84.4  | 15   | 0.0   | *3    | 20.93 | 29.0  | 9.7   | 3.03 | *0.00 |
| Spicy Chicken Sandwich WG-2013  | 1 EACH           | 522  | 380 | 20   | 620  | 5.00   | 3.80 | 110.0 | 15   | 0.0   | 4     | 20.0  | 44.0  | 15.0  | 2.50 | 0.00  |
| YOGURT PARFAIT W/ GRANO LA 2023 | serving          | 900  | 487 | 12   | 254  | 4.32   | 2.00 | 456.6 | 455  | 48.69 | *15   | 14.55 | 87.9  | 8.18  | 1.98 | *0.00 |
| spicy chicken/tapatío salad     | 1 EACH           | 422  | 424 | 26   | 684  | 5.24   | 4.38 | 67.1  | 1512 | 11.72 | *10   | 15.4  | 42.32 | 23.27 | 4.22 | *0.01 |
| CHIPS,NACHO RF DORITOS.2025     | 1 each           | 600  | 130 | 0    | 220  | 1.00   | 0.36 | 20.0  | 0    | 0.0   | 0     | 2.0   | 19.0  | 5.0   | 1.00 | 0.00  |
| CHIPS,RF Doritos flamas, 2017   | 1 each           | 500  | 130 | 0    | 200  | 2.00   | 0.00 | 28.0  | 5    | 0.0   | 1     | 2.0   | 20.0  | 5.0   | 0.50 | 0.00  |
| BEANS, PINTO SEASONED-2017      | 1/2 Cup BP       | 300  | 64  | 0    | 259  | 3.21   | 1.21 | 45.2  | 70   | 2.89  | *0    | 3.44  | 11.71 | 0.61  | 0.12 | *0.00 |
| GARDEN SALAD-2014               | 1 EACH           | 750  | 40  | 0    | 15   | 1.11   | 0.78 | 16.2  | 4983 | 19.68 | 3     | 2.01  | 8.79  | 0.17  | 0.03 | 0.00  |
| 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  |
| APPLES,Fresh                    | 1 EACH           | 734  | 72  | 0    | 1    | 3.31   | 0.17 | 8.3   | 75   | 6.35  | 14    | 0.36  | 19.06 | 0.23  | 0.04 | 0.00  |
| GRAPES,Fresh PKG '23            | serving          | 550  | 31  | 0    | 1    | 0.41   | 0.13 | 6.4   | 46   | 1.84  | 7     | 0.29  | 7.89  | 0.16  | 0.05 | 0.00  |
| Asian Pears, Fresh 2017         | serving          | 300  | 51  | 0    | 0    | 4.39   | 0.00 | 4.9   | 0    | 4.64  | 9     | 0.61  | 12.99 | 0.28  | 0.01 | 0.00  |
| BANANAS                         | 1 EACH           | 342  | 90  | 0    | 1    | 2.63   | 0.26 | 5.1   | 65   | 8.79  | 12    | 1.1   | 23.07 | 0.33  | 0.11 | 0.00  |
| ORANGE WEDGES '23               | 1 EACH           | 367  | 45  | 0    | 0    | 2.30   | 0.10 | 38.4  | 216  | 51.07 | 9     | 0.9   | 11.28 | 0.12  | 0.01 | 0.00  |
| MILK,1% DW 2024                 | EACH(1/2 pint)   | 1200 | 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)  | 2000 | 120 | 5    | 210  | 0.00   | 0.00 | 200.0 | 1000 | 0.0   | 19    | 8.0   | 20.0  | 0.0   | 0.00 | 0.00  |
| Ketchup, 2017                   | PKG              | 1199 | 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              | 500  | 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          | 400  | 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            | 400  | 65  | 6    | 134  | 0.03   | 0.02 | 17.8  | 1    | 0.15  | *1    | 0.51  | 1.98  | 7.1   | 1.19 | *0.00 |
| Sauce, Taco, Tapatío 2017       | 1 each           | 400  | 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          | 422  | 4   | 0    | 194  | 0.10   | 0.09 | 1.7   | 0    | 0.0   | 0     | 0.44  | 0.45  | 0.0   | 0.00 | 0.00  |
| Tajin 2022                      | PKG              | 400  | 2   | 0    | 127  | 0.00   | 0.00 | 0.0   | 0    | 5.4   | 0     | 0.0   | 0.0   | 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

<sup>1</sup> - 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

High School Lunch

Portion Values - Detailed

Page 2

Generated on: 9/2/2025 6:49:59 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 <sup>1</sup> (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|---------------|----------------|-----------------|----------------|--------------|-------------------------|
| Weighted Daily Average % of Calories |              |           | 768         | *70         | 1146      | 1412.2    | 4.14      | 514.0     | *6277      | 35.92      | *39<br>*20.1% | 35.68<br>18.6% | 111.14<br>57.9% | 21.01<br>24.6% | 4.77<br>5.6% | *0.01<br>*0.0%          |
| Nutrient Guideline                   |              |           | 750-850     |             | 1420      |           |           |           |            |            |               |                |                 | <=30.0         | <10.00       |                         |

|                                       |                 |      |         |     |      |         |      |       |      |       |               |                |                 |                |              |                |
|---------------------------------------|-----------------|------|---------|-----|------|---------|------|-------|------|-------|---------------|----------------|-----------------|----------------|--------------|----------------|
| Wed - 09/03/2025                      |                 |      |         |     |      |         |      |       |      |       |               |                |                 |                |              |                |
| High School Lunch                     | Total           | 3199 |         |     |      |         |      |       |      |       |               |                |                 |                |              |                |
| Wings & Mac Mango Habanero '25        | SERVING         | 500  | 654     | 125 | 1370 | 1.86    | 2.20 | 560.0 | 1650 | 0.61  | *15           | 38.67          | 61.57           | 27.81          | 11.17        | *0.00          |
| Chicken, Teriyaki and Rice '24        | BOX             | 500  | 349     | 83  | 739  | 3.47    | 2.14 | 16.7  | 4785 | 2.91  | *8            | 24.13          | 49.99           | 6.14           | 1.27         | 0.00           |
| Chicken, Orange Sec-'24               | BOX             | 500  | 364     | 41  | 654  | 3.47    | 2.02 | 26.7  | 4750 | 2.91  | *12           | 17.63          | 62.99           | 5.05           | 0.10         | 0.00           |
| PIZZA, DOMINOS 14" WG Pep, slic e '24 | serving         | 600  | 260     | 15  | 520  | 4.00    | 1.80 | 300.0 | 500  | 6.0   | 3             | 16.0           | 34.0            | 7.0            | 3.00         | 0.00           |
| Spicy Chicken Sandwich WG-2013        | 1 EACH          | 522  | 380     | 20  | 620  | 5.00    | 3.80 | 110.0 | 15   | 0.0   | 4             | 20.0           | 44.0            | 15.0           | 2.50         | 0.00           |
| YOGURT PARFAIT W/ GRANO LA 2023       | serving         | 522  | 487     | 12  | 254  | 4.32    | 2.00 | 456.6 | 455  | 48.69 | *15           | 14.55          | 87.9            | 8.18           | 1.98         | *0.00          |
| Salad, Honey Bee Cowboy Fiesta        | 1 each          | 522  | 816     | 41  | 977  | 12.77   | 5.80 | 361.9 | 1946 | 33.07 | *8            | 17.71          | 73.1            | 53.38          | 12.47        | *0.00          |
| BEANS, PINTO SEASONED-2017            | 1/2 Cup BP      | 600  | 64      | 0   | 259  | 3.21    | 1.21 | 45.2  | 70   | 2.89  | *0            | 3.44           | 11.71           | 0.61           | 0.12         | *0.00          |
| GARDEN SALAD-2014                     | 1 EACH          | 750  | 40      | 0   | 15   | 1.11    | 0.78 | 16.2  | 4983 | 19.68 | 3             | 2.01           | 8.79            | 0.17           | 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*          |
| 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           |
| APPLES, Fresh                         | 1 EACH          | 734  | 72      | 0   | 1    | 3.31    | 0.17 | 8.3   | 75   | 6.35  | 14            | 0.36           | 19.06           | 0.23           | 0.04         | 0.00           |
| GRAPES, Fresh PKG '23                 | serving         | 465  | 31      | 0   | 1    | 0.41    | 0.13 | 6.4   | 46   | 1.84  | 7             | 0.29           | 7.89            | 0.16           | 0.05         | 0.00           |
| Asian Pears, Fresh 2017               | serving         | 500  | 51      | 0   | 0    | 4.39    | 0.00 | 4.9   | 0    | 4.64  | 9             | 0.61           | 12.99           | 0.28           | 0.01         | 0.00           |
| BANANAS                               | 1 EACH          | 342  | 90      | 0   | 1    | 2.63    | 0.26 | 5.1   | 65   | 8.79  | 12            | 1.1            | 23.07           | 0.33           | 0.11         | 0.00           |
| ORANGE WEDGES '23                     | 1 EACH          | 367  | 45      | 0   | 0    | 2.30    | 0.10 | 38.4  | 216  | 51.07 | 9             | 0.9            | 11.28           | 0.12           | 0.01         | 0.00           |
| MILK, 1% DW 2024                      | EACH (1/2 pint) | 1200 | 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) | 2000 | 120     | 5   | 210  | 0.00    | 0.00 | 200.0 | 1000 | 0.0   | 19            | 8.0            | 20.0            | 0.0            | 0.00         | 0.00           |
| Ketchup, 2017                         | PKG             | 1199 | 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         | 400  | 28      | 5   | 85   | 11222.0 | 0.04 | 1.2   | 7    | 0.01  | 1             | 0.09           | 2.08            | 2.07           | 0.35         | 0.03           |
| DRESSING, RANCH #2-HS/MS              | OUNCE           | 400  | 65      | 6   | 134  | 0.03    | 0.02 | 17.8  | 1    | 0.15  | *1            | 0.51           | 1.98            | 7.1            | 1.19         | *0.00          |
| Sauce, Taco, Tapatio 2017             | 1 each          | 400  | 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         | 422  | 4       | 0   | 194  | 0.10    | 0.09 | 1.7   | 0    | 0.0   | 0             | 0.44           | 0.45            | 0.0            | 0.00         | 0.00           |
| Tajin 2022                            | PKG             | 400  | 2       | 0   | 127  | 0.00    | 0.00 | 0.0   | 0    | 5.4   | 0             | 0.0            | 0.0             | 0.0            | 0.00         | 0.00           |
| Weighted Daily Average % of Calories  |                 |      | 794     | 64  | 1220 | 1413.5  | 3.89 | 582.1 | 6729 | 31.48 | *39<br>*19.8% | 34.93<br>17.6% | 112.92<br>56.9% | 23.07<br>26.1% | 6.48<br>7.3% | *0.00<br>*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

<sup>1</sup> - 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 1, 2025 thru Sep 5, 2025

High School Lunch

Generated on: 9/2/2025 6:49:59 AM

|                                    | Portion<br>Size     | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calc<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|------------------------------------|---------------------|--------------|----------------|----------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Thu - 09/04/2025                   |                     |              |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| High School Lunch                  | Total               | 3199         |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| TACO Walkin,TURKEY, '25            | Serving(3<br>.2 oz) | 400          | 435            | 44             | 776          | 2.00         | 0.40         | 293.2        | 77            | 0.0           | 4             | 25.79        | 31.53       | 24.17        | 3.83         | 0.00                       |
| Chicken, Teriyaki and Rice '24     | BOX                 | 600          | 349            | 83             | 739          | 3.47         | 2.14         | 16.7         | 4785          | 2.91          | *8            | 24.13        | 49.99       | 6.14         | 1.27         | 0.00                       |
| Chicken,Orange Sec-'24             | BOX                 | 600          | 364            | 41             | 654          | 3.47         | 2.02         | 26.7         | 4750          | 2.91          | *12           | 17.63        | 62.99       | 5.05         | 0.10         | 0.00                       |
| BUZZBURGER                         | Burger(2<br>MMA,2G) | 800          | 279            | 48             | 310          | 3.00         | 3.15         | 84.4         | 15            | 0.0           | *3            | 20.93        | 29.0        | 9.7          | 3.03         | *0.00                      |
| Spicy Chicken Sandwich WG-2013     | 1 EACH              | 522          | 380            | 20             | 620          | 5.00         | 3.80         | 110.0        | 15            | 0.0           | 4             | 20.0         | 44.0        | 15.0         | 2.50         | 0.00                       |
| YOGURT PARFAIT W/ GRANO<br>LA 2023 | serving             | 900          | 487            | 12             | 254          | 4.32         | 2.00         | 456.6        | 455           | 48.69         | *15           | 14.55        | 87.9        | 8.18         | 1.98         | *0.00                      |
| Grinder, turkey&cheese-EI-'24      | 1 EACH              | 900          | 367            | 78             | 1049         | 3.00         | 2.45         | 248.1        | 175           | 0.0           | 3             | 34.54        | 32.68       | 12.7         | 3.97         | 0.16                       |
| CHIPS,NACHO RF DORITOS.2025        | 1 each              | 400          | 130            | 0              | 220          | 1.00         | 0.36         | 20.0         | 0             | 0.0           | 0             | 2.0          | 19.0        | 5.0          | 1.00         | 0.00                       |
| CHIPS,RF Doritos flamas, 2017      | 1 each              | 400          | 130            | 0              | 200          | 2.00         | 0.00         | 28.0         | 5             | 0.0           | 1             | 2.0          | 20.0        | 5.0          | 0.50         | 0.00                       |
| BEANS, PINTO SEASONED-2017         | 1/2 Cup BP          | 100          | 64             | 0              | 259          | 3.21         | 1.21         | 45.2         | 70            | 2.89          | *0            | 3.44         | 11.71       | 0.61         | 0.12         | *0.00                      |
| GARDEN SALAD-2014                  | 1 EACH              | 750          | 40             | 0              | 15           | 1.11         | 0.78         | 16.2         | 4983          | 19.68         | 3             | 2.01         | 8.79        | 0.17         | 0.03         | 0.00                       |
| 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                       |
| APPLES,Fresh                       | 1 EACH              | 734          | 72             | 0              | 1            | 3.31         | 0.17         | 8.3          | 75            | 6.35          | 14            | 0.36         | 19.06       | 0.23         | 0.04         | 0.00                       |
| GRAPES,Fresh PKG '23               | serving             | 365          | 31             | 0              | 1            | 0.41         | 0.13         | 6.4          | 46            | 1.84          | 7             | 0.29         | 7.89        | 0.16         | 0.05         | 0.00                       |
| Asian Pears, Fresh 2017            | serving             | 100          | 51             | 0              | 0            | 4.39         | 0.00         | 4.9          | 0             | 4.64          | 9             | 0.61         | 12.99       | 0.28         | 0.01         | 0.00                       |
| BANANAS                            | 1 EACH              | 342          | 90             | 0              | 1            | 2.63         | 0.26         | 5.1          | 65            | 8.79          | 12            | 1.1          | 23.07       | 0.33         | 0.11         | 0.00                       |
| ORANGE WEDGES '23                  | 1 EACH              | 367          | 45             | 0              | 0            | 2.30         | 0.10         | 38.4         | 216           | 51.07         | 9             | 0.9          | 11.28       | 0.12         | 0.01         | 0.00                       |
| MILK,1% DW 2024                    | EACH(1/2<br>pint)   | 1200         | 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/<br>2 pint) | 2000         | 120            | 5              | 210          | 0.00         | 0.00         | 200.0        | 1000          | 0.0           | 19            | 8.0          | 20.0        | 0.0          | 0.00         | 0.00                       |
| Ketchup, 2017                      | PKG                 | 1199         | 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             | 400          | 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               | 400          | 65             | 6              | 134          | 0.03         | 0.02         | 17.8         | 1             | 0.15          | *1            | 0.51         | 1.98        | 7.1          | 1.19         | *0.00                      |
| Sauce, Taco, Tapatio 2017          | 1 each              | 400          | 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             | 422          | 4              | 0              | 194          | 0.10         | 0.09         | 1.7          | 0             | 0.0           | 0             | 0.44         | 0.45        | 0.0          | 0.00         | 0.00                       |
| Tajin 2022                         | PKG                 | 400          | 2              | 0              | 127          | 0.00         | 0.00         | 0.0          | 0             | 5.4           | 0             | 0.0          | 0.0         | 0.0          | 0.00         | 0.00                       |
| Weighted Daily Average             |                     |              | 791            | 80             | 1293         | 1411.5       | 3.87         | 560.2        | 6463          | 28.81         | *38           | 43.32        | 112.97      | 19.40        | 4.56         | *0.05                      |
| % of Calories                      |                     |              |                |                |              |              |              |              |               |               | *19.4%        | 21.9%        | 57.1%       | 22.1%        | 5.2%         | *0.1%                      |
| 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

<sup>1</sup> - 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

High School Lunch

Portion Values - Detailed

Page 4

Generated on: 9/2/2025 6:49:59 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 <sup>1</sup> (g) |
|---------------------------------|------------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 09/05/2025                |                  |           |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| High School Lunch               | Total            | 3199      |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Tamale,2Cheese&GreenChile '24   | each-5.10 oz     | 400       | 345         | 36          | 711       | 2.56      | 0.87      | 418.6     | 458        | 2.45       | 2          | 15.95     | 29.66    | 18.01     | 9.47      | 0.00                    |
| Chicken, Teriyaki and Rice '24  | BOX              | 600       | 349         | 83          | 739       | 3.47      | 2.14      | 16.7      | 4785       | 2.91       | *8         | 24.13     | 49.99    | 6.14      | 1.27      | 0.00                    |
| Chicken,Orange Sec-'24          | BOX              | 600       | 364         | 41          | 654       | 3.47      | 2.02      | 26.7      | 4750       | 2.91       | *12        | 17.63     | 62.99    | 5.05      | 0.10      | 0.00                    |
| Spicy Chicken Sandwich WG-2013  | 1 EACH           | 522       | 380         | 20          | 620       | 5.00      | 3.80      | 110.0     | 15         | 0.0        | 4          | 20.0      | 44.0     | 15.0      | 2.50      | 0.00                    |
| YOGURT PARFAIT W/ GRANO LA 2023 | serving          | 622       | 487         | 12          | 254       | 4.32      | 2.00      | 456.6     | 455        | 48.69      | *15        | 14.55     | 87.9     | 8.18      | 1.98      | *0.00                   |
| Salad, QB Island Mac '25        | 1 each           | 622       | 522         | 44          | 688       | 4.92      | 3.26      | 66.9      | 2967       | 7.83       | *6         | 20.42     | 58.13    | 25.79     | 4.16      | *0.00                   |
| BEANS, PINTO SEASONED-2017      | 1/2 Cup BP       | 100       | 64          | 0           | 259       | 3.21      | 1.21      | 45.2      | 70         | 2.89       | *0         | 3.44      | 11.71    | 0.61      | 0.12      | *0.00                   |
| GARDEN SALAD-2014               | 1 EACH           | 750       | 40          | 0           | 15        | 1.11      | 0.78      | 16.2      | 4983       | 19.68      | 3          | 2.01      | 8.79     | 0.17      | 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*                   |
| 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                    |
| SLUSH, KIWI STRAWBERRY '23      | container s, 4oz | 700       | 60          | 0           | 15        | 0.00      | 0.36      | 0.0       | 500        | 0.0        | 12         | 0.0       | 15.0     | 0.0       | 0.00      | 0.00                    |
| SLUSH, BERRY BERRY BLUE '23     | container s, 4oz | 700       | 80          | 0           | 0         | 0.00      | 0.00      | 0.0       | 75         | 90.0       | 15         | 0.0       | 19.0     | 0.0       | 0.00      | 0.00                    |
| SLUSH, BLUE RASPBERRY '23       | container s, 4oz | 700       | 60          | 0           | 15        | 0.00      | 0.36      | 0.0       | 500        | 0.0        | 12         | 0.0       | 15.0     | 0.0       | 0.00      | 0.00                    |
| APPLES,Fresh                    | 1 EACH           | 734       | 72          | 0           | 1         | 3.31      | 0.17      | 8.3       | 75         | 6.35       | 14         | 0.36      | 19.06    | 0.23      | 0.04      | 0.00                    |
| GRAPES,Fresh PKG '23            | serving          | 365       | 31          | 0           | 1         | 0.41      | 0.13      | 6.4       | 46         | 1.84       | 7          | 0.29      | 7.89     | 0.16      | 0.05      | 0.00                    |
| Asian Pears, Fresh 2017         | serving          | 100       | 51          | 0           | 0         | 4.39      | 0.00      | 4.9       | 0          | 4.64       | 9          | 0.61      | 12.99    | 0.28      | 0.01      | 0.00                    |
| BANANAS                         | 1 EACH           | 342       | 90          | 0           | 1         | 2.63      | 0.26      | 5.1       | 65         | 8.79       | 12         | 1.1       | 23.07    | 0.33      | 0.11      | 0.00                    |
| ORANGE WEDGES '23               | 1 EACH           | 367       | 45          | 0           | 0         | 2.30      | 0.10      | 38.4      | 216        | 51.07      | 9          | 0.9       | 11.28    | 0.12      | 0.01      | 0.00                    |
| MILK,1% DW 2024                 | EACH(1/2 pint)   | 2997      | 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)  | 2000      | 120         | 5           | 210       | 0.00      | 0.00      | 200.0     | 1000       | 0.0        | 19         | 8.0       | 20.0     | 0.0       | 0.00      | 0.00                    |
| Ketchup, 2017                   | PKG              | 1199      | 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          | 400       | 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            | 400       | 65          | 6           | 134       | 0.03      | 0.02      | 17.8      | 1          | 0.15       | *1         | 0.51      | 1.98     | 7.1       | 1.19      | *0.00                   |
| Sauce, Taco, Tapatio 2017       | 1 each           | 400       | 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          | 422       | 4           | 0           | 194       | 0.10      | 0.09      | 1.7       | 0          | 0.0        | 0          | 0.44      | 0.45     | 0.0       | 0.00      | 0.00                    |
| Tajin 2022                      | PKG              | 400       | 2           | 0           | 127       | 0.00      | 0.00      | 0.0       | 0          | 5.4        | 0          | 0.0       | 0.0      | 0.0       | 0.00      | 0.00                    |
| Weighted Daily Average          |                  |           | 786         | 61          | 1074      | 1410.9    | 3.16      | 648.9     | 7510       | 47.00      | *53        | 35.15     | 121.17   | 17.84     | 5.06      | *0.01                   |
| % of Calories                   |                  |           |             |             |           |           |           |           |            |            | *26.8%     | 17.9%     | 61.7%    | 20.4%     | 5.8%      | *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

<sup>1</sup> - 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 5

Sep 1, 2025 thru Sep 5, 2025

High School Lunch

Generated on: 9/2/2025 6:49:59 AM

|                  | Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcium<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g)   | Carb<br>(g)     | T-Fat<br>(g)   | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|------------------|-----------------|--------------|----------------|----------------|--------------|--------------|--------------|-----------------|---------------|---------------|---------------|----------------|-----------------|----------------|--------------|----------------------------|
| Weighted Average |                 |              | 785            | *69            | 1183         | 1412.0       | 3.77         | 576.3           | *6745         | 35.80         | *42<br>*48.4% | 37.27<br>19.0% | 114.55<br>58.4% | 20.33<br>23.3% | 5.22<br>6.0% | *0.02<br>*0.0%             |

| Nutrient                   | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories                   | 785      |           | 750 - 850     | 100%        |           |           |         |                         |
| Cholesterol (mg)           | 69       |           |               |             | Missing   |           |         |                         |
| Sodium 1 (mg)              | 1183     |           | 1420          | 83%         |           |           |         |                         |
| Sodium 1a (mg)             | 1183     |           | 1280          | 92%         |           |           |         |                         |
| Fiber (g)                  | 1412.08  |           |               |             |           |           |         |                         |
| Iron (mg)                  | 3.77     |           |               |             |           |           |         |                         |
| Calcium (mg)               | 576.3    |           |               |             |           |           |         |                         |
| Vitamin A (IU)             | 6745     |           |               |             | Missing   |           |         |                         |
| Sugars (g)                 | 42       | 21.53%    |               |             | Missing   |           |         |                         |
| Vitamin C (mg)             | 35.80    |           |               |             |           |           |         |                         |
| Protein (g)                | 37.27    | 19.00%    |               |             |           |           |         |                         |
| Carbohydrate (g)           | 114.55   | 58.39%    |               |             |           |           |         |                         |
| Total Fat (g)              | 20.33    | 23.32%    | <=30.00%      |             |           |           |         |                         |
| Saturated Fat (g)          | 5.22     | 5.98%     | <10.00%       |             |           |           |         |                         |
| Trans Fat <sup>1</sup> (g) | 0.02     | 0.02%     |               |             | 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

<sup>1</sup> - 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 8, 2025 thru Sep 12, 2025

High School Lunch

Generated on: 9/2/2025 6:50:25 AM

|                                         | Portion<br>Size     | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calc<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|-----------------------------------------|---------------------|--------------|----------------|----------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Mon - 09/08/2025                        |                     |              |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| High School Lunch                       | Total               | 3199         |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| BEEF CHILI FRIES w/CHEESE-'25           | SERVING             | 500          | 584            | 44             | 1381         | 9.00         | 4.01         | 306.8        | 739           | 20.8          | *5            | 25.63        | 63.04       | 20.0         | 7.36         | *0.00                      |
| Chicken, Teriyaki and Rice '24          | BOX(2M<br>MA/2G)    | 500          | 349            | 83             | 739          | 3.47         | 2.14         | 16.7         | 4785          | 2.91          | *8            | 24.13        | 49.99       | 6.14         | 1.27         | 0.00                       |
| Chicken, Orange Sec-'24                 | BOX(2M<br>MA/2G)    | 500          | 364            | 41             | 654          | 3.47         | 2.02         | 26.7         | 4750          | 2.91          | *12           | 17.63        | 62.99       | 5.05         | 0.10         | 0.00                       |
| PIZZA, DOMINOS 14" WG Pep, slic<br>e'24 | serving             | 500          | 260            | 15             | 520          | 4.00         | 1.80         | 300.0        | 500           | 6.0           | 3             | 16.0         | 34.0        | 7.0          | 3.00         | 0.00                       |
| Spicy Chicken Sandwich WG-2013          | Sand(2M<br>MA/3G)   | 522          | 380            | 20             | 620          | 5.00         | 3.80         | 110.0        | 15            | 0.0           | 4             | 20.0         | 44.0        | 15.0         | 2.50         | 0.00                       |
| YOGURT PARFAIT W/ GRANO<br>LA 2023      | serving             | 800          | 487            | 12             | 254          | 4.32         | 2.00         | 456.6        | 455           | 48.69         | *15           | 14.55        | 87.9        | 8.18         | 1.98         | *0.00                      |
| SALAD, CHEF, '24                        | SALAD               | 422          | 435            | 139            | 753          | 2.50         | 1.83         | 183.6        | 1155          | 6.15          | *7            | 20.34        | 33.38       | 25.11        | 5.97         | *0.00                      |
| SLUSH, KIWI STRAWBERRY '23              | container<br>s, 4oz | 500          | 60             | 0              | 15           | 0.00         | 0.36         | 0.0          | 500           | 0.0           | 12            | 0.0          | 15.0        | 0.0          | 0.00         | 0.00                       |
| SLUSH, BERRY BERRY BLUE '23             | container<br>s, 4oz | 500          | 80             | 0              | 0            | 0.00         | 0.00         | 0.0          | 75            | 90.0          | 15            | 0.0          | 19.0        | 0.0          | 0.00         | 0.00                       |
| SLUSH, PARADISE PUNCH '23               | container<br>s, 4oz | 500          | 60             | 0              | 15           | 0.00         | 0.36         | 0.0          | 500           | 0.0           | 12            | 0.0          | 15.0        | 0.0          | 0.00         | 0.00                       |
| BEANS, PINTO SEASONED-2017              | 1/2 Cup BP          | 100          | 64             | 0              | 259          | 3.21         | 1.21         | 45.2         | 70            | 2.89          | *0            | 3.44         | 11.71       | 0.61         | 0.12         | *0.00                      |
| GARDEN SALAD-2014                       | 1 EACH              | 750          | 40             | 0              | 15           | 1.11         | 0.78         | 16.2         | 4983          | 19.68         | 3             | 2.01         | 8.79        | 0.17         | 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*                      |
| 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                       |
| APPLES, Fresh                           | 1 EACH              | 734          | 72             | 0              | 1            | 3.31         | 0.17         | 8.3          | 75            | 6.35          | 14            | 0.36         | 19.06       | 0.23         | 0.04         | 0.00                       |
| GRAPES, Fresh PKG '23                   | serv.(1/2<br>cup)   | 365          | 31             | 0              | 1            | 0.41         | 0.13         | 6.4          | 46            | 1.84          | 7             | 0.29         | 7.89        | 0.16         | 0.05         | 0.00                       |
| Asian Pears, Fresh 2017                 | serving             | 100          | 51             | 0              | 0            | 4.39         | 0.00         | 4.9          | 0             | 4.64          | 9             | 0.61         | 12.99       | 0.28         | 0.01         | 0.00                       |
| BANANAS                                 | 1 EACH              | 342          | 90             | 0              | 1            | 2.63         | 0.26         | 5.1          | 65            | 8.79          | 12            | 1.1          | 23.07       | 0.33         | 0.11         | 0.00                       |
| ORANGE WEDGES '23                       | Serv (1/2<br>Cup)   | 367          | 45             | 0              | 0            | 2.30         | 0.10         | 38.4         | 216           | 51.07         | 9             | 0.9          | 11.28       | 0.12         | 0.01         | 0.00                       |
| MILK, 1% DW 2024                        | EACH(1/2<br>pint)   | 1200         | 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/<br>2 pint) | 2000         | 120            | 5              | 210          | 0.00         | 0.00         | 200.0        | 1000          | 0.0           | 19            | 8.0          | 20.0        | 0.0          | 0.00         | 0.00                       |
| Ketchup, 2017                           | PKG                 | 1199         | 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             | 400          | 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               | 400          | 65             | 6              | 134          | 0.03         | 0.02         | 17.8         | 1             | 0.15          | *1            | 0.51         | 1.98        | 7.1          | 1.19         | *0.00                      |
| Sauce, Taco, Tapatio 2017               | 1 each              | 400          | 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             | 422          | 4              | 0              | 194          | 0.10         | 0.09         | 1.7          | 0             | 0.0           | 0             | 0.44         | 0.45        | 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

<sup>1</sup> - 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

High School Lunch

Generated on: 9/2/2025 6:50:25 AM

|                        | Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calc<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|------------------------|-----------------|--------------|----------------|----------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Mon - 09/08/2025       |                 |              |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| Tajin 2022             | PKG             | 400          | 2              | 0              | 127          | 0.00         | 0.00         | 0.0          | 0             | 5.4           | 0             | 0.0          | 0.0         | 0.0          | 0.00         | 0.00                       |
| Weighted Daily Average |                 |              | 755            | 64             | 1132         | 1412.0       | 3.50         | 530.1        | 6602          | 47.07         | *43           | 32.83        | 116.16      | 16.81        | 4.70         | *0.00                      |
| % of Calories          |                 |              |                |                |              |              |              |              |               |               | *23.0%        | 17.4%        | 61.5%       | 20.0%        | 5.6%         | *0.0%                      |
| Nutrient Guideline     |                 |              | 750-850        |                | 1420         |              |              |              |               |               |               |              |             | <=30.0       | <10.00       |                            |

|                                |                      |      |     |    |     |        |      |       |      |       |       |       |       |       |      |       |
|--------------------------------|----------------------|------|-----|----|-----|--------|------|-------|------|-------|-------|-------|-------|-------|------|-------|
| Tue - 09/09/2025               |                      |      |     |    |     |        |      |       |      |       |       |       |       |       |      |       |
| High School Lunch              | Total                | 3199 |     |    |     |        |      |       |      |       |       |       |       |       |      |       |
| Penne, Alfredo, Chx & Broc '24 | 1 Cup                | 600  | 411 | 65 | 977 | 10.13  | 2.66 | 323.0 | 691  | 22.74 | 7     | 24.14 | 43.48 | 14.73 | 6.45 | 0.09  |
| Chicken, Teriyaki and Rice '24 | BOX                  | 400  | 349 | 83 | 739 | 3.47   | 2.14 | 16.7  | 4785 | 2.91  | *8    | 24.13 | 49.99 | 6.14  | 1.27 | 0.00  |
| Chicken, Orange Sec-'24        | BOX                  | 500  | 364 | 41 | 654 | 3.47   | 2.02 | 26.7  | 4750 | 2.91  | *12   | 17.63 | 62.99 | 5.05  | 0.10 | 0.00  |
| BUZZBURGER                     | Burger(2<br>MMA, 2G) | 800  | 279 | 48 | 310 | 3.00   | 3.15 | 84.4  | 15   | 0.0   | *3    | 20.93 | 29.0  | 9.7   | 3.03 | *0.00 |
| Spicy Chicken Sandwich WG-2013 | 1 EACH               | 800  | 380 | 20 | 620 | 5.00   | 3.80 | 110.0 | 15   | 0.0   | 4     | 20.0  | 44.0  | 15.0  | 2.50 | 0.00  |
| YOGURT PARFAIT W/ GRANO        | serving              | 522  | 487 | 12 | 254 | 4.32   | 2.00 | 456.6 | 455  | 48.69 | *15   | 14.55 | 87.9  | 8.18  | 1.98 | *0.00 |
| LA 2023                        |                      |      |     |    |     |        |      |       |      |       |       |       |       |       |      |       |
| spicy chicken/tapatío salad    | 1 EACH               | 422  | 424 | 26 | 684 | 5.24   | 4.38 | 67.1  | 1512 | 11.72 | *10   | 15.4  | 42.32 | 23.27 | 4.22 | *0.01 |
| CHIPS, NACHO RF DORITOS. 2025  | 1 each               | 600  | 130 | 0  | 220 | 1.00   | 0.36 | 20.0  | 0    | 0.0   | 0     | 2.0   | 19.0  | 5.0   | 1.00 | 0.00  |
| CHIPS, Cool Ranch 2017         | 1 each               | 600  | 130 | 0  | 160 | 2.00   | 0.36 | 40.0  | 5    | 0.0   | 1     | 2.0   | 19.0  | 5.0   | 1.00 | 0.00  |
| CHIPS, RF Doritos flames, 2017 | 1 each               | 500  | 130 | 0  | 200 | 2.00   | 0.00 | 28.0  | 5    | 0.0   | 1     | 2.0   | 20.0  | 5.0   | 0.50 | 0.00  |
| BEANS, PINTO SEASONED-2017     | 1/2 Cup BP           | 300  | 64  | 0  | 259 | 3.21   | 1.21 | 45.2  | 70   | 2.89  | *0    | 3.44  | 11.71 | 0.61  | 0.12 | *0.00 |
| GARDEN SALAD-2014              | 1 EACH               | 750  | 40  | 0  | 15  | 1.11   | 0.78 | 16.2  | 4983 | 19.68 | 3     | 2.01  | 8.79  | 0.17  | 0.03 | 0.00  |
| 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  |
| APPLES, Fresh                  | 1 EACH               | 734  | 72  | 0  | 1   | 3.31   | 0.17 | 8.3   | 75   | 6.35  | 14    | 0.36  | 19.06 | 0.23  | 0.04 | 0.00  |
| GRAPES, Fresh PKG '23          | serving              | 550  | 31  | 0  | 1   | 0.41   | 0.13 | 6.4   | 46   | 1.84  | 7     | 0.29  | 7.89  | 0.16  | 0.05 | 0.00  |
| Asian Pears, Fresh 2017        | serving              | 300  | 51  | 0  | 0   | 4.39   | 0.00 | 4.9   | 0    | 4.64  | 9     | 0.61  | 12.99 | 0.28  | 0.01 | 0.00  |
| BANANAS                        | 1 EACH               | 342  | 90  | 0  | 1   | 2.63   | 0.26 | 5.1   | 65   | 8.79  | 12    | 1.1   | 23.07 | 0.33  | 0.11 | 0.00  |
| ORANGE WEDGES '23              | 1 EACH               | 367  | 45  | 0  | 0   | 2.30   | 0.10 | 38.4  | 216  | 51.07 | 9     | 0.9   | 11.28 | 0.12  | 0.01 | 0.00  |
| MILK, 1% DW 2024               | EACH (1/2<br>pint)   | 1200 | 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/<br>2 pint)  | 2000 | 120 | 5  | 210 | 0.00   | 0.00 | 200.0 | 1000 | 0.0   | 19    | 8.0   | 20.0  | 0.0   | 0.00 | 0.00  |
| Ketchup, 2017                  | PKG                  | 1199 | 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                  | 500  | 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              | 400  | 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                | 400  | 65  | 6  | 134 | 0.03   | 0.02 | 17.8  | 1    | 0.15  | *1    | 0.51  | 1.98  | 7.1   | 1.19 | *0.00 |
| Sauce, Taco, Tapatío 2017      | 1 each               | 400  | 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              | 422  | 4   | 0  | 194 | 0.10   | 0.09 | 1.7   | 0    | 0.0   | 0     | 0.44  | 0.45  | 0.0   | 0.00 | 0.00  |
| Tajin 2022                     | PKG                  | 400  | 2   | 0  | 127 | 0.00   | 0.00 | 0.0   | 0    | 5.4   | 0     | 0.0   | 0.0   | 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

<sup>1</sup> - 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 4

Sep 8, 2025 thru Sep 12, 2025

High School Lunch

Generated on: 9/2/2025 6:50:25 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 <sup>1</sup> (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|---------------|----------------|-----------------|----------------|--------------|-------------------------|
| Weighted Daily Average % of Calories |              |           | 755         | 62          | 1203      | 1413.6    | 4.29      | 490.4     | 6242       | 29.19      | *39<br>*20.5% | 35.75<br>18.9% | 109.33<br>57.9% | 19.92<br>23.8% | 4.91<br>5.9% | *0.02<br>*0.0%          |
| Nutrient Guideline                   |              |           | 750-850     |             | 1420      |           |           |           |            |            |               |                |                 | <=30.0         | <10.00       |                         |

|                                      |                 |      |         |    |      |        |      |       |      |       |               |                |                 |                |              |                |
|--------------------------------------|-----------------|------|---------|----|------|--------|------|-------|------|-------|---------------|----------------|-----------------|----------------|--------------|----------------|
| Wed - 09/10/2025                     |                 |      |         |    |      |        |      |       |      |       |               |                |                 |                |              |                |
| High School Lunch                    | Total           | 3199 |         |    |      |        |      |       |      |       |               |                |                 |                |              |                |
| Pupusa, Birria, rice & bean bowl     | 1 each          | 500  | 456     | 20 | 1051 | 6.53   | 3.07 | 292.7 | 3665 | 23.52 | *4            | 17.26          | 67.77           | 14.06          | 3.03         | *0.00          |
| Chicken, Teriyaki and Rice '24       | BOX             | 500  | 349     | 83 | 739  | 3.47   | 2.14 | 16.7  | 4785 | 2.91  | *8            | 24.13          | 49.99           | 6.14           | 1.27         | 0.00           |
| Chicken, Orange Sec-'24              | BOX             | 500  | 364     | 41 | 654  | 3.47   | 2.02 | 26.7  | 4750 | 2.91  | *12           | 17.63          | 62.99           | 5.05           | 0.10         | 0.00           |
| PIZZA, DOMINOS 14" WG Pep, slic e'24 | serving         | 600  | 260     | 15 | 520  | 4.00   | 1.80 | 300.0 | 500  | 6.0   | 3             | 16.0           | 34.0            | 7.0            | 3.00         | 0.00           |
| Spicy Chicken Sandwich WG-2013       | 1 EACH          | 522  | 380     | 20 | 620  | 5.00   | 3.80 | 110.0 | 15   | 0.0   | 4             | 20.0           | 44.0            | 15.0           | 2.50         | 0.00           |
| YOGURT PARFAIT W/ GRANO LA 2023      | serving         | 522  | 487     | 12 | 254  | 4.32   | 2.00 | 456.6 | 455  | 48.69 | *15           | 14.55          | 87.9            | 8.18           | 1.98         | *0.00          |
| Salad, Honey Bee Cowboy Fiesta       | 1 each          | 522  | 816     | 41 | 977  | 12.77  | 5.80 | 361.9 | 1946 | 33.07 | *8            | 17.71          | 73.1            | 53.38          | 12.47        | *0.00          |
| BEANS, PINTO SEASONED-2017           | 1/2 Cup BP      | 600  | 64      | 0  | 259  | 3.21   | 1.21 | 45.2  | 70   | 2.89  | *0            | 3.44           | 11.71           | 0.61           | 0.12         | *0.00          |
| GARDEN SALAD-2014                    | 1 EACH          | 750  | 40      | 0  | 15   | 1.11   | 0.78 | 16.2  | 4983 | 19.68 | 3             | 2.01           | 8.79            | 0.17           | 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*          |
| 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           |
| APPLES, Fresh                        | 1 EACH          | 734  | 72      | 0  | 1    | 3.31   | 0.17 | 8.3   | 75   | 6.35  | 14            | 0.36           | 19.06           | 0.23           | 0.04         | 0.00           |
| GRAPES, Fresh PKG '23                | serving         | 465  | 31      | 0  | 1    | 0.41   | 0.13 | 6.4   | 46   | 1.84  | 7             | 0.29           | 7.89            | 0.16           | 0.05         | 0.00           |
| Asian Pears, Fresh 2017              | serving         | 500  | 51      | 0  | 0    | 4.39   | 0.00 | 4.9   | 0    | 4.64  | 9             | 0.61           | 12.99           | 0.28           | 0.01         | 0.00           |
| BANANAS                              | 1 EACH          | 342  | 90      | 0  | 1    | 2.63   | 0.26 | 5.1   | 65   | 8.79  | 12            | 1.1            | 23.07           | 0.33           | 0.11         | 0.00           |
| ORANGE WEDGES '23                    | 1 EACH          | 367  | 45      | 0  | 0    | 2.30   | 0.10 | 38.4  | 216  | 51.07 | 9             | 0.9            | 11.28           | 0.12           | 0.01         | 0.00           |
| MILK, 1% DW 2024                     | EACH (1/2 pint) | 1200 | 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) | 2000 | 120     | 5  | 210  | 0.00   | 0.00 | 200.0 | 1000 | 0.0   | 19            | 8.0            | 20.0            | 0.0            | 0.00         | 0.00           |
| Ketchup, 2017                        | PKG             | 1199 | 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         | 400  | 28      | 5  | 85   | 1122.2 | 0.04 | 1.2   | 7    | 0.01  | 1             | 0.09           | 2.08            | 2.07           | 0.35         | 0.03           |
| DRESSING, RANCH #2-HS/MS             | OUNCE           | 400  | 65      | 6  | 134  | 0.03   | 0.02 | 17.8  | 1    | 0.15  | *1            | 0.51           | 1.98            | 7.1            | 1.19         | *0.00          |
| Sauce, Taco, Tapatio 2017            | 1 each          | 400  | 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         | 422  | 4       | 0  | 194  | 0.10   | 0.09 | 1.7   | 0    | 0.0   | 0             | 0.44           | 0.45            | 0.0            | 0.00         | 0.00           |
| Tajin 2022                           | PKG             | 400  | 2       | 0  | 127  | 0.00   | 0.00 | 0.0   | 0    | 5.4   | 0             | 0.0            | 0.0             | 0.0            | 0.00         | 0.00           |
| Weighted Daily Average % of Calories |                 |      | 763     | 47 | 1170 | 1414.2 | 4.03 | 540.3 | 7044 | 35.06 | *38<br>*19.7% | 31.59<br>16.6% | 113.89<br>59.7% | 20.92<br>24.7% | 5.21<br>6.1% | *0.00<br>*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

<sup>1</sup> - 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 5

Sep 8, 2025 thru Sep 12, 2025

High School Lunch

Generated on: 9/2/2025 6:50:25 AM

|                                | Portion<br>Size     | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calc<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|--------------------------------|---------------------|--------------|----------------|----------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Thu - 09/11/2025               |                     |              |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| High School Lunch              | Total               | 3199         |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| ENCHILADA, GREEN CHICKEN       | 6.25 OUN            | 400          | 421            | 52             | 1039         | 6.08         | 3.08         | 213.0        | 284           | 8.89          | *3            | 20.86        | 55.71       | 13.71        | 3.50         | *0.00                      |
| -2012                          | CE                  |              |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| Chicken, Teriyaki and Rice '24 | BOX                 | 600          | 349            | 83             | 739          | 3.47         | 2.14         | 16.7         | 4785          | 2.91          | *8            | 24.13        | 49.99       | 6.14         | 1.27         | 0.00                       |
| Chicken, Orange Sec-'24        | BOX                 | 600          | 364            | 41             | 654          | 3.47         | 2.02         | 26.7         | 4750          | 2.91          | *12           | 17.63        | 62.99       | 5.05         | 0.10         | 0.00                       |
| BUZZBURGER                     | Burger(2<br>MMA,2G) | 900          | 279            | 48             | 310          | 3.00         | 3.15         | 84.4         | 15            | 0.0           | *3            | 20.93        | 29.0        | 9.7          | 3.03         | *0.00                      |
| Spicy Chicken Sandwich WG-2013 | 1 EACH              | 522          | 380            | 20             | 620          | 5.00         | 3.80         | 110.0        | 15            | 0.0           | 4             | 20.0         | 44.0        | 15.0         | 2.50         | 0.00                       |
| YOGURT PARFAIT W/ GRANO        | serving             | 900          | 487            | 12             | 254          | 4.32         | 2.00         | 456.6        | 455           | 48.69         | *15           | 14.55        | 87.9        | 8.18         | 1.98         | *0.00                      |
| LA 2023                        |                     |              |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| Grinder, turkey&cheese-El-'24  | 1 EACH              | 600          | 367            | 78             | 1049         | 3.00         | 2.45         | 248.1        | 175           | 0.0           | 3             | 34.54        | 32.68       | 12.7         | 3.97         | 0.16                       |
| CHIPS,DORITO,RFCOOLRANC        | BAG 1OZ             | 400          | 0              | 0              | 0            | 0.00         | 0.00         | 0.0          | 0             | 0.0           | 0             | 0.0          | 0.0         | 0.0          | 0.00         | 0.00                       |
| H 1oz                          |                     |              |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| CHIPS,NACHO RF DORITOS.2025    | 1 each              | 400          | 130            | 0              | 220          | 1.00         | 0.36         | 20.0         | 0             | 0.0           | 0             | 2.0          | 19.0        | 5.0          | 1.00         | 0.00                       |
| CHIPS,RF Doritos flamas, 2017  | 1 each              | 400          | 130            | 0              | 200          | 2.00         | 0.00         | 28.0         | 5             | 0.0           | 1             | 2.0          | 20.0        | 5.0          | 0.50         | 0.00                       |
| BEANS, PINTO SEASONED-2017     | 1/2 Cup BP          | 100          | 64             | 0              | 259          | 3.21         | 1.21         | 45.2         | 70            | 2.89          | *0            | 3.44         | 11.71       | 0.61         | 0.12         | *0.00                      |
| GARDEN SALAD-2014              | 1 EACH              | 750          | 40             | 0              | 15           | 1.11         | 0.78         | 16.2         | 4983          | 19.68         | 3             | 2.01         | 8.79        | 0.17         | 0.03         | 0.00                       |
| 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                       |
| APPLES,Fresh                   | 1 EACH              | 734          | 72             | 0              | 1            | 3.31         | 0.17         | 8.3          | 75            | 6.35          | 14            | 0.36         | 19.06       | 0.23         | 0.04         | 0.00                       |
| GRAPES,Fresh PKG '23           | serving             | 365          | 31             | 0              | 1            | 0.41         | 0.13         | 6.4          | 46            | 1.84          | 7             | 0.29         | 7.89        | 0.16         | 0.05         | 0.00                       |
| Asian Pears, Fresh 2017        | serving             | 100          | 51             | 0              | 0            | 4.39         | 0.00         | 4.9          | 0             | 4.64          | 9             | 0.61         | 12.99       | 0.28         | 0.01         | 0.00                       |
| BANANAS                        | 1 EACH              | 342          | 90             | 0              | 1            | 2.63         | 0.26         | 5.1          | 65            | 8.79          | 12            | 1.1          | 23.07       | 0.33         | 0.11         | 0.00                       |
| ORANGE WEDGES '23              | 1 EACH              | 367          | 45             | 0              | 0            | 2.30         | 0.10         | 38.4         | 216           | 51.07         | 9             | 0.9          | 11.28       | 0.12         | 0.01         | 0.00                       |
| MILK,1% DW 2024                | EACH(1/2<br>pint)   | 1200         | 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/<br>2 pint) | 2000         | 120            | 5              | 210          | 0.00         | 0.00         | 200.0        | 1000          | 0.0           | 19            | 8.0          | 20.0        | 0.0          | 0.00         | 0.00                       |
| Ketchup, 2017                  | PKG                 | 1199         | 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             | 400          | 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               | 400          | 65             | 6              | 134          | 0.03         | 0.02         | 17.8         | 1             | 0.15          | *1            | 0.51         | 1.98        | 7.1          | 1.19         | *0.00                      |
| Sauce, Taco, Tapatio 2017      | 1 each              | 400          | 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             | 422          | 4              | 0              | 194          | 0.10         | 0.09         | 1.7          | 0             | 0.0           | 0             | 0.44         | 0.45        | 0.0          | 0.00         | 0.00                       |
| Tajin 2022                     | PKG                 | 400          | 2              | 0              | 127          | 0.00         | 0.00         | 0.0          | 0             | 5.4           | 0             | 0.0          | 0.0         | 0.0          | 0.00         | 0.00                       |
| Weighted Daily Average         |                     |              | 764            | 75             | 1237         | 1411.8       | 4.08         | 529.6        | 6473          | 29.92         | *38           | 40.12        | 113.84      | 17.21        | 4.24         | *0.04                      |
| % of Calories                  |                     |              |                |                |              |              |              |              |               |               | *20.0%        | 21.0%        | 59.6%       | 20.3%        | 5.0%         | *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

<sup>1</sup> - 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 6

Sep 8, 2025 thru Sep 12, 2025

High School Lunch

Generated on: 9/2/2025 6:50:25 AM

|                                         | Portion<br>Size     | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calc<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g)   | Carb<br>(g)     | T-Fat<br>(g)   | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|-----------------------------------------|---------------------|--------------|----------------|----------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|----------------|-----------------|----------------|--------------|----------------------------|
| Fri - 09/12/2025                        |                     |              |                |                |              |              |              |              |               |               |               |                |                 |                |              |                            |
| High School Lunch                       | Total               | 3199         |                |                |              |              |              |              |               |               |               |                |                 |                |              |                            |
| NACHOS,Queso Blanco '25                 | 1 EACH              | 400          | 494            | 45             | 1171         | 3.11         | 0.40         | 452.9        | 604           | 1.25          | 6             | 15.71          | 37.53           | 30.51          | 10.59        | 0.02                       |
| Chicken, Teriyaki and Rice '24          | BOX                 | 600          | 349            | 83             | 739          | 3.47         | 2.14         | 16.7         | 4785          | 2.91          | *8            | 24.13          | 49.99           | 6.14           | 1.27         | 0.00                       |
| Chicken,Orange Sec-'24                  | BOX                 | 600          | 364            | 41             | 654          | 3.47         | 2.02         | 26.7         | 4750          | 2.91          | *12           | 17.63          | 62.99           | 5.05           | 0.10         | 0.00                       |
| Spicy Chicken Sandwich WG-2013          | 1 EACH              | 522          | 380            | 20             | 620          | 5.00         | 3.80         | 110.0        | 15            | 0.0           | 4             | 20.0           | 44.0            | 15.0           | 2.50         | 0.00                       |
| YOGURT PARFAIT W/ GRANO<br>LA 2023      | serving             | 622          | 487            | 12             | 254          | 4.32         | 2.00         | 456.6        | 455           | 48.69         | *15           | 14.55          | 87.9            | 8.18           | 1.98         | *0.00                      |
| Salad, QB Island Mac '25                | 1 each              | 622          | 522            | 44             | 688          | 4.92         | 3.26         | 66.9         | 2967          | 7.83          | *6            | 20.42          | 58.13           | 25.79          | 4.16         | *0.00                      |
| BEANS, PINTO SEASONED-2017              | 1/2 Cup BP          | 100          | 64             | 0              | 259          | 3.21         | 1.21         | 45.2         | 70            | 2.89          | *0            | 3.44           | 11.71           | 0.61           | 0.12         | *0.00                      |
| GARDEN SALAD-2014                       | 1 EACH              | 750          | 40             | 0              | 15           | 1.11         | 0.78         | 16.2         | 4983          | 19.68         | 3             | 2.01           | 8.79            | 0.17           | 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*                      |
| 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                       |
| SLUSH, KIWI STRAWBERRY '23              | container<br>s, 4oz | 700          | 60             | 0              | 15           | 0.00         | 0.36         | 0.0          | 500           | 0.0           | 12            | 0.0            | 15.0            | 0.0            | 0.00         | 0.00                       |
| SLUSH, BERRY BERRY BLUE '23             | container<br>s, 4oz | 700          | 80             | 0              | 0            | 0.00         | 0.00         | 0.0          | 75            | 90.0          | 15            | 0.0            | 19.0            | 0.0            | 0.00         | 0.00                       |
| SLUSH, BLUE RASPBERRY '23               | container<br>s, 4oz | 700          | 60             | 0              | 15           | 0.00         | 0.36         | 0.0          | 500           | 0.0           | 12            | 0.0            | 15.0            | 0.0            | 0.00         | 0.00                       |
| APPLES,Fresh                            | 1 EACH              | 734          | 72             | 0              | 1            | 3.31         | 0.17         | 8.3          | 75            | 6.35          | 14            | 0.36           | 19.06           | 0.23           | 0.04         | 0.00                       |
| GRAPES,Fresh PKG '23                    | serving             | 365          | 31             | 0              | 1            | 0.41         | 0.13         | 6.4          | 46            | 1.84          | 7             | 0.29           | 7.89            | 0.16           | 0.05         | 0.00                       |
| Asian Pears, Fresh 2017                 | serving             | 100          | 51             | 0              | 0            | 4.39         | 0.00         | 4.9          | 0             | 4.64          | 9             | 0.61           | 12.99           | 0.28           | 0.01         | 0.00                       |
| BANANAS                                 | 1 EACH              | 342          | 90             | 0              | 1            | 2.63         | 0.26         | 5.1          | 65            | 8.79          | 12            | 1.1            | 23.07           | 0.33           | 0.11         | 0.00                       |
| ORANGE WEDGES '23                       | 1 EACH              | 367          | 45             | 0              | 0            | 2.30         | 0.10         | 38.4         | 216           | 51.07         | 9             | 0.9            | 11.28           | 0.12           | 0.01         | 0.00                       |
| MILK,1% DW 2024                         | EACH(1/2<br>pint)   | 2997         | 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/<br>2 pint) | 2000         | 120            | 5              | 210          | 0.00         | 0.00         | 200.0        | 1000          | 0.0           | 19            | 8.0            | 20.0            | 0.0            | 0.00         | 0.00                       |
| Ketchup, 2017                           | PKG                 | 1199         | 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             | 400          | 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               | 400          | 65             | 6              | 134          | 0.03         | 0.02         | 17.8         | 1             | 0.15          | *1            | 0.51           | 1.98            | 7.1            | 1.19         | *0.00                      |
| Sauce, Taco, Tapatio 2017               | 1 each              | 400          | 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             | 422          | 4              | 0              | 194          | 0.10         | 0.09         | 1.7          | 0             | 0.0           | 0             | 0.44           | 0.45            | 0.0            | 0.00         | 0.00                       |
| Tajin 2022                              | PKG                 | 400          | 2              | 0              | 127          | 0.00         | 0.00         | 0.0          | 0             | 5.4           | 0             | 0.0            | 0.0             | 0.0            | 0.00         | 0.00                       |
| Weighted Daily Average<br>% of Calories |                     |              | 805            | 62             | 1131         | 1411.0       | 3.10         | 653.2        | 7529          | 46.85         | *53<br>*26.5% | 35.12<br>17.5% | 122.15<br>60.7% | 19.41<br>21.7% | 5.20<br>5.8% | *0.01<br>*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

<sup>1</sup> - 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

High School Lunch

Portion Values - Detailed

Page 7

Generated on: 9/2/2025 6:50:26 AM

|                  | Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calc<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g)   | Carb<br>(g)     | T-Fat<br>(g)   | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|------------------|-----------------|--------------|----------------|----------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|----------------|-----------------|----------------|--------------|----------------------------|
| Weighted Average |                 |              | 768            | 62             | 1175         | 1412.5       | 3.80         | 548.7        | 6778          | 37.62         | *42<br>*49.4% | 35.08<br>18.3% | 115.07<br>59.9% | 18.85<br>22.1% | 4.85<br>5.7% | *0.02<br>*0.0%             |

| Nutrient                   | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories                   | 768      |           | 750 - 850     | 100%        |           |           |         |                         |
| Cholesterol (mg)           | 62       |           |               |             |           |           |         |                         |
| Sodium 1 (mg)              | 1175     |           | 1420          | 83%         |           |           |         |                         |
| Sodium 1a (mg)             | 1175     |           | 1280          | 92%         |           |           |         |                         |
| Fiber (g)                  | 1412.59  |           |               |             |           |           |         |                         |
| Iron (mg)                  | 3.80     |           |               |             |           |           |         |                         |
| Calcium (mg)               | 548.7    |           |               |             |           |           |         |                         |
| Vitamin A (IU)             | 6778     |           |               |             |           |           |         |                         |
| Sugars (g)                 | 42       | 21.96%    |               |             | Missing   |           |         |                         |
| Vitamin C (mg)             | 37.62    |           |               |             |           |           |         |                         |
| Protein (g)                | 35.08    | 18.26%    |               |             |           |           |         |                         |
| Carbohydrate (g)           | 115.07   | 59.91%    |               |             |           |           |         |                         |
| Total Fat (g)              | 18.85    | 22.08%    | <=30.00%      |             |           |           |         |                         |
| Saturated Fat (g)          | 4.85     | 5.68%     | <10.00%       |             |           |           |         |                         |
| Trans Fat <sup>1</sup> (g) | 0.02     | 0.02%     |               |             | 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

<sup>1</sup> - 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

High School Lunch

Generated on: 9/2/2025 6:50:48 AM

|                                          | Portion<br>Size     | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calc<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|------------------------------------------|---------------------|--------------|----------------|----------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Mon - 09/15/2025                         |                     |              |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| High School Lunch                        | Total               | 3199         |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| Shawarma, Rice Bowl '25                  | Serving             | 500          | 587            | *66            | 596          | 6.24         | 3.12         | 80.3         | 102           | 0.7           | *4            | 33.98        | 71.94       | 17.49        | 5.22         | *0.00                      |
| Chicken, Teriyaki and Rice '24           | BOX(2M<br>MA/2G)    | 500          | 349            | 83             | 739          | 3.47         | 2.14         | 16.7         | 4785          | 2.91          | *8            | 24.13        | 49.99       | 6.14         | 1.27         | 0.00                       |
| Chicken, Orange Sec-'24                  | BOX(2M<br>MA/2G)    | 500          | 364            | 41             | 654          | 3.47         | 2.02         | 26.7         | 4750          | 2.91          | *12           | 17.63        | 62.99       | 5.05         | 0.10         | 0.00                       |
| PIZZA, DOMINOS 14" WG Pep, slic<br>e '24 | serving             | 500          | 260            | 15             | 520          | 4.00         | 1.80         | 300.0        | 500           | 6.0           | 3             | 16.0         | 34.0        | 7.0          | 3.00         | 0.00                       |
| Spicy Chicken Sandwich WG-2013           | Sand(2M<br>MA/3G)   | 522          | 380            | 20             | 620          | 5.00         | 3.80         | 110.0        | 15            | 0.0           | 4             | 20.0         | 44.0        | 15.0         | 2.50         | 0.00                       |
| YOGURT PARFAIT W/ GRANO<br>LA 2023       | serving             | 800          | 487            | 12             | 254          | 4.32         | 2.00         | 456.6        | 455           | 48.69         | *15           | 14.55        | 87.9        | 8.18         | 1.98         | *0.00                      |
| SALAD, CHEF, '24                         | SALAD               | 422          | 435            | 139            | 753          | 2.50         | 1.83         | 183.6        | 1155          | 6.15          | *7            | 20.34        | 33.38       | 25.11        | 5.97         | *0.00                      |
| SLUSH, KIWI STRAWBERRY '23               | container<br>s, 4oz | 500          | 60             | 0              | 15           | 0.00         | 0.36         | 0.0          | 500           | 0.0           | 12            | 0.0          | 15.0        | 0.0          | 0.00         | 0.00                       |
| SLUSH, BERRY BERRY BLUE '23              | container<br>s, 4oz | 500          | 80             | 0              | 0            | 0.00         | 0.00         | 0.0          | 75            | 90.0          | 15            | 0.0          | 19.0        | 0.0          | 0.00         | 0.00                       |
| SLUSH, PARADISE PUNCH '23                | container<br>s, 4oz | 500          | 60             | 0              | 15           | 0.00         | 0.36         | 0.0          | 500           | 0.0           | 12            | 0.0          | 15.0        | 0.0          | 0.00         | 0.00                       |
| BEANS, PINTO SEASONED-2017               | 1/2 Cup BP          | 100          | 64             | 0              | 259          | 3.21         | 1.21         | 45.2         | 70            | 2.89          | *0            | 3.44         | 11.71       | 0.61         | 0.12         | *0.00                      |
| GARDEN SALAD-2014                        | 1 EACH              | 750          | 40             | 0              | 15           | 1.11         | 0.78         | 16.2         | 4983          | 19.68         | 3             | 2.01         | 8.79        | 0.17         | 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*                      |
| 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                       |
| APPLES, Fresh                            | 1 EACH              | 734          | 72             | 0              | 1            | 3.31         | 0.17         | 8.3          | 75            | 6.35          | 14            | 0.36         | 19.06       | 0.23         | 0.04         | 0.00                       |
| GRAPES, Fresh PKG '23                    | serv.(1/2<br>cup)   | 365          | 31             | 0              | 1            | 0.41         | 0.13         | 6.4          | 46            | 1.84          | 7             | 0.29         | 7.89        | 0.16         | 0.05         | 0.00                       |
| Asian Pears, Fresh 2017                  | serving             | 100          | 51             | 0              | 0            | 4.39         | 0.00         | 4.9          | 0             | 4.64          | 9             | 0.61         | 12.99       | 0.28         | 0.01         | 0.00                       |
| BANANAS                                  | 1 EACH              | 342          | 90             | 0              | 1            | 2.63         | 0.26         | 5.1          | 65            | 8.79          | 12            | 1.1          | 23.07       | 0.33         | 0.11         | 0.00                       |
| ORANGE WEDGES '23                        | Serv (1/2<br>Cup)   | 367          | 45             | 0              | 0            | 2.30         | 0.10         | 38.4         | 216           | 51.07         | 9             | 0.9          | 11.28       | 0.12         | 0.01         | 0.00                       |
| MILK, 1% DW 2024                         | EACH(1/2<br>pint)   | 1200         | 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/<br>2 pint) | 2000         | 120            | 5              | 210          | 0.00         | 0.00         | 200.0        | 1000          | 0.0           | 19            | 8.0          | 20.0        | 0.0          | 0.00         | 0.00                       |
| Ketchup, 2017                            | PKG                 | 1199         | 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             | 400          | 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               | 400          | 65             | 6              | 134          | 0.03         | 0.02         | 17.8         | 1             | 0.15          | *1            | 0.51         | 1.98        | 7.1          | 1.19         | *0.00                      |
| Sauce, Taco, Tapatio 2017                | 1 each              | 400          | 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             | 422          | 4              | 0              | 194          | 0.10         | 0.09         | 1.7          | 0             | 0.0           | 0             | 0.44         | 0.45        | 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

<sup>1</sup> - 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 15, 2025 thru Sep 19, 2025

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 3

Generated on: 9/2/2025 6:50:48 AM

|                        | Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|------------------------|-----------------|--------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Mon - 09/15/2025       |                 |              |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| Tajin 2022             | PKG             | 400          | 2              | 0              | 127          | 0.00         | 0.00         | 0.0           | 0             | 5.4           | 0             | 0.0          | 0.0         | 0.0          | 0.00         | 0.00                       |
| Weighted Daily Average |                 |              | 756            | *67            | 1009         | 1411.6       | 3.37         | 494.7         | 6502          | 43.93         | *43           | 34.13        | 117.55      | 16.42        | 4.36         | *0.00                      |
| % of Calories          |                 |              |                |                |              |              |              |               |               |               | *22.8%        | 18.1%        | 62.2%       | 19.5%        | 5.2%         | *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

<sup>1</sup> - 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 15, 2025 thru Sep 19, 2025

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 4

Generated on: 9/2/2025 6:50:48 AM

|                                | Portion Size     | Relmb 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 <sup>1</sup> (g) |
|--------------------------------|------------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 09/16/2025               |                  |           |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| High School Lunch              | Total            | 3199      |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| BURRITO,WET Carnitas-2025      | Servings         | 600       | 538         | 71          | 1039      | 9.99      | 4.19      | 592.3     | 564        | 3.6        | *4         | 32.41     | 54.64    | 20.86     | 9.13      | *0.36                   |
| Chicken, Teriyaki and Rice '24 | BOX              | 400       | 349         | 83          | 739       | 3.47      | 2.14      | 16.7      | 4785       | 2.91       | *8         | 24.13     | 49.99    | 6.14      | 1.27      | 0.00                    |
| Chicken,Orange Sec.'24         | BOX              | 500       | 364         | 41          | 654       | 3.47      | 2.02      | 26.7      | 4750       | 2.91       | *12        | 17.63     | 62.99    | 5.05      | 0.10      | 0.00                    |
| BUZZBURGER                     | Burger(2 MMA,2G) | 500       | 279         | 48          | 310       | 3.00      | 3.15      | 84.4      | 15         | 0.0        | *3         | 20.93     | 29.0     | 9.7       | 3.03      | *0.00                   |
| Spicy Chicken Sandwich WG-2013 | 1 EACH           | 522       | 380         | 20          | 620       | 5.00      | 3.80      | 110.0     | 15         | 0.0        | 4          | 20.0      | 44.0     | 15.0      | 2.50      | 0.00                    |
| YOGURT PARFAIT W/ GRANO        | serving          | 800       | 487         | 12          | 254       | 4.32      | 2.00      | 456.6     | 455        | 48.69      | *15        | 14.55     | 87.9     | 8.18      | 1.98      | *0.00                   |
| LA 2023                        |                  |           |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| spicy chicken/tapatío salad    | 1 EACH           | 422       | 424         | 26          | 684       | 5.24      | 4.38      | 67.1      | 1512       | 11.72      | *10        | 15.4      | 42.32    | 23.27     | 4.22      | *0.01                   |
| CHIPS,NACHO RF DORITOS.2025    | 1 each           | 600       | 130         | 0           | 220       | 1.00      | 0.36      | 20.0      | 0          | 0.0        | 0          | 2.0       | 19.0     | 5.0       | 1.00      | 0.00                    |
| CHIPS,DORITO,RF COOL RANC      | BAG 1OZ          | 600       | 0           | 0           | 0         | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 0          | 0.0       | 0.0      | 0.0       | 0.00      | 0.00                    |
| H 1oz                          |                  |           |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| CHIPS,RF Doritos flamas, 2017  | 1 each           | 500       | 130         | 0           | 200       | 2.00      | 0.00      | 28.0      | 5          | 0.0        | 1          | 2.0       | 20.0     | 5.0       | 0.50      | 0.00                    |
| BEANS, PINTO SEASONED-2017     | 1/2 Cup BP       | 300       | 64          | 0           | 259       | 3.21      | 1.21      | 45.2      | 70         | 2.89       | *0         | 3.44      | 11.71    | 0.61      | 0.12      | *0.00                   |
| GARDEN SALAD-2014              | 1 EACH           | 750       | 40          | 0           | 15        | 1.11      | 0.78      | 16.2      | 4983       | 19.68      | 3          | 2.01      | 8.79     | 0.17      | 0.03      | 0.00                    |
| 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                    |
| APPLES,Fresh                   | 1 EACH           | 734       | 72          | 0           | 1         | 3.31      | 0.17      | 8.3       | 75         | 6.35       | 14         | 0.36      | 19.06    | 0.23      | 0.04      | 0.00                    |
| GRAPES,Fresh PKG '23           | serving          | 550       | 31          | 0           | 1         | 0.41      | 0.13      | 6.4       | 46         | 1.84       | 7          | 0.29      | 7.89     | 0.16      | 0.05      | 0.00                    |
| Asian Pears, Fresh 2017        | serving          | 300       | 51          | 0           | 0         | 4.39      | 0.00      | 4.9       | 0          | 4.64       | 9          | 0.61      | 12.99    | 0.28      | 0.01      | 0.00                    |
| BANANAS                        | 1 EACH           | 342       | 90          | 0           | 1         | 2.63      | 0.26      | 5.1       | 65         | 8.79       | 12         | 1.1       | 23.07    | 0.33      | 0.11      | 0.00                    |
| ORANGE WEDGES '23              | 1 EACH           | 367       | 45          | 0           | 0         | 2.30      | 0.10      | 38.4      | 216        | 51.07      | 9          | 0.9       | 11.28    | 0.12      | 0.01      | 0.00                    |
| MILK,1% DW 2024                | EACH(1/2 pint)   | 1200      | 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)  | 2000      | 120         | 5           | 210       | 0.00      | 0.00      | 200.0     | 1000       | 0.0        | 19         | 8.0       | 20.0     | 0.0       | 0.00      | 0.00                    |
| Ketchup, 2017                  | PKG              | 1199      | 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              | 500       | 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          | 400       | 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            | 400       | 65          | 6           | 134       | 0.03      | 0.02      | 17.8      | 1          | 0.15       | *1         | 0.51      | 1.98     | 7.1       | 1.19      | *0.00                   |
| Sauce, Taco, Tapatio 2017      | 1 each           | 400       | 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          | 422       | 4           | 0           | 194       | 0.10      | 0.09      | 1.7       | 0          | 0.0        | 0          | 0.44      | 0.45     | 0.0       | 0.00      | 0.00                    |
| Tajin 2022                     | PKG              | 400       | 2           | 0           | 127       | 0.00      | 0.00      | 0.0       | 0          | 5.4        | 0          | 0.0       | 0.0      | 0.0       | 0.00      | 0.00                    |
| Weighted Daily Average         |                  |           | 737         | 58          | 1123      | 1412.9    | 4.06      | 555.6     | 6254       | 29.83      | *38        | 34.49     | 108.96   | 18.63     | 4.89      | *0.07                   |
| % of Calories                  |                  |           |             |             |           |           |           |           |            |            | *20.9%     | 18.7%     | 59.1%    | 22.7%     | 6.0%      | *0.1%                   |
| 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

<sup>1</sup> - 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 15, 2025 thru Sep 19, 2025

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 5

Generated on: 9/2/2025 6:50:49 AM

|                                         | Portion<br>Size     | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calc<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|-----------------------------------------|---------------------|--------------|----------------|----------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Wed - 09/17/2025                        |                     |              |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| High School Lunch                       | Total               | 3199         |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| Wings & Mac House BBQ Sauce'25          | SERVING             | 500          | 683            | 125            | 1557         | 3.20         | 2.36         | 566.7        | 1780          | 4.82          | *11           | 38.93        | 66.26       | 27.84        | 11.18        | *0.00                      |
| Chicken, Teriyaki and Rice '24          | BOX                 | 500          | 349            | 83             | 739          | 3.47         | 2.14         | 16.7         | 4785          | 2.91          | *8            | 24.13        | 49.99       | 6.14         | 1.27         | 0.00                       |
| Chicken, Orange Sec.'24                 | BOX                 | 500          | 364            | 41             | 654          | 3.47         | 2.02         | 26.7         | 4750          | 2.91          | *12           | 17.63        | 62.99       | 5.05         | 0.10         | 0.00                       |
| PIZZA, DOMINOS 14" WG Pep, slic<br>e'24 | serving             | 600          | 260            | 15             | 520          | 4.00         | 1.80         | 300.0        | 500           | 6.0           | 3             | 16.0         | 34.0        | 7.0          | 3.00         | 0.00                       |
| Spicy Chicken Sandwich WG-2013          | 1 EACH              | 522          | 380            | 20             | 620          | 5.00         | 3.80         | 110.0        | 15            | 0.0           | 4             | 20.0         | 44.0        | 15.0         | 2.50         | 0.00                       |
| YOGURT PARFAIT W/ GRANO<br>LA 2023      | serving             | 522          | 487            | 12             | 254          | 4.32         | 2.00         | 456.6        | 455           | 48.69         | *15           | 14.55        | 87.9        | 8.18         | 1.98         | *0.00                      |
| Salad, Honey Bee Cowboy Fiesta          | 1 each              | 522          | 816            | 41             | 977          | 12.77        | 5.80         | 361.9        | 1946          | 33.07         | *8            | 17.71        | 73.1        | 53.38        | 12.47        | *0.00                      |
| BEANS, PINTO SEASONED-2017              | 1/2 Cup BP          | 600          | 64             | 0              | 259          | 3.21         | 1.21         | 45.2         | 70            | 2.89          | *0            | 3.44         | 11.71       | 0.61         | 0.12         | *0.00                      |
| GARDEN SALAD-2014                       | 1 EACH              | 750          | 40             | 0              | 15           | 1.11         | 0.78         | 16.2         | 4983          | 19.68         | 3             | 2.01         | 8.79        | 0.17         | 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*                      |
| 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                       |
| APPLES, Fresh                           | 1 EACH              | 734          | 72             | 0              | 1            | 3.31         | 0.17         | 8.3          | 75            | 6.35          | 14            | 0.36         | 19.06       | 0.23         | 0.04         | 0.00                       |
| GRAPES, Fresh PKG '23                   | serving             | 465          | 31             | 0              | 1            | 0.41         | 0.13         | 6.4          | 46            | 1.84          | 7             | 0.29         | 7.89        | 0.16         | 0.05         | 0.00                       |
| Asian Pears, Fresh 2017                 | serving             | 500          | 51             | 0              | 0            | 4.39         | 0.00         | 4.9          | 0             | 4.64          | 9             | 0.61         | 12.99       | 0.28         | 0.01         | 0.00                       |
| BANANAS                                 | 1 EACH              | 342          | 90             | 0              | 1            | 2.63         | 0.26         | 5.1          | 65            | 8.79          | 12            | 1.1          | 23.07       | 0.33         | 0.11         | 0.00                       |
| ORANGE WEDGES '23                       | 1 EACH              | 367          | 45             | 0              | 0            | 2.30         | 0.10         | 38.4         | 216           | 51.07         | 9             | 0.9          | 11.28       | 0.12         | 0.01         | 0.00                       |
| MILK, 1% DW 2024                        | EACH (1/2<br>pint)  | 1200         | 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/<br>2 pint) | 2000         | 120            | 5              | 210          | 0.00         | 0.00         | 200.0        | 1000          | 0.0           | 19            | 8.0          | 20.0        | 0.0          | 0.00         | 0.00                       |
| Ketchup, 2017                           | PKG                 | 1199         | 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             | 400          | 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               | 400          | 65             | 6              | 134          | 0.03         | 0.02         | 17.8         | 1             | 0.15          | *1            | 0.51         | 1.98        | 7.1          | 1.19         | *0.00                      |
| Sauce, Taco, Tapatio 2017               | 1 each              | 400          | 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             | 422          | 4              | 0              | 194          | 0.10         | 0.09         | 1.7          | 0             | 0.0           | 0             | 0.44         | 0.45        | 0.0          | 0.00         | 0.00                       |
| Tajin 2022                              | PKG                 | 400          | 2              | 0              | 127          | 0.00         | 0.00         | 0.0          | 0             | 5.4           | 0             | 0.0          | 0.0         | 0.0          | 0.00         | 0.00                       |
| Weighted Daily Average                  |                     |              | 799            | 64             | 1249         | 1413.7       | 3.92         | 583.1        | 6750          | 32.14         | *39           | 34.97        | 113.66      | 23.08        | 6.48         | *0.00                      |
| % of Calories                           |                     |              |                |                |              |              |              |              |               |               | *19.3%        | 17.5%        | 56.9%       | 26.0%        | 7.3%         | *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

<sup>1</sup> - 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 6

Sep 15, 2025 thru Sep 19, 2025

High School Lunch

Generated on: 9/2/2025 6:50:49 AM

|                                | Portion<br>Size     | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calc<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|--------------------------------|---------------------|--------------|----------------|----------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Thu - 09/18/2025               |                     |              |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| High School Lunch              | Total               | 3199         |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| Pozole, Red Turkey             | 12.6 oz             | 400          | 485            | 48             | 1129         | 3.53         | 228.88       | 92.3         | 384           | 1.88          | *1            | 22.5         | 52.75       | 21.08        | 6.02         | *0.00                      |
| Chicken, Teriyaki and Rice '24 | BOX                 | 600          | 349            | 83             | 739          | 3.47         | 2.14         | 16.7         | 4785          | 2.91          | *8            | 24.13        | 49.99       | 6.14         | 1.27         | 0.00                       |
| Chicken, Orange Sec-'24        | BOX                 | 600          | 364            | 41             | 654          | 3.47         | 2.02         | 26.7         | 4750          | 2.91          | *12           | 17.63        | 62.99       | 5.05         | 0.10         | 0.00                       |
| BUZZBURGER                     | Burger(2<br>MMA,2G) | 900          | 279            | 48             | 310          | 3.00         | 3.15         | 84.4         | 15            | 0.0           | *3            | 20.93        | 29.0        | 9.7          | 3.03         | *0.00                      |
| Spicy Chicken Sandwich WG-2013 | 1 EACH              | 522          | 380            | 20             | 620          | 5.00         | 3.80         | 110.0        | 15            | 0.0           | 4             | 20.0         | 44.0        | 15.0         | 2.50         | 0.00                       |
| YOGURT PARFAIT W/ GRANO        | serving             | 900          | 487            | 12             | 254          | 4.32         | 2.00         | 456.6        | 455           | 48.69         | *15           | 14.55        | 87.9        | 8.18         | 1.98         | *0.00                      |
| LA 2023                        |                     |              |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| Grinder, turkey&cheese-El-'24  | 1 EACH              | 422          | 367            | 78             | 1049         | 3.00         | 2.45         | 248.1        | 175           | 0.0           | 3             | 34.54        | 32.68       | 12.7         | 3.97         | 0.16                       |
| CHIPS,DORITO,RF COOL RANC      | BAG 1OZ             | 400          | 0              | 0              | 0            | 0.00         | 0.00         | 0.0          | 0             | 0.0           | 0             | 0.0          | 0.0         | 0.0          | 0.00         | 0.00                       |
| H 1oz                          |                     |              |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| CHIPS,NACHO RF DORITOS.2025    | 1 each              | 400          | 130            | 0              | 220          | 1.00         | 0.36         | 20.0         | 0             | 0.0           | 0             | 2.0          | 19.0        | 5.0          | 1.00         | 0.00                       |
| CHIPS,RF Doritos flamas, 2017  | 1 each              | 400          | 130            | 0              | 200          | 2.00         | 0.00         | 28.0         | 5             | 0.0           | 1             | 2.0          | 20.0        | 5.0          | 0.50         | 0.00                       |
| BEANS, PINTO SEASONED-2017     | 1/2 Cup BP          | 100          | 64             | 0              | 259          | 3.21         | 1.21         | 45.2         | 70            | 2.89          | *0            | 3.44         | 11.71       | 0.61         | 0.12         | *0.00                      |
| GARDEN SALAD-2014              | 1 EACH              | 750          | 40             | 0              | 15           | 1.11         | 0.78         | 16.2         | 4983          | 19.68         | 3             | 2.01         | 8.79        | 0.17         | 0.03         | 0.00                       |
| 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                       |
| APPLES,Fresh                   | 1 EACH              | 734          | 72             | 0              | 1            | 3.31         | 0.17         | 8.3          | 75            | 6.35          | 14            | 0.36         | 19.06       | 0.23         | 0.04         | 0.00                       |
| GRAPES,Fresh PKG '23           | serving             | 365          | 31             | 0              | 1            | 0.41         | 0.13         | 6.4          | 46            | 1.84          | 7             | 0.29         | 7.89        | 0.16         | 0.05         | 0.00                       |
| Asian Pears, Fresh 2017        | serving             | 100          | 51             | 0              | 0            | 4.39         | 0.00         | 4.9          | 0             | 4.64          | 9             | 0.61         | 12.99       | 0.28         | 0.01         | 0.00                       |
| BANANAS                        | 1 EACH              | 342          | 90             | 0              | 1            | 2.63         | 0.26         | 5.1          | 65            | 8.79          | 12            | 1.1          | 23.07       | 0.33         | 0.11         | 0.00                       |
| ORANGE WEDGES '23              | 1 EACH              | 367          | 45             | 0              | 0            | 2.30         | 0.10         | 38.4         | 216           | 51.07         | 9             | 0.9          | 11.28       | 0.12         | 0.01         | 0.00                       |
| MILK,1% DW 2024                | EACH(1/2<br>pint)   | 1200         | 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/<br>2 pint) | 2000         | 120            | 5              | 210          | 0.00         | 0.00         | 200.0        | 1000          | 0.0           | 19            | 8.0          | 20.0        | 0.0          | 0.00         | 0.00                       |
| Ketchup, 2017                  | PKG                 | 1199         | 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             | 400          | 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               | 400          | 65             | 6              | 134          | 0.03         | 0.02         | 17.8         | 1             | 0.15          | *1            | 0.51         | 1.98        | 7.1          | 1.19         | *0.00                      |
| Sauce, Taco, Tapatio 2017      | 1 each              | 400          | 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             | 422          | 4              | 0              | 194          | 0.10         | 0.09         | 1.7          | 0             | 0.0           | 0             | 0.44         | 0.45        | 0.0          | 0.00         | 0.00                       |
| Tajin 2022                     | PKG                 | 400          | 2              | 0              | 127          | 0.00         | 0.00         | 0.0          | 0             | 5.4           | 0             | 0.0          | 0.0         | 0.0          | 0.00         | 0.00                       |
| Weighted Daily Average         |                     |              | 751            | 70             | 1190         | 1411.3       | 32.17        | 500.7        | 6476          | 29.04         | *38           | 38.41        | 111.65      | 17.42        | 4.33         | *0.03                      |
| % of Calories                  |                     |              |                |                |              |              |              |              |               |               | *20.1%        | 20.4%        | 59.4%       | 20.9%        | 5.2%         | *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

<sup>1</sup> - 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 15, 2025 thru Sep 19, 2025

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 7

Generated on: 9/2/2025 6:50:49 AM

|                                    | Portion<br>Size     | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calc<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|------------------------------------|---------------------|--------------|----------------|----------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Fri - 09/19/2025                   |                     |              |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| High School Lunch                  | Total               | 3199         |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| RAVIOLI, WG CHEESE-'24             | Serving             | 400          | 339            | 77             | 856          | 4.36         | 3.86         | 321.1        | 908           | 13.06         | *6            | 23.09        | 44.89       | 9.37         | 4.05         | *0.00                      |
| BREAD, STICK                       | 1 each              | 400          | 99             | 0              | 94           | 0.99         | 1.43         | 0.0          | 5             | 0.0           | 1             | 0.99         | 14.88       | 2.98         | 0.50         | 0.00                       |
| Chicken, Teriyaki and Rice '24     | BOX                 | 600          | 349            | 83             | 739          | 3.47         | 2.14         | 16.7         | 4785          | 2.91          | *8            | 24.13        | 49.99       | 6.14         | 1.27         | 0.00                       |
| Chicken, Orange Sec-'24            | BOX                 | 600          | 364            | 41             | 654          | 3.47         | 2.02         | 26.7         | 4750          | 2.91          | *12           | 17.63        | 62.99       | 5.05         | 0.10         | 0.00                       |
| Sply Chicken Sandwich WG-2013      | 1 EACH              | 522          | 380            | 20             | 620          | 5.00         | 3.80         | 110.0        | 15            | 0.0           | 4             | 20.0         | 44.0        | 15.0         | 2.50         | 0.00                       |
| YOGURT PARFAIT W/ GRANO<br>LA 2023 | serving             | 622          | 487            | 12             | 254          | 4.32         | 2.00         | 456.6        | 455           | 48.69         | *15           | 14.55        | 87.9        | 8.18         | 1.98         | *0.00                      |
| Salad, QB Island Mac '25           | 1 each              | 622          | 522            | 44             | 688          | 4.92         | 3.26         | 66.9         | 2967          | 7.83          | *6            | 20.42        | 58.13       | 25.79        | 4.16         | *0.00                      |
| BEANS, PINTO SEASONED-2017         | 1/2 Cup BP          | 100          | 64             | 0              | 259          | 3.21         | 1.21         | 45.2         | 70            | 2.89          | *0            | 3.44         | 11.71       | 0.61         | 0.12         | *0.00                      |
| GARDEN SALAD-2014                  | 1 EACH              | 750          | 40             | 0              | 15           | 1.11         | 0.78         | 16.2         | 4983          | 19.68         | 3             | 2.01         | 8.79        | 0.17         | 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*                      |
| 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                       |
| SLUSH, KIWI STRAWBERRY '23         | container<br>s, 4oz | 700          | 60             | 0              | 15           | 0.00         | 0.36         | 0.0          | 500           | 0.0           | 12            | 0.0          | 15.0        | 0.0          | 0.00         | 0.00                       |
| SLUSH, BERRY BERRY BLUE '23        | container<br>s, 4oz | 700          | 80             | 0              | 0            | 0.00         | 0.00         | 0.0          | 75            | 90.0          | 15            | 0.0          | 19.0        | 0.0          | 0.00         | 0.00                       |
| SLUSH, BLUE RASPBERRY '23          | container<br>s, 4oz | 700          | 60             | 0              | 15           | 0.00         | 0.36         | 0.0          | 500           | 0.0           | 12            | 0.0          | 15.0        | 0.0          | 0.00         | 0.00                       |
| APPLES, Fresh                      | 1 EACH              | 734          | 72             | 0              | 1            | 3.31         | 0.17         | 8.3          | 75            | 6.35          | 14            | 0.36         | 19.06       | 0.23         | 0.04         | 0.00                       |
| GRAPES, Fresh PKG '23              | serving             | 365          | 31             | 0              | 1            | 0.41         | 0.13         | 6.4          | 48            | 1.84          | 7             | 0.29         | 7.89        | 0.16         | 0.05         | 0.00                       |
| Asian Pears, Fresh 2017            | serving             | 100          | 51             | 0              | 0            | 4.39         | 0.00         | 4.9          | 0             | 4.64          | 9             | 0.61         | 12.99       | 0.28         | 0.01         | 0.00                       |
| BANANAS                            | 1 EACH              | 342          | 90             | 0              | 1            | 2.63         | 0.26         | 5.1          | 65            | 8.79          | 12            | 1.1          | 23.07       | 0.33         | 0.11         | 0.00                       |
| ORANGE WEDGES '23                  | 1 EACH              | 367          | 45             | 0              | 0            | 2.30         | 0.10         | 38.4         | 216           | 51.07         | 9             | 0.9          | 11.28       | 0.12         | 0.01         | 0.00                       |
| MILK, 1% DW 2024                   | EACH (1/2<br>pint)  | 2997         | 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/<br>2 pint) | 2000         | 120            | 5              | 210          | 0.00         | 0.00         | 200.0        | 1000          | 0.0           | 19            | 8.0          | 20.0        | 0.0          | 0.00         | 0.00                       |
| Ketchup, 2017                      | PKG                 | 1199         | 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             | 400          | 28             | 5              | 85           | 1122.2       | 0.04         | 1.2          | 7             | 0.01          | *1            | 0.09         | 2.08        | 2.07         | 0.35         | 0.03                       |
| DRESSING, RANCH#2-HS/MS            | OUNCE               | 400          | 65             | 6              | 134          | 0.03         | 0.02         | 17.8         | 1             | 0.15          | *1            | 0.51         | 1.98        | 7.1          | 1.19         | *0.00                      |
| Sauce, Taco, Tapatio 2017          | 1 each              | 400          | 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             | 422          | 4              | 0              | 194          | 0.10         | 0.09         | 1.7          | 0             | 0.0           | 0             | 0.44         | 0.45        | 0.0          | 0.00         | 0.00                       |
| Tajin 2022                         | PKG                 | 400          | 2              | 0              | 127          | 0.00         | 0.00         | 0.0          | 0             | 5.4           | 0             | 0.0          | 0.0         | 0.0          | 0.00         | 0.00                       |
| Weighted Daily Average             |                     |              | 798            | 66             | 1103         | 1411.3       | 3.71         | 636.8        | 7567          | 48.33         | *53           | 36.17        | 124.93      | 17.13        | 4.44         | *0.01                      |
| % of Calories                      |                     |              |                |                |              |              |              |              |               |               | *26.8%        | 18.1%        | 62.7%       | 19.3%        | 5.0%         | *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

<sup>1</sup> - 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 8

Sep 15, 2025 thru Sep 19, 2025

High School Lunch

Generated on: 9/2/2025 6:50:49 AM

|                  | Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calc<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g)   | Carb<br>(g)     | T-Fat<br>(g)   | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|------------------|-----------------|--------------|----------------|----------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|----------------|-----------------|----------------|--------------|----------------------------|
| Weighted Average |                 |              | 768            | *65            | 1135         | 1412.2       | 9.45         | 554.2        | 6710          | 36.66         | *42<br>*49.5% | 35.64<br>18.6% | 115.35<br>60.1% | 18.54<br>21.7% | 4.90<br>5.7% | *0.02<br>*0.0%             |

| Nutrient                   | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories                   | 768      |           | 750 - 850     | 100%        |           |           |         |                         |
| Cholesterol (mg)           | 65       |           |               |             | Missing   |           |         |                         |
| Sodium 1 (mg)              | 1135     |           | 1420          | 80%         |           |           |         |                         |
| Sodium 1a (mg)             | 1135     |           | 1280          | 89%         |           |           |         |                         |
| Fiber (g)                  | 1412.21  |           |               |             |           |           |         |                         |
| Iron (mg)                  | 9.45     |           |               |             |           |           |         |                         |
| Calcium (mg)               | 554.2    |           |               |             |           |           |         |                         |
| Vitamin A (IU)             | 6710     |           |               |             |           |           |         |                         |
| Sugars (g)                 | 42       | 22.01%    |               |             | Missing   |           |         |                         |
| Vitamin C (mg)             | 36.66    |           |               |             |           |           |         |                         |
| Protein (g)                | 35.64    | 18.56%    |               |             |           |           |         |                         |
| Carbohydrate (g)           | 115.35   | 60.07%    |               |             |           |           |         |                         |
| Total Fat (g)              | 18.54    | 21.72%    | <=30.00%      |             |           |           |         |                         |
| Saturated Fat (g)          | 4.90     | 5.75%     | <10.00%       |             |           |           |         |                         |
| Trans Fat <sup>1</sup> (g) | 0.02     | 0.03%     |               |             | 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

<sup>1</sup> - 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

High School Lunch

Generated on: 9/2/2025 6:51:07 AM

|                                          | Portion<br>Size     | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calc<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|------------------------------------------|---------------------|--------------|----------------|----------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Mon - 09/22/2025                         |                     |              |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| High School Lunch                        | Total               | 3199         |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| Chicken, Kung Pao, Yangs '24             | BOX                 | 500          | 239            | 45             | 944          | 3.14         | 6.26         | 29.0         | 4294          | 22.34         | *7            | 17.82        | 29.67       | 6.21         | 1.51         | *0.00                      |
| Chicken, Teriyaki and Rice '24           | BOX(2M<br>MA/2G)    | 500          | 349            | 83             | 739          | 3.47         | 2.14         | 16.7         | 4785          | 2.91          | *8            | 24.13        | 49.99       | 6.14         | 1.27         | 0.00                       |
| Chicken, Orange Sec-'24                  | BOX(2M<br>MA/2G)    | 500          | 364            | 41             | 654          | 3.47         | 2.02         | 26.7         | 4750          | 2.91          | *12           | 17.63        | 62.99       | 5.05         | 0.10         | 0.00                       |
| PIZZA, DOMINOS 14" WG Pep, slic<br>e '24 | serving             | 500          | 260            | 15             | 520          | 4.00         | 1.80         | 300.0        | 500           | 6.0           | 3             | 16.0         | 34.0        | 7.0          | 3.00         | 0.00                       |
| Spicy Chicken Sandwich WG-2013           | Sand(2M<br>MA/3G)   | 522          | 380            | 20             | 620          | 5.00         | 3.80         | 110.0        | 15            | 0.0           | 4             | 20.0         | 44.0        | 15.0         | 2.50         | 0.00                       |
| YOGURT PARFAIT W/ GRANO<br>LA 2023       | serving             | 800          | 487            | 12             | 254          | 4.32         | 2.00         | 456.6        | 455           | 48.69         | *15           | 14.55        | 87.9        | 8.18         | 1.98         | *0.00                      |
| SALAD, CHEF, '24                         | SALAD               | 422          | 435            | 139            | 753          | 2.50         | 1.83         | 183.6        | 1155          | 6.15          | *7            | 20.34        | 33.38       | 25.11        | 5.97         | *0.00                      |
| SLUSH, KIWI STRAWBERRY '23               | container<br>s, 4oz | 500          | 60             | 0              | 15           | 0.00         | 0.36         | 0.0          | 500           | 0.0           | 12            | 0.0          | 15.0        | 0.0          | 0.00         | 0.00                       |
| SLUSH, BERRY BERRY BLUE '23              | container<br>s, 4oz | 500          | 80             | 0              | 0            | 0.00         | 0.00         | 0.0          | 75            | 90.0          | 15            | 0.0          | 19.0        | 0.0          | 0.00         | 0.00                       |
| SLUSH, PARADISE PUNCH '23                | container<br>s, 4oz | 500          | 60             | 0              | 15           | 0.00         | 0.36         | 0.0          | 500           | 0.0           | 12            | 0.0          | 15.0        | 0.0          | 0.00         | 0.00                       |
| BEANS, PINTO SEASONED-2017               | 1/2 Cup BP          | 100          | 64             | 0              | 259          | 3.21         | 1.21         | 45.2         | 70            | 2.89          | *0            | 3.44         | 11.71       | 0.61         | 0.12         | *0.00                      |
| GARDEN SALAD-2014                        | 1 EACH              | 750          | 40             | 0              | 15           | 1.11         | 0.78         | 16.2         | 4983          | 19.68         | 3             | 2.01         | 8.79        | 0.17         | 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*                      |
| 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                       |
| APPLES, Fresh                            | 1 EACH              | 734          | 72             | 0              | 1            | 3.31         | 0.17         | 8.3          | 75            | 6.35          | 14            | 0.36         | 19.06       | 0.23         | 0.04         | 0.00                       |
| GRAPES, Fresh PKG '23                    | serv.(1/2<br>cup)   | 365          | 31             | 0              | 1            | 0.41         | 0.13         | 6.4          | 46            | 1.84          | 7             | 0.29         | 7.89        | 0.16         | 0.05         | 0.00                       |
| Asian Pears, Fresh 2017                  | serving             | 100          | 51             | 0              | 0            | 4.39         | 0.00         | 4.9          | 0             | 4.64          | 9             | 0.61         | 12.99       | 0.28         | 0.01         | 0.00                       |
| BANANAS                                  | 1 EACH              | 342          | 90             | 0              | 1            | 2.63         | 0.26         | 5.1          | 65            | 8.79          | 12            | 1.1          | 23.07       | 0.33         | 0.11         | 0.00                       |
| ORANGE WEDGES '23                        | Serv (1/2<br>Cup)   | 367          | 45             | 0              | 0            | 2.30         | 0.10         | 38.4         | 216           | 51.07         | 9             | 0.9          | 11.28       | 0.12         | 0.01         | 0.00                       |
| MILK, 1% DW 2024                         | EACH(1/2<br>pint)   | 1200         | 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/<br>2 pint) | 2000         | 120            | 5              | 210          | 0.00         | 0.00         | 200.0        | 1000          | 0.0           | 19            | 8.0          | 20.0        | 0.0          | 0.00         | 0.00                       |
| Ketchup, 2017                            | PKG                 | 1199         | 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             | 400          | 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               | 400          | 65             | 6              | 134          | 0.03         | 0.02         | 17.8         | 1             | 0.15          | *1            | 0.51         | 1.98        | 7.1          | 1.19         | *0.00                      |
| Sauce, Taco, Tapatio 2017                | 1 each              | 400          | 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             | 422          | 4              | 0              | 194          | 0.10         | 0.09         | 1.7          | 0             | 0.0           | 0             | 0.44         | 0.45        | 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

<sup>1</sup> - 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 22, 2025 thru Sep 26, 2025

High School Lunch

Generated on: 9/2/2025 6:51:07 AM

|                        | Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | CalcM<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|------------------------|-----------------|--------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Mon - 09/22/2025       |                 |              |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| Tajin 2022             | PKG             | 400          | 2              | 0              | 127          | 0.00         | 0.00         | 0.0           | 0             | 5.4           | 0             | 0.0          | 0.0         | 0.0          | 0.00         | 0.00                       |
| Weighted Daily Average |                 |              | 701            | 64             | 1063         | 1411.1       | 3.86         | 486.7         | 7157          | 47.31         | *44           | 31.61        | 110.94      | 14.65        | 3.78         | *0.00                      |
| % of Calories          |                 |              |                |                |              |              |              |               |               |               | *24.9%        | 18.0%        | 63.3%       | 18.8%        | 4.9%         | *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

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

<sup>1</sup> - 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 4

Sep 22, 2025 thru Sep 26, 2025

High School Lunch

Generated on: 9/2/2025 6:51:07 AM

|                                | Portion<br>Size     | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calc<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|--------------------------------|---------------------|--------------|----------------|----------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Tue - 09/23/2025               |                     |              |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| High School Lunch              | Total               | 3199         |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| TINGA CHEESY NACHOS '25        | Serving             | 600          | 630            | 113            | 951          | 3.79         | 2.04         | 586.4        | 934           | 7.65          | *1            | 44.98        | 35.28       | 33.39        | 10.75        | *0.00                      |
| Chicken, Teriyaki and Rice '24 | BOX                 | 400          | 349            | 83             | 739          | 3.47         | 2.14         | 16.7         | 4785          | 2.91          | *8            | 24.13        | 49.99       | 6.14         | 1.27         | 0.00                       |
| Chicken, Orange Sec-'24        | BOX                 | 500          | 364            | 41             | 654          | 3.47         | 2.02         | 26.7         | 4750          | 2.91          | *12           | 17.63        | 62.99       | 5.05         | 0.10         | 0.00                       |
| BUZZBURGER                     | Burger(2<br>MMA,2G) | 500          | 279            | 48             | 310          | 3.00         | 3.15         | 84.4         | 15            | 0.0           | *3            | 20.93        | 29.0        | 9.7          | 3.03         | *0.00                      |
| Spicy Chicken Sandwich WG-2013 | 1 EACH              | 522          | 380            | 20             | 620          | 5.00         | 3.80         | 110.0        | 15            | 0.0           | 4             | 20.0         | 44.0        | 15.0         | 2.50         | 0.00                       |
| YOGURT PARFAIT W/ GRANO        | serving             | 800          | 487            | 12             | 254          | 4.32         | 2.00         | 456.6        | 455           | 48.69         | *15           | 14.55        | 87.9        | 8.18         | 1.98         | *0.00                      |
| LA 2023                        |                     |              |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| spicy chicken/tapatío salad    | 1 EACH              | 422          | 424            | 26             | 684          | 5.24         | 4.38         | 67.1         | 1512          | 11.72         | *10           | 15.4         | 42.32       | 23.27        | 4.22         | *0.01                      |
| CHIPS,NACHO RF DORITOS.2025    | 1 each              | 600          | 130            | 0              | 220          | 1.00         | 0.36         | 20.0         | 0             | 0.0           | 0             | 2.0          | 19.0        | 5.0          | 1.00         | 0.00                       |
| CHIPS,DORITO,RF COOL RANC      | BAG 1OZ             | 600          | 0              | 0              | 0            | 0.00         | 0.00         | 0.0          | 0             | 0.0           | 0             | 0.0          | 0.0         | 0.0          | 0.00         | 0.00                       |
| H 1oz                          |                     |              |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| CHIPS,RF Doritos flamas, 2017  | 1 each              | 500          | 130            | 0              | 200          | 2.00         | 0.00         | 28.0         | 5             | 0.0           | 1             | 2.0          | 20.0        | 5.0          | 0.50         | 0.00                       |
| BEANS, PINTO SEASONED-2017     | 1/2 Cup BP          | 300          | 64             | 0              | 259          | 3.21         | 1.21         | 45.2         | 70            | 2.89          | *0            | 3.44         | 11.71       | 0.61         | 0.12         | *0.00                      |
| GARDEN SALAD-2014              | 1 EACH              | 750          | 40             | 0              | 15           | 1.11         | 0.78         | 16.2         | 4983          | 19.68         | 3             | 2.01         | 8.79        | 0.17         | 0.03         | 0.00                       |
| 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                       |
| APPLES,Fresh                   | 1 EACH              | 734          | 72             | 0              | 1            | 3.31         | 0.17         | 8.3          | 75            | 6.35          | 14            | 0.36         | 19.06       | 0.23         | 0.04         | 0.00                       |
| GRAPES,Fresh PKG '23           | serving             | 550          | 31             | 0              | 1            | 0.41         | 0.13         | 6.4          | 46            | 1.84          | 7             | 0.29         | 7.89        | 0.16         | 0.05         | 0.00                       |
| Asian Pears, Fresh 2017        | serving             | 300          | 51             | 0              | 0            | 4.39         | 0.00         | 4.9          | 0             | 4.64          | 9             | 0.61         | 12.99       | 0.28         | 0.01         | 0.00                       |
| BANANAS                        | 1 EACH              | 342          | 90             | 0              | 1            | 2.63         | 0.26         | 5.1          | 65            | 8.79          | 12            | 1.1          | 23.07       | 0.33         | 0.11         | 0.00                       |
| ORANGE WEDGES '23              | 1 EACH              | 367          | 45             | 0              | 0            | 2.30         | 0.10         | 38.4         | 216           | 51.07         | 9             | 0.9          | 11.28       | 0.12         | 0.01         | 0.00                       |
| MILK,1% DW 2024                | EACH(1/2<br>pint)   | 1200         | 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/<br>2 pint) | 2000         | 120            | 5              | 210          | 0.00         | 0.00         | 200.0        | 1000          | 0.0           | 19            | 8.0          | 20.0        | 0.0          | 0.00         | 0.00                       |
| Ketchup, 2017                  | PKG                 | 1199         | 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                 | 500          | 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             | 400          | 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               | 400          | 65             | 6              | 134          | 0.03         | 0.02         | 17.8         | 1             | 0.15          | *1            | 0.51         | 1.98        | 7.1          | 1.19         | *0.00                      |
| Sauce, Taco, Tapatio 2017      | 1 each              | 400          | 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             | 422          | 4              | 0              | 194          | 0.10         | 0.09         | 1.7          | 0             | 0.0           | 0             | 0.44         | 0.45        | 0.0          | 0.00         | 0.00                       |
| Tajin 2022                     | PKG                 | 400          | 2              | 0              | 127          | 0.00         | 0.00         | 0.0          | 0             | 5.4           | 0             | 0.0          | 0.0         | 0.0          | 0.00         | 0.00                       |
| Weighted Daily Average         |                     |              | 755            | 66             | 1107         | 1411.7       | 3.65         | 554.5        | 6323          | 30.59         | *38           | 36.85        | 105.33      | 20.98        | 5.20         | *0.01                      |
| % of Calories                  |                     |              |                |                |              |              |              |              |               |               | *20.1%        | 19.5%        | 55.8%       | 25.0%        | 6.2%         | *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

<sup>1</sup> - 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 5

Sep 22, 2025 thru Sep 26, 2025

High School Lunch

Generated on: 9/2/2025 6:51:07 AM

|                                         | Portion<br>Size     | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calc<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|-----------------------------------------|---------------------|--------------|----------------|----------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Wed - 09/24/2025                        |                     |              |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| High School Lunch                       | Total               | 3199         |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| SPAGHETTI & MEATBALLS                   | serving             | 500          | 882            | 153            | 1033         | 10.74        | 8.82         | 203.9        | 1862          | 20.9          | *3            | 52.37        | 97.11       | 31.56        | 10.72        | *0.00                      |
| Chicken, Teriyaki and Rice '24          | BOX                 | 500          | 349            | 83             | 739          | 3.47         | 2.14         | 16.7         | 4785          | 2.91          | *8            | 24.13        | 49.99       | 6.14         | 1.27         | 0.00                       |
| Chicken, Orange Sec-'24                 | BOX                 | 500          | 364            | 41             | 654          | 3.47         | 2.02         | 26.7         | 4750          | 2.91          | *12           | 17.63        | 62.99       | 5.05         | 0.10         | 0.00                       |
| PIZZA, DOMINOS 14" WG Pep, slic<br>e'24 | serving             | 600          | 260            | 15             | 520          | 4.00         | 1.80         | 300.0        | 500           | 6.0           | 3             | 16.0         | 34.0        | 7.0          | 3.00         | 0.00                       |
| Spicy Chicken Sandwich WG-2013          | 1 EACH              | 522          | 380            | 20             | 620          | 5.00         | 3.80         | 110.0        | 15            | 0.0           | 4             | 20.0         | 44.0        | 15.0         | 2.50         | 0.00                       |
| YOGURT PARFAIT W/ GRANO<br>LA 2023      | serving             | 522          | 487            | 12             | 254          | 4.32         | 2.00         | 456.6        | 455           | 48.69         | *15           | 14.55        | 87.9        | 8.18         | 1.98         | *0.00                      |
| Salad, Honey Bee Cowboy Fiesta          | 1 each              | 522          | 816            | 41             | 977          | 12.77        | 5.80         | 361.9        | 1946          | 33.07         | *8            | 17.71        | 73.1        | 53.38        | 12.47        | *0.00                      |
| BEANS, PINTO SEASONED-2017              | 1/2 Cup BP          | 600          | 64             | 0              | 259          | 3.21         | 1.21         | 45.2         | 70            | 2.89          | *0            | 3.44         | 11.71       | 0.61         | 0.12         | *0.00                      |
| GARDEN SALAD-2014                       | 1 EACH              | 750          | 40             | 0              | 15           | 1.11         | 0.78         | 16.2         | 4983          | 19.68         | 3             | 2.01         | 8.79        | 0.17         | 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*                      |
| 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                       |
| APPLES, Fresh                           | 1 EACH              | 734          | 72             | 0              | 1            | 3.31         | 0.17         | 8.3          | 75            | 6.35          | 14            | 0.36         | 19.06       | 0.23         | 0.04         | 0.00                       |
| GRAPES, Fresh PKG '23                   | serving             | 465          | 31             | 0              | 1            | 0.41         | 0.13         | 6.4          | 46            | 1.84          | 7             | 0.29         | 7.89        | 0.16         | 0.05         | 0.00                       |
| Asian Pears, Fresh 2017                 | serving             | 500          | 51             | 0              | 0            | 4.39         | 0.00         | 4.9          | 0             | 4.64          | 9             | 0.61         | 12.99       | 0.28         | 0.01         | 0.00                       |
| BANANAS                                 | 1 EACH              | 342          | 90             | 0              | 1            | 2.63         | 0.26         | 5.1          | 65            | 8.79          | 12            | 1.1          | 23.07       | 0.33         | 0.11         | 0.00                       |
| ORANGE WEDGES '23                       | 1 EACH              | 367          | 45             | 0              | 0            | 2.30         | 0.10         | 38.4         | 216           | 51.07         | 9             | 0.9          | 11.28       | 0.12         | 0.01         | 0.00                       |
| MILK, 1% DW 2024                        | EACH (1/2<br>pint)  | 1200         | 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/<br>2 pint) | 2000         | 120            | 5              | 210          | 0.00         | 0.00         | 200.0        | 1000          | 0.0           | 19            | 8.0          | 20.0        | 0.0          | 0.00         | 0.00                       |
| Ketchup, 2017                           | PKG                 | 1199         | 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             | 400          | 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               | 400          | 65             | 6              | 134          | 0.03         | 0.02         | 17.8         | 1             | 0.15          | *1            | 0.51         | 1.98        | 7.1          | 1.19         | *0.00                      |
| Sauce, Taco, Tapatio 2017               | 1 each              | 400          | 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             | 422          | 4              | 0              | 194          | 0.10         | 0.09         | 1.7          | 0             | 0.0           | 0             | 0.44         | 0.45        | 0.0          | 0.00         | 0.00                       |
| Tajin 2022                              | PKG                 | 400          | 2              | 0              | 127          | 0.00         | 0.00         | 0.0          | 0             | 5.4           | 0             | 0.0          | 0.0         | 0.0          | 0.00         | 0.00                       |
| Weighted Daily Average                  |                     |              | 830            | 68             | 1167         | 1414.9       | 4.93         | 526.4        | 6763          | 34.65         | *37           | 37.07        | 118.48      | 23.66        | 6.41         | *0.00                      |
| % of Calories                           |                     |              |                |                |              |              |              |              |               |               | *18.0%        | 17.9%        | 57.1%       | 25.7%        | 7.0%         | *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

<sup>1</sup> - 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 6

Sep 22, 2025 thru Sep 26, 2025

High School Lunch

Generated on: 9/2/2025 6:51:07 AM

|                                 | Portion<br>Size  | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calc<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|---------------------------------|------------------|--------------|----------------|----------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Thu - 09/25/2025                |                  |              |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| High School Lunch               | Total            | 3199         |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| CHEESEBURGER,W/ BUZZ'25         | Burger(2 MMA,2G) | 400          | 341            | 62             | 497          | 3.00         | 3.44         | 210.5        | 160           | 0.0           | *4            | 21.5         | 30.68       | 14.55        | 5.59         | *0.16                      |
| Chicken, Teriyaki and Rice '24  | BOX              | 600          | 349            | 83             | 739          | 3.47         | 2.14         | 16.7         | 4785          | 2.91          | *8            | 24.13        | 49.99       | 6.14         | 1.27         | 0.00                       |
| Chicken,Orange Sec-'24          | BOX              | 600          | 364            | 41             | 654          | 3.47         | 2.02         | 26.7         | 4750          | 2.91          | *12           | 17.63        | 62.99       | 5.05         | 0.10         | 0.00                       |
| BUZZBURGER                      | Burger(2 MMA,2G) | 900          | 279            | 48             | 310          | 3.00         | 3.15         | 84.4         | 15            | 0.0           | *3            | 20.93        | 29.0        | 9.7          | 3.03         | *0.00                      |
| Spicy Chicken Sandwich WG-2013  | 1 EACH           | 522          | 380            | 20             | 620          | 5.00         | 3.80         | 110.0        | 15            | 0.0           | 4             | 20.0         | 44.0        | 15.0         | 2.50         | 0.00                       |
| YOGURT PARFAIT W/ GRANO LA 2023 | serving          | 900          | 487            | 12             | 254          | 4.32         | 2.00         | 456.6        | 455           | 48.69         | *15           | 14.55        | 87.9        | 8.18         | 1.98         | *0.00                      |
| Grinder, turkey&cheese-El-'24   | 1 EACH           | 422          | 367            | 78             | 1049         | 3.00         | 2.45         | 248.1        | 175           | 0.0           | 3             | 34.54        | 32.68       | 12.7         | 3.97         | 0.16                       |
| CHIPS,DORITO,RFCOOLRANC H 1oz   | BAG 1OZ          | 400          | 0              | 0              | 0            | 0.00         | 0.00         | 0.0          | 0             | 0.0           | 0             | 0.0          | 0.0         | 0.0          | 0.00         | 0.00                       |
| CHIPS,NACHO RF DORITOS.2025     | 1 each           | 400          | 130            | 0              | 220          | 1.00         | 0.36         | 20.0         | 0             | 0.0           | 0             | 2.0          | 19.0        | 5.0          | 1.00         | 0.00                       |
| CHIPS,RF Doritos flamas, 2017   | 1 each           | 400          | 130            | 0              | 200          | 2.00         | 0.00         | 28.0         | 5             | 0.0           | 1             | 2.0          | 20.0        | 5.0          | 0.50         | 0.00                       |
| BEANS, PINTO SEASONED-2017      | 1/2 Cup BP       | 100          | 64             | 0              | 259          | 3.21         | 1.21         | 45.2         | 70            | 2.89          | *0            | 3.44         | 11.71       | 0.61         | 0.12         | *0.00                      |
| GARDEN SALAD-2014               | 1 EACH           | 750          | 40             | 0              | 15           | 1.11         | 0.78         | 16.2         | 4983          | 19.68         | 3             | 2.01         | 8.79        | 0.17         | 0.03         | 0.00                       |
| 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                       |
| APPLES,Fresh                    | 1 EACH           | 734          | 72             | 0              | 1            | 3.31         | 0.17         | 8.3          | 75            | 6.35          | 14            | 0.36         | 19.06       | 0.23         | 0.04         | 0.00                       |
| GRAPES,Fresh PKG '23            | serving          | 365          | 31             | 0              | 1            | 0.41         | 0.13         | 6.4          | 46            | 1.84          | 7             | 0.29         | 7.89        | 0.16         | 0.05         | 0.00                       |
| Asian Pears, Fresh 2017         | serving          | 100          | 51             | 0              | 0            | 4.39         | 0.00         | 4.9          | 0             | 4.64          | 9             | 0.61         | 12.99       | 0.28         | 0.01         | 0.00                       |
| BANANAS                         | 1 EACH           | 342          | 90             | 0              | 1            | 2.63         | 0.26         | 5.1          | 65            | 8.79          | 12            | 1.1          | 23.07       | 0.33         | 0.11         | 0.00                       |
| ORANGE WEDGES '23               | 1 EACH           | 367          | 45             | 0              | 0            | 2.30         | 0.10         | 38.4         | 216           | 51.07         | 9             | 0.9          | 11.28       | 0.12         | 0.01         | 0.00                       |
| MILK,1% DW 2024                 | EACH(1/2 pint)   | 1200         | 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) | 2000         | 120            | 5              | 210          | 0.00         | 0.00         | 200.0        | 1000          | 0.0           | 19            | 8.0          | 20.0        | 0.0          | 0.00         | 0.00                       |
| Ketchup, 2017                   | PKG              | 1199         | 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          | 400          | 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            | 400          | 65             | 6              | 134          | 0.03         | 0.02         | 17.8         | 1             | 0.15          | *1            | 0.51         | 1.98        | 7.1          | 1.19         | *0.00                      |
| Sauce, Taco, Tapatio 2017       | 1 each           | 400          | 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          | 422          | 4              | 0              | 194          | 0.10         | 0.09         | 1.7          | 0             | 0.0           | 0             | 0.44         | 0.45        | 0.0          | 0.00         | 0.00                       |
| Tajin 2022                      | PKG              | 400          | 2              | 0              | 127          | 0.00         | 0.00         | 0.0          | 0             | 5.4           | 0             | 0.0          | 0.0         | 0.0          | 0.00         | 0.00                       |
| Weighted Daily Average          |                  |              | 733            | 72             | 1111         | 1411.3       | 3.99         | 515.5        | 6448          | 28.81         | *38           | 38.28        | 108.89      | 16.61        | 4.28         | *0.05                      |
| % of Calories                   |                  |              |                |                |              |              |              |              |               |               | *20.8%        | 20.9%        | 59.4%       | 20.4%        | 5.3%         | *0.1%                      |
| 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

<sup>1</sup> - 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

High School Lunch

Portion Values - Detailed

Page 7

Generated on: 9/2/2025 6:51:07 AM

|                                    | Portion<br>Size     | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calc<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|------------------------------------|---------------------|--------------|----------------|----------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Fri - 09/26/2025                   |                     |              |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| High School Lunch                  | Total               | 3199         |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| Pupusa, Bean and Cheese '24        | 1 each              | 400          | 290            | 15             | 480          | 4.00         | 1.08         | 200.0        | 5             | 0.0           | 1             | 13.0         | 35.0        | 11.0         | 3.50         | 0.00                       |
| Curtido, Homemade 2024             | Servings            | 400          | 30             | 0              | 46           | 2.00         | 0.34         | 32.0         | 3508          | 19.33         | *2            | 0.96         | 6.43        | 0.12         | 0.03         | *0.00                      |
| Chicken, Teriyaki and Rice '24     | BOX                 | 600          | 349            | 83             | 739          | 3.47         | 2.14         | 16.7         | 4785          | 2.91          | *8            | 24.13        | 49.99       | 6.14         | 1.27         | 0.00                       |
| Chicken, Orange Sec-'24            | BOX                 | 600          | 364            | 41             | 654          | 3.47         | 2.02         | 26.7         | 4750          | 2.91          | *12           | 17.63        | 62.99       | 5.05         | 0.10         | 0.00                       |
| Spicy Chicken Sandwich WG-2013     | 1 EACH              | 522          | 380            | 20             | 620          | 5.00         | 3.80         | 110.0        | 15            | 0.0           | 4             | 20.0         | 44.0        | 15.0         | 2.50         | 0.00                       |
| YOGURT PARFAIT W/ GRANO<br>LA 2023 | serving             | 622          | 487            | 12             | 254          | 4.32         | 2.00         | 456.6        | 455           | 48.69         | *15           | 14.55        | 87.9        | 8.18         | 1.98         | *0.00                      |
| Salad, QB Island Mac '25           | 1 each              | 622          | 522            | 44             | 688          | 4.92         | 3.26         | 66.9         | 2967          | 7.83          | *6            | 20.42        | 58.13       | 25.79        | 4.16         | *0.00                      |
| BEANS, PINTO SEASONED-2017         | 1/2 Cup BP          | 100          | 64             | 0              | 259          | 3.21         | 1.21         | 45.2         | 70            | 2.89          | *0            | 3.44         | 11.71       | 0.61         | 0.12         | *0.00                      |
| GARDEN SALAD-2014                  | 1 EACH              | 750          | 40             | 0              | 15           | 1.11         | 0.78         | 16.2         | 4983          | 19.68         | 3             | 2.01         | 8.79        | 0.17         | 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*                      |
| 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                       |
| SLUSH, KIWI STRAWBERRY '23         | container<br>s, 4oz | 700          | 60             | 0              | 15           | 0.00         | 0.36         | 0.0          | 500           | 0.0           | 12            | 0.0          | 15.0        | 0.0          | 0.00         | 0.00                       |
| SLUSH, BERRY BERRY BLUE '23        | container<br>s, 4oz | 700          | 80             | 0              | 0            | 0.00         | 0.00         | 0.0          | 75            | 90.0          | 15            | 0.0          | 19.0        | 0.0          | 0.00         | 0.00                       |
| SLUSH, BLUE RASPBERRY '23          | container<br>s, 4oz | 700          | 60             | 0              | 15           | 0.00         | 0.36         | 0.0          | 500           | 0.0           | 12            | 0.0          | 15.0        | 0.0          | 0.00         | 0.00                       |
| APPLES, Fresh                      | 1 EACH              | 734          | 72             | 0              | 1            | 3.31         | 0.17         | 8.3          | 75            | 6.35          | 14            | 0.36         | 19.06       | 0.23         | 0.04         | 0.00                       |
| GRAPES, Fresh PKG '23              | serving             | 365          | 31             | 0              | 1            | 0.41         | 0.13         | 6.4          | 46            | 1.84          | 7             | 0.29         | 7.89        | 0.16         | 0.05         | 0.00                       |
| Asian Pears, Fresh 2017            | serving             | 100          | 51             | 0              | 0            | 4.39         | 0.00         | 4.9          | 0             | 4.64          | 9             | 0.61         | 12.99       | 0.28         | 0.01         | 0.00                       |
| BANANAS                            | 1 EACH              | 342          | 90             | 0              | 1            | 2.63         | 0.26         | 5.1          | 65            | 8.79          | 12            | 1.1          | 23.07       | 0.33         | 0.11         | 0.00                       |
| ORANGE WEDGES '23                  | 1 EACH              | 367          | 45             | 0              | 0            | 2.30         | 0.10         | 38.4         | 216           | 51.07         | 9             | 0.9          | 11.28       | 0.12         | 0.01         | 0.00                       |
| MILK, 1% DW 2024                   | EACH (1/2<br>pint)  | 2997         | 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/<br>2 pint) | 2000         | 120            | 5              | 210          | 0.00         | 0.00         | 200.0        | 1000          | 0.0           | 19            | 8.0          | 20.0        | 0.0          | 0.00         | 0.00                       |
| Ketchup, 2017                      | PKG                 | 1199         | 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             | 400          | 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               | 400          | 65             | 6              | 134          | 0.03         | 0.02         | 17.8         | 1             | 0.15          | *1            | 0.51         | 1.98        | 7.1          | 1.19         | *0.00                      |
| Sauce, Taco, Tapatio 2017          | 1 each              | 400          | 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             | 422          | 4              | 0              | 194          | 0.10         | 0.09         | 1.7          | 0             | 0.0           | 0             | 0.44         | 0.45        | 0.0          | 0.00         | 0.00                       |
| Tajin 2022                         | PKG                 | 400          | 2              | 0              | 127          | 0.00         | 0.00         | 0.0          | 0             | 5.4           | 0             | 0.0          | 0.0         | 0.0          | 0.00         | 0.00                       |
| Weighted Daily Average             |                     |              | 783            | 58             | 1050         | 1411.4       | 3.23         | 625.6        | 7892          | 49.11         | *53           | 34.91        | 122.64      | 16.98        | 4.32         | *0.01                      |
| % of Calories                      |                     |              |                |                |              |              |              |              |               |               | *27.1%        | 17.8%        | 62.7%       | 19.5%        | 5.0%         | *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

<sup>1</sup> - 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

High School Lunch

Portion Values - Detailed

Page 8

Generated on: 9/2/2025 6:51:07 AM

|                  | Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calc<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g)   | Carb<br>(g)     | T-Fat<br>(g)   | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|------------------|-----------------|--------------|----------------|----------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|----------------|-----------------|----------------|--------------|----------------------------|
| Weighted Average |                 |              | 760            | 65             | 1100         | 1412.1       | 3.93         | 541.7        | 6917          | 38.10         | *42<br>*49.7% | 35.74<br>18.8% | 113.26<br>59.6% | 18.58<br>22.0% | 4.80<br>5.7% | *0.01<br>*0.0%             |

| Nutrient                   | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (If any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories                   | 760      |           | 750 - 850     | 100%        |           |           |         |                         |
| Cholesterol (mg)           | 65       |           |               |             |           |           |         |                         |
| Sodium 1 (mg)              | 1100     |           | 1420          | 77%         |           |           |         |                         |
| Sodium 1a (mg)             | 1100     |           | 1280          | 86%         |           |           |         |                         |
| Fiber (g)                  | 1412.12  |           |               |             |           |           |         |                         |
| Iron (mg)                  | 3.93     |           |               |             |           |           |         |                         |
| Calcium (mg)               | 541.7    |           |               |             |           |           |         |                         |
| Vitamin A (IU)             | 6917     |           |               |             |           |           |         |                         |
| Sugars (g)                 | 42       | 22.10%    |               |             | Missing   |           |         |                         |
| Vitamin C (mg)             | 38.10    |           |               |             |           |           |         |                         |
| Protein (g)                | 35.74    | 18.80%    |               |             |           |           |         |                         |
| Carbohydrate (g)           | 113.26   | 59.58%    |               |             |           |           |         |                         |
| Total Fat (g)              | 18.58    | 21.99%    | <=30.00%      |             |           |           |         |                         |
| Saturated Fat (g)          | 4.80     | 5.68%     | <10.00%       |             |           |           |         |                         |
| Trans Fat <sup>1</sup> (g) | 0.01     | 0.02%     |               |             | 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

<sup>1</sup> - 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

High School Lunch

Generated on: 9/2/2025 6:51:25 AM

|                                          | Portion<br>Size     | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calc<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|------------------------------------------|---------------------|--------------|----------------|----------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Mon - 09/29/2025                         |                     |              |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| High School Lunch                        | Total               | 3199         |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| HOT DOG-BEEF W/WHEAT BUN                 | SERVING             | 800          | 388            | 40             | 984          | 3.00         | 2.87         | 80.0         | 25            | 0.0           | 5             | 14.94        | 32.97       | 22.84        | 8.93         | 0.00                       |
| Chicken, Teriyaki and Rice '24           | BOX(2M<br>MA/2G)    | 500          | 349            | 83             | 739          | 3.47         | 2.14         | 16.7         | 4785          | 2.91          | *8            | 24.13        | 49.99       | 6.14         | 1.27         | 0.00                       |
| Chicken, Orange Sec-'24                  | BOX(2M<br>MA/2G)    | 500          | 364            | 41             | 654          | 3.47         | 2.02         | 26.7         | 4750          | 2.91          | *12           | 17.63        | 62.99       | 5.05         | 0.10         | 0.00                       |
| PIZZA, DOMINOS 14" WG Pep, slic<br>e '24 | serving             | 500          | 260            | 15             | 520          | 4.00         | 1.80         | 300.0        | 500           | 6.0           | 3             | 16.0         | 34.0        | 7.0          | 3.00         | 0.00                       |
| Spicy Chicken Sandwich WG-2013           | Sand(2M<br>MA/3G)   | 700          | 380            | 20             | 620          | 5.00         | 3.80         | 110.0        | 15            | 0.0           | 4             | 20.0         | 44.0        | 15.0         | 2.50         | 0.00                       |
| YOGURT PARFAIT W/ GRANO<br>LA 2023       | serving             | 700          | 487            | 12             | 254          | 4.32         | 2.00         | 456.6        | 455           | 48.69         | *15           | 14.55        | 87.9        | 8.18         | 1.98         | *0.00                      |
| SALAD, CHEF, '24                         | SALAD               | 422          | 435            | 139            | 753          | 2.50         | 1.83         | 183.6        | 1155          | 6.15          | *7            | 20.34        | 33.38       | 25.11        | 5.97         | *0.00                      |
| SLUSH, KIWI STRAWBERRY '23               | container<br>s, 4oz | 500          | 60             | 0              | 15           | 0.00         | 0.36         | 0.0          | 500           | 0.0           | 12            | 0.0          | 15.0        | 0.0          | 0.00         | 0.00                       |
| SLUSH, BERRY BERRY BLUE '23              | container<br>s, 4oz | 500          | 80             | 0              | 0            | 0.00         | 0.00         | 0.0          | 75            | 90.0          | 15            | 0.0          | 19.0        | 0.0          | 0.00         | 0.00                       |
| SLUSH, PARADISE PUNCH '23                | container<br>s, 4oz | 500          | 60             | 0              | 15           | 0.00         | 0.36         | 0.0          | 500           | 0.0           | 12            | 0.0          | 15.0        | 0.0          | 0.00         | 0.00                       |
| BEANS, PINTO SEASONED-2017               | 1/2 Cup BP          | 100          | 64             | 0              | 259          | 3.21         | 1.21         | 45.2         | 70            | 2.89          | *0            | 3.44         | 11.71       | 0.61         | 0.12         | *0.00                      |
| GARDEN SALAD-2014                        | 1 EACH              | 750          | 40             | 0              | 15           | 1.11         | 0.78         | 16.2         | 4983          | 19.68         | 3             | 2.01         | 8.79        | 0.17         | 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*                      |
| 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                       |
| APPLES, Fresh                            | 1 EACH              | 734          | 72             | 0              | 1            | 3.31         | 0.17         | 8.3          | 75            | 6.35          | 14            | 0.36         | 19.06       | 0.23         | 0.04         | 0.00                       |
| GRAPES, Fresh PKG '23                    | serv.(1/2<br>cup)   | 365          | 31             | 0              | 1            | 0.41         | 0.13         | 6.4          | 46            | 1.84          | 7             | 0.29         | 7.89        | 0.16         | 0.05         | 0.00                       |
| Asian Pears, Fresh 2017                  | serving             | 100          | 51             | 0              | 0            | 4.39         | 0.00         | 4.9          | 0             | 4.64          | 9             | 0.61         | 12.99       | 0.28         | 0.01         | 0.00                       |
| BANANAS                                  | 1 EACH              | 342          | 90             | 0              | 1            | 2.63         | 0.26         | 5.1          | 65            | 8.79          | 12            | 1.1          | 23.07       | 0.33         | 0.11         | 0.00                       |
| ORANGE WEDGES '23                        | Serv (1/2<br>Cup)   | 367          | 45             | 0              | 0            | 2.30         | 0.10         | 38.4         | 216           | 51.07         | 9             | 0.9          | 11.28       | 0.12         | 0.01         | 0.00                       |
| MILK, 1% DW 2024                         | EACH(1/2<br>pint)   | 1200         | 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/<br>2 pint) | 2000         | 120            | 5              | 210          | 0.00         | 0.00         | 200.0        | 1000          | 0.0           | 19            | 8.0          | 20.0        | 0.0          | 0.00         | 0.00                       |
| Ketchup, 2017                            | PKG                 | 1199         | 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             | 400          | 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               | 400          | 65             | 6              | 134          | 0.03         | 0.02         | 17.8         | 1             | 0.15          | *1            | 0.51         | 1.98        | 7.1          | 1.19         | *0.00                      |
| Sauce, Taco, Tapatio 2017                | 1 each              | 400          | 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             | 422          | 4              | 0              | 194          | 0.10         | 0.09         | 1.7          | 0             | 0.0           | 0             | 0.44         | 0.45        | 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

<sup>1</sup> - 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 29, 2025 thru Sep 30, 2025

High School Lunch

Generated on: 9/2/2025 6:51:25 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 <sup>1</sup> (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 09/29/2025       |              |           |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Tajin 2022             | PKG          | 400       | 2           | 0           | 127       | 0.00      | 0.00      | 0.0       | 0          | 5.4        | 0          | 0.0       | 0.0      | 0.0       | 0.00      | 0.00                    |
| Weighted Daily Average |              |           | 767         | 67          | 1189      | 1411.5    | 3.75      | 494.0     | 6479       | 42.30      | *44        | 33.22     | 114.25   | 19.97     | 5.86      | *0.00                   |
| % of Calories          |              |           |             |             |           |           |           |           |            |            | *22.7%     | 17.3%     | 59.6%    | 23.4%     | 6.9%      | *0.0%                   |
| Nutrient Guideline     |              |           | 750-850     |             | 1420      |           |           |           |            |            |            |           |          | <=30.0    | <10.00    |                         |

|                                 |                  |      |     |      |      |        |      |       |      |       |       |       |       |       |      |       |
|---------------------------------|------------------|------|-----|------|------|--------|------|-------|------|-------|-------|-------|-------|-------|------|-------|
| Tue - 09/30/2025                |                  |      |     |      |      |        |      |       |      |       |       |       |       |       |      |       |
| High School Lunch               | Total            | 3199 |     |      |      |        |      |       |      |       |       |       |       |       |      |       |
| ChickenFajitasW/CheeseBOWL'25   | BOWL             | 600  | 574 | *128 | 1063 | 5.25   | 3.79 | 280.3 | *608 | 27.95 | *1    | 32.86 | 46.8  | 30.53 | 7.62 | *0.00 |
| Chicken, Teriyaki and Rice '24  | BOX              | 400  | 349 | 83   | 739  | 3.47   | 2.14 | 16.7  | 4785 | 2.91  | *8    | 24.13 | 49.99 | 6.14  | 1.27 | 0.00  |
| Chicken, Orange Sec-'24         | BOX              | 500  | 364 | 41   | 654  | 3.47   | 2.02 | 26.7  | 4750 | 2.91  | *12   | 17.63 | 62.99 | 5.05  | 0.10 | 0.00  |
| BUZZBURGER                      | Burger(2 MMA,2G) | 600  | 279 | 48   | 310  | 3.00   | 3.15 | 84.4  | 15   | 0.0   | *3    | 20.93 | 29.0  | 9.7   | 3.03 | *0.00 |
| Spicy Chicken Sandwich WG-2013  | 1 EACH           | 522  | 380 | 20   | 620  | 5.00   | 3.80 | 110.0 | 15   | 0.0   | 4     | 20.0  | 44.0  | 15.0  | 2.50 | 0.00  |
| YOGURT PARFAIT W/ GRANO LA 2023 | serving          | 900  | 487 | 12   | 254  | 4.32   | 2.00 | 456.6 | 455  | 48.69 | *15   | 14.55 | 87.9  | 8.18  | 1.98 | *0.00 |
| spicy chicken/tapatío salad     | 1 EACH           | 422  | 424 | 26   | 684  | 5.24   | 4.38 | 67.1  | 1512 | 11.72 | *10   | 15.4  | 42.32 | 23.27 | 4.22 | *0.01 |
| CHIPS,NACHO RF DORITOS.2025     | 1 each           | 600  | 130 | 0    | 220  | 1.00   | 0.36 | 20.0  | 0    | 0.0   | 0     | 2.0   | 19.0  | 5.0   | 1.00 | 0.00  |
| CHIPS,RF Doritos flamas, 2017   | 1 each           | 500  | 130 | 0    | 200  | 2.00   | 0.00 | 28.0  | 5    | 0.0   | 1     | 2.0   | 20.0  | 5.0   | 0.50 | 0.00  |
| BEANS, PINTO SEASONED-2017      | 1/2 Cup BP       | 300  | 64  | 0    | 259  | 3.21   | 1.21 | 45.2  | 70   | 2.89  | *0    | 3.44  | 11.71 | 0.61  | 0.12 | *0.00 |
| GARDEN SALAD-2014               | 1 EACH           | 750  | 40  | 0    | 15   | 1.11   | 0.78 | 16.2  | 4983 | 19.68 | 3     | 2.01  | 8.79  | 0.17  | 0.03 | 0.00  |
| 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  |
| APPLES,Fresh                    | 1 EACH           | 734  | 72  | 0    | 1    | 3.31   | 0.17 | 8.3   | 75   | 6.35  | 14    | 0.36  | 19.06 | 0.23  | 0.04 | 0.00  |
| GRAPES,Fresh PKG '23            | serving          | 550  | 31  | 0    | 1    | 0.41   | 0.13 | 6.4   | 46   | 1.84  | 7     | 0.29  | 7.89  | 0.16  | 0.05 | 0.00  |
| Asian Pears, Fresh 2017         | serving          | 300  | 51  | 0    | 0    | 4.39   | 0.00 | 4.9   | 0    | 4.64  | 9     | 0.61  | 12.99 | 0.28  | 0.01 | 0.00  |
| BANANAS                         | 1 EACH           | 342  | 90  | 0    | 1    | 2.63   | 0.26 | 5.1   | 65   | 8.79  | 12    | 1.1   | 23.07 | 0.33  | 0.11 | 0.00  |
| ORANGE WEDGES '23               | 1 EACH           | 367  | 45  | 0    | 0    | 2.30   | 0.10 | 38.4  | 216  | 51.07 | 9     | 0.9   | 11.28 | 0.12  | 0.01 | 0.00  |
| MILK,1% DW 2024                 | EACH(1/2 pint)   | 1200 | 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)  | 2000 | 120 | 5    | 210  | 0.00   | 0.00 | 200.0 | 1000 | 0.0   | 19    | 8.0   | 20.0  | 0.0   | 0.00 | 0.00  |
| Ketchup, 2017                   | PKG              | 1199 | 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              | 500  | 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          | 400  | 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            | 400  | 65  | 6    | 134  | 0.03   | 0.02 | 17.8  | 1    | 0.15  | *1    | 0.51  | 1.98  | 7.1   | 1.19 | *0.00 |
| Sauce, Taco, Tapatio 2017       | 1 each           | 400  | 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          | 422  | 4   | 0    | 194  | 0.10   | 0.09 | 1.7   | 0    | 0.0   | 0     | 0.44  | 0.45  | 0.0   | 0.00 | 0.00  |
| Tajin 2022                      | PKG              | 400  | 2   | 0    | 127  | 0.00   | 0.00 | 0.0   | 0    | 5.4   | 0     | 0.0   | 0.0   | 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

<sup>1</sup> - 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

High School Lunch

Portion Values - Detailed

Page 4

Generated on: 9/2/2025 6:51:25 AM

|                                      | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calom (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g)    | Protn (g)      | Carb (g)        | T-Fat (g)      | S-Fat (g)    | Tr-Fat <sup>1</sup> (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|-----------------|----------------|--------------|-------------------------|
| Weighted Daily Average % of Calories |              |           | 768         | *70         | 1146      | 1412.2    | 4.14      | 514.0      | *6277      | 35.92      | *39<br>*20.1% | 35.68<br>18.6% | 111.14<br>57.9% | 21.01<br>24.6% | 4.77<br>5.6% | *0.01<br>*0.0%          |
| Nutrient Guideline                   |              |           | 750-850     |             | 1420      |           |           |            |            |            |               |                |                 | <=30.0         | <10.00       |                         |

|                  |  |  |     |     |      |        |      |       |       |       |               |                |                 |                |              |                |
|------------------|--|--|-----|-----|------|--------|------|-------|-------|-------|---------------|----------------|-----------------|----------------|--------------|----------------|
| Weighted Average |  |  | 767 | *69 | 1167 | 1411.9 | 3.94 | 504.0 | *6378 | 39.11 | *41<br>*48.1% | 34.45<br>18.0% | 112.70<br>58.7% | 20.49<br>24.0% | 5.31<br>6.2% | *0.01<br>*0.0% |
|------------------|--|--|-----|-----|------|--------|------|-------|-------|-------|---------------|----------------|-----------------|----------------|--------------|----------------|

| Nutrient                   | Menu AVG | % of Cals | Weekly Target | % of Target* | Miss Data | Shortfall* | Overage* | Error Messages (if any)* |
|----------------------------|----------|-----------|---------------|--------------|-----------|------------|----------|--------------------------|
| Calories                   | 767      |           | 750 - 850     |              |           |            |          |                          |
| Cholesterol (mg)           | 69       |           |               |              | Missing   |            |          |                          |
| Sodium 1 (mg)              | 1167     |           | 1420          |              |           |            |          |                          |
| Sodium 1a (mg)             | 1167     |           | 1280          |              |           |            |          |                          |
| Fiber (g)                  | 1411.91  |           |               |              |           |            |          |                          |
| Iron (mg)                  | 3.94     |           |               |              |           |            |          |                          |
| Calcium (mg)               | 504.0    |           |               |              |           |            |          |                          |
| Vitamin A (IU)             | 6378     |           |               |              | Missing   |            |          |                          |
| Sugars (g)                 | 41       | 21.39%    |               |              | Missing   |            |          |                          |
| Vitamin C (mg)             | 39.11    |           |               |              |           |            |          |                          |
| Protein (g)                | 34.45    | 17.96%    |               |              |           |            |          |                          |
| Carbohydrate (g)           | 112.70   | 58.74%    |               |              |           |            |          |                          |
| Total Fat (g)              | 20.49    | 24.03%    | <=30.00%      |              |           |            |          |                          |
| Saturated Fat (g)          | 5.31     | 6.23%     | <10.00%       |              |           |            |          |                          |
| Trans Fat <sup>1</sup> (g) | 0.01     | 0.01%     |               |              | Missing   |            |          |                          |

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

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

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

<sup>1</sup> - 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.