

# Rialto Unified School District

Oct 17, 2022 thru Oct 21, 2022

Base Menu Spreadsheet

HS BIC BREAKFAST

Portion Values - Detailed

Page 1

Generated on: 10/19/2022 6:32:44 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 10/17/2022																
HS BIC BREAKFAST	Total	1														
CRESCENT,CHOCOLATE FILL ED '22	1 EACH	1	240	1	270	3.00	1.80	20.0	0	0.0	11	6.0	37.0	8.0	1.50	0.00
Juice, Orange,8oz. Hollan-2017	CARTONS	1	110	0	30	0.00	0.00	0.0	140	60.0	28	2.0	28.0	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	1	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	1	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			580	18	585	3.00	2.52	620.0	1140	62.40	71	27.00	101.00	10.50	3.00	0.00
% of Calories											49.0%	18.6%	69.7%	16.3%	4.7%	0.0%
Nutrient Guideline			450-600		640											<10.00

Tue - 10/18/2022																
HS BIC BREAKFAST	Total	1000														
Waffles, Mini Maple 2017	pkg	1300	210	0	170	3.00	0.72	20.0	65	0.0	13	4.0	38.0	6.0	1.00	0.00
BANANAS	1 EACH	1000	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
BANANAS	1 EACH	100	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	500	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	500	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			487	9	365	6.79	1.58	331.6	656	10.87	46	15.91	92.78	9.42	2.17	*0.00
% of Calories											38.2%	13.1%	76.2%	17.4%	4.0%	*0.0%
Nutrient Guideline			450-600		640											<10.00

Wed - 10/19/2022																
HS BIC BREAKFAST	Total	1000														
FRENCH TOAST Mini Berry '22	SERV	1010	210	0	190	2.00	1.44	59.9	0	0.0	11	3.99	35.92	6.99	1.00	0.00
Craisins 2020	servings	1000	187	0	2	3.45	0.32	6.1	0	0.12	39	0.04	49.92	0.83	0.06	*N/A*
Craisins 2020	servings	1	187	0	2	3.45	0.32	6.1	0	0.12	39	0.04	49.92	0.83	0.06	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	500	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	500	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			514	9	336	5.47	2.13	366.5	500	1.32	67	13.57	104.25	9.14	1.82	*0.00
% of Calories											51.8%	10.6%	81.2%	16.0%	3.2%	*0.0%
Nutrient Guideline			450-600		640											<10.00

- \*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient
- \* - denotes combined nutrient totals with either missing or incomplete nutrient data
- <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

Oct 17, 2022 thru Oct 21, 2022

Base Menu Spreadsheet

HS BIC BREAKFAST

Portion Values - Detailed

Page 2

Generated on: 10/19/2022 6:32:44 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 10/20/2022																
HS BIC BREAKFAST	Total	1														
Break Cluster 2022	1 EACH	1	260	0	190	3.00	2.70	80.0	0	0.0	14	5.0	38.0	10.0	2.50	0.00
Juice, apple 8oz. Hollan-2017	CARTONS	1	110	0	25	0.00	0.72	0.0	0	0.0	25	0.0	28.0	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	1	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	1	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			600	17	500	3.00	4.14	680.0	1000	2.40	71	24.00	102.00	12.50	4.00	0.00
% of Calories											47.3%	16.0%	68.0%	18.7%	6.0%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Fri - 10/21/2022																
HS BIC BREAKFAST	Total	1000														
Breakfast Sand, Chic Saus 2021	1 EACH	1200	330	120	790	2.00	1.80	150.0	0	0.0	6	17.0	30.0	17.0	8.00	0.00
Fruit, grapes 2017 2.25oz	package	500	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.01	0.0	0.00	0.00
Fruit, grapes 2017 2.25oz	package	500	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.01	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	500	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	500	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			571	152	1101	3.40	2.52	490.0	500	2.40	36	29.90	69.01	21.65	10.35	0.00
% of Calories											25.4%	20.9%	48.3%	34.1%	16.3%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Weighted Average			550	41	577	4.33	2.58	497.6	759	15.88	58	22.08	93.81	12.64	4.27	*0.00
											95.3%	16.0%	68.2%	20.7%	7.0%	*0.0%

- \*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient
- \* - denotes combined nutrient totals with either missing or incomplete nutrient data
- <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

Oct 17, 2022 thru Oct 21, 2022

Base Menu Spreadsheet

HS BIC BREAKFAST

Portion Values - Detailed

Generated on: 10/19/2022 6:32:44 PM

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Error Messages (if any)
Calories	550			450 - 600	100%													
Cholesterol (mg)	41																	
Sodium (mg)	577			640														
Fiber (g)	4.33																	
Iron (mg)	2.58																	
Calcium (mg)	497.6																	
Vitamin A (IU)	759																	
Sugars (g)	58	42.34%																
Vitamin C (mg)	15.88																	
Protein (g)	22.08	16.05%																
Carbohydrate (g)	93.81	68.19%																
Total Fat (g)	12.64	20.67%																
Saturated Fat (g)	4.27	6.98%		<10.00%														
Trans Fat <sup>1</sup> (g)	0.00	0.00%				Missing												

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<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

Oct 24, 2022 thru Oct 28, 2022

## Base Menu Spreadsheet

HS BIC BREAKFAST

### Portion Values - Detailed

Page 1

Generated on: 10/19/2022 6:32:59 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 10/24/2022</b>																
HS BIC BREAKFAST	Total	1														
Bagel, Mini w/straw, CC- 2018	1 Each	1	230	10	180	2.00	1.08	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Juice, apple 8oz. Hollan-2017	CARTONS	1	110	0	25	0.00	0.72	0.0	0	0.0	25	0.0	28.0	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	1	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	1	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			570	27	490	2.00	2.52	620.0	1100	2.40	70	25.00	105.00	8.50	4.00	0.00
% of Calories											49.1%	17.5%	73.7%	13.4%	6.3%	0.0%
Nutrient Guideline			450-600		640										<10.00	

<b>Tue - 10/25/2022</b>																
HS BIC BREAKFAST	Total	1														
PANCAKE SAUSAGE WG 2022	1 EACH	1	172	37	439	1.80	1.80	68.0	15	0.0	8	7.3	21.9	6.5	1.80	0.00
APPLES,Fresh sliced 2017 2oz	pkg. (2oz)	1	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh sliced 2017 2oz	pkg. (2oz)	1	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	1	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	1	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			470	54	724	5.80	2.88	688.0	1115	249.60	52	26.30	73.90	9.00	3.30	0.00
% of Calories											44.3%	22.4%	62.9%	17.2%	6.3%	0.0%
Nutrient Guideline			450-600		640										<10.00	

<b>Wed - 10/26/2022</b>																
HS BIC BREAKFAST	Total	1000														
DOUBLE CHOC. BAR- 2017	1 EACH	1200	270	0	230	5.00	2.70	20.0	105	0.0	21	5.0	48.0	8.0	2.50	0.00
BANANAS	1 EACH	500	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
BANANAS	1 EACH	500	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	500	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	500	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			529	9	420	8.63	3.86	329.1	691	9.99	54	16.60	98.67	11.18	3.86	*0.00
% of Calories											40.5%	12.6%	74.6%	19.0%	6.6%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

# Rialto Unified School District

Oct 24, 2022 thru Oct 28, 2022

Base Menu Spreadsheet

HS BIC BREAKFAST

Portion Values - Detailed

Page 2

Generated on: 10/19/2022 6:32:59 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Thu - 10/27/2022</b>																
HS BIC BREAKFAST	Total	1000														
POP TARTS,Wh. Gr Cinnamon-2022	Serving	1000	360	0	380	6.00	4.00	200.0	1000	0.0	30	4.0	74.0	5.0	2.00	0.00
Fruit, grapes 2017 2.25oz	package	500	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.01	0.0	0.00	0.00
Fruit, grapes 2017 2.25oz	package	500	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.01	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	500	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	500	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			535	9	533	7.00	4.36	510.0	1500	2.40	59	13.50	107.01	6.25	2.75	0.00
											44.1%	10.1%	80.0%	10.5%	4.6%	0.0%
Nutrient Guideline			450-600		640											<10.00

<b>Fri - 10/28/2022</b>																
HS BIC BREAKFAST	Total	1														
FRENCH TOAST STIX-CINN.W G-22	SERV (2 each)	1	240	10	260	2.00	0.60	21.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
Fruit, grapes 2017 2.25oz	package	1	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.01	0.0	0.00	0.00
Fruit, grapes 2017 2.25oz	package	1	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.01	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	1	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	1	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			590	27	565	4.00	1.32	641.0	1000	4.80	70	25.00	104.02	9.50	2.50	0.00
											47.5%	16.9%	70.5%	14.5%	3.8%	0.0%
Nutrient Guideline			450-600		640											<10.00

Weighted Average			539	25	546	5.49	2.99	557.6	1081	53.84	61	21.28	97.72	8.89	3.28	*0.00
											101.8%	15.8%	72.5%	14.8%	5.5%	*0.0%

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

**Rialto Unified School District**

**Oct 24, 2022 thru Oct 28, 2022**

Base Menu Spreadsheet

HS BIC BREAKFAST

Portion Values - Detailed

Page 3

Generated on: 10/19/2022 6:33:00 PM

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	539		450 - 600	100%														
Cholesterol (mg)	25																	
Sodium (mg)	546		640															
Fiber (g)	5.49																	
Iron (mg)	2.99																	
Calcium (mg)	557.6																	
Vitamin A (IU)	1081																	
Sugars (g)	61	45.22%																
Vitamin C (mg)	53.84																	
Protein (g)	21.28	15.80%																
Carbohydrate (g)	97.72	72.55%																
Total Fat (g)	8.89	14.84%																
Saturated Fat (g)	3.28	5.48%	<10.00%															
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing													

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \*- denotes combined nutrient totals with either missing or incomplete nutrient data  
<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

Oct 31, 2022 thru Oct 31, 2022

Base Menu Spreadsheet

HS BIC BREAKFAST

Portion Values - Detailed

Page 1

Generated on: 10/19/2022 6:33:10 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 10/31/2022																
HS BIC BREAKFAST	Total	4773														
BURRITO,Brkft.Bn&Ch-Wh-Gr-2 017	1 EACH	4773	177	20	264	3.90	0.76	186.3	168	0.0	0	9.92	18.12	7.3	3.54	0.00
Juice, Orange,8oz. Hollan-2017	CARTONS	4773	110	0	30	0.00	0.00	0.0	140	60.0	28	2.0	28.0	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	500	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	4273	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			398	24	430	3.90	1.40	446.8	808	60.25	46	20.23	65.70	7.56	3.70	0.00
% of Calories											46.0%	20.3%	66.0%	17.1%	8.4%	0.0%
Nutrient Guideline			450-600		640											<10.00

Weighted Average			398	24	430	3.90	1.40	446.8	808	60.25	46	20.23	65.70	7.56	3.70	0.00
											103.5%	20.3%	66.0%	17.1%	8.4%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target*	Miss Data	Shortfall*	Overage*	Error Messages (if any)*
Calories	398		450 - 600					
Cholesterol (mg)	24							
Sodium (mg)	430		640					
Fiber (g)	3.90							
Iron (mg)	1.40							
Calcium (mg)	446.8							
Vitamin A (IU)	808							
Sugars (g)	46	46.00%						
Vitamin C (mg)	60.25							
Protein (g)	20.23	20.33%						
Carbohydrate (g)	65.70	66.01%						
Total Fat (g)	7.56	17.10%						
Saturated Fat (g)	3.70	8.36%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%						

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

- \*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient
- \* - denotes combined nutrient totals with either missing or incomplete nutrient data
- <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.