

Rialto Unified School District

Mar 1, 2023 thru Mar 3, 2023

Base Menu Spreadsheet

MS BIC Breakfast

Portion Values - Detailed

Page 1

Generated on: 3/1/2023 10:40:47 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/01/2023																
MS BIC Breakfast	Total	100														
Muffins, Blueberry-Dave's	1 each	150	223	30	115	3.30	1.10	8.5	52	1.2	17	3.9	38.5	6.0	0.90	0.00
GRAPES, Fresh	serving	100	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
GRAPES, Fresh	serving	1	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
MILK, 1% HOLLANDIA 2017	1 EACH	50	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	50	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			512	53	317	5.79	2.28	325.8	671	6.72	56	15.93	91.69	10.58	2.20	*0.00
% of Calories											43.7%	12.5%	71.7%	18.6%	3.9%	*0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Thu - 03/02/2023																
MS BIC Breakfast	Total	100														
DOUBLE CHOC. BAR- 2017	1 EACH	125	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	100	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
MILK, 1% HOLLANDIA 2017	1 EACH	50	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	50	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			543	9	431	8.90	4.00	330.1	697	10.07	55	16.86	101.30	11.59	3.99	*0.00
% of Calories											40.3%	12.4%	74.6%	19.2%	6.6%	*0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Fri - 03/03/2023																
MS BIC Breakfast	Total	100														
UBR - BRKFST CINN ROUND 2 020	1 EACH	125	260	0	190	3.00	2.70	80.0	0	0.0	14	5.0	38.0	10.0	2.50	0.00
Juice, Orange, 8oz. Hollan-2017	CARTONS	100	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	50	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	50	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			550	9	410	3.75	3.73	400.0	640	61.20	62	17.75	93.50	13.75	3.87	0.00
% of Calories											44.7%	12.9%	68.0%	22.5%	6.3%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Weighted Average			535	24	386	6.15	3.34	352.0	669	26.00	57	16.85	95.49	11.97	3.35	*0.00
											96.5%	12.6%	71.4%	20.1%	5.6%	*0.0%

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

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

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

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Rialto Unified School District

Mar 1, 2023 thru Mar 3, 2023

Base Menu Spreadsheet

MS BIC Breakfast

Portion Values - Detailed

Page 2

Generated on: 3/1/2023 10:40:47 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	535		400 - 550	100%												
Cholesterol (mg)	24															
Sodium (mg)	386		600													
Fiber (g)	6.15															
Iron (mg)	3.34															
Calcium (mg)	352.0															
Vitamin A (IU)	669															
Sugars (g)	57	42.88%														
Vitamin C (mg)	26.00															
Protein (g)	16.85	12.60%														
Carbohydrate (g)	95.49	71.40%														
Total Fat (g)	11.97	20.14%	<=30.00%													
Saturated Fat (g)	3.35	5.64%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%			Missing											

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Rialto Unified School District

Mar 6, 2023 thru Mar 10, 2023

Base Menu Spreadsheet

MS BIC Breakfast

Portion Values - Detailed

Page 1

Generated on: 3/1/2023 10:42:09 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 ¹ (g)
Mon - 03/06/2023																
MS BIC Breakfast	Total	100														
Mini Donuts, Wh Gr Chocolate	1 each	100	300	0	290	3.00	1.08	20.0	100	0.0	20	5.0	39.0	13.0	8.00	0.00
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*
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
MILK, 1% HOLLANDIA 2017	1 EACH	50	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	50	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			506	9	434	5.65	1.70	325.1	665	10.07	48	15.61	80.30	14.59	8.86	*0.00
% of Calories											38.3%	12.3%	63.5%	26.0%	15.8%	*0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Tue - 03/07/2023																
MS BIC Breakfast	Total	500														
CEREAL, LUCKY CHARMS '23	BOWL	650	218	0	358	3.36	3.02	84.0	420	5.04	18	4.48	46.48	2.24	0.00	0.00
APPLES, Fresh sliced 2017	pkg. (3 oz)	750	51	0	0	3.00	0.18	10.0	50	185.4	9	0.0	12.0	0.0	0.00	0.00
APPLES, Fresh sliced 2017	pkg. (3 oz)	1	51	0	0	3.00	0.18	10.0	50	185.4	9	0.0	12.0	0.0	0.00	0.00
MILK, 1% HOLLANDIA 2017	1 EACH	350	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK, NF Chocolate HOLL.2017	1 EACH	350	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			522	12	665	8.87	4.71	544.2	1321	286.70	60	19.12	103.65	4.66	1.05	0.00
% of Calories											46.0%	14.7%	79.5%	8.0%	1.8%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Wed - 03/08/2023																
MS BIC Breakfast	Total	1														
Waffles, Mini Maple 2017	pkg	1	210	0	170	3.00	0.72	20.0	65	0.0	13	4.0	38.0	6.0	1.00	0.00
Crisps, Apple-Strawberry '22	BAG	1	39	0	0	1.93	0.00	0.0	0	0.0	7	0.0	9.64	0.0	0.00	0.00
Crisps, Apple-Strawberry '22	BAG	1	39	0	0	1.93	0.00	0.0	0	0.0	7	0.0	9.64	0.0	0.00	0.00
MILK, 1% HOLLANDIA 2017	1 EACH	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			517	17	455	6.86	1.44	620.0	1065	2.40	58	23.00	93.28	8.50	2.50	0.00
% of Calories											45.2%	17.8%	72.2%	14.8%	4.3%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

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Rialto Unified School District

Mar 6, 2023 thru Mar 10, 2023

Base Menu Spreadsheet

MS BIC Breakfast

Portion Values - Detailed

Page 2

Generated on: 3/1/2023 10:42:09 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/09/2023																
MS BIC Breakfast HOLIDAY	Total 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%	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Fri - 03/10/2023																
MS BIC Breakfast HOLIDAY	Total 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%	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Weighted Average			515	12	518	7.13	2.62	496.4	1017	99.73	56 97.3%	19.24 15.0%	92.41 71.8%	9.25 16.2%	4.14 7.2%	*0.00 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	515		400 - 550	100%				
Cholesterol (mg)	12							
Sodium (mg)	518		600					
Fiber (g)	7.13							
Iron (mg)	2.62							
Calcium (mg)	496.4							
Vitamin A (IU)	1017							
Sugars (g)	56	43.23%						
Vitamin C (mg)	99.73							
Protein (g)	19.24	14.95%						
Carbohydrate (g)	92.41	71.80%						
Total Fat (g)	9.25	16.17%	<=30.00%					
Saturated Fat (g)	4.14	7.23%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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Rialto Unified School District

Mar 13, 2023 thru Mar 17, 2023

Base Menu Spreadsheet

MS BIC Breakfast

Portion Values - Detailed

Page 1

Generated on: 3/1/2023 10:42:25 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 ¹ (g)
Mon - 03/13/2023																
MS BIC Breakfast HOLIDAY	Total 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			400-550		600									<=30.0	<10.00	

Tue - 03/14/2023																
MS BIC Breakfast HOLIDAY	Total 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			400-550		600									<=30.0	<10.00	

Wed - 03/15/2023																
MS BIC Breakfast HOLIDAY	Total 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			400-550		600									<=30.0	<10.00	

Thu - 03/16/2023																
MS BIC Breakfast HOLIDAY	Total 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			400-550		600									<=30.0	<10.00	

Fri - 03/17/2023																
MS BIC Breakfast HOLIDAY	Total 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

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Rialto Unified School District

Mar 13, 2023 thru Mar 17, 2023

Base Menu Spreadsheet

MS BIC Breakfast

Portion Values - Detailed

Page 2

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			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			400-550		600						0.0%	0.0%	0.0%	<=30.0	<10.00	

Weighted Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	0		400 - 550	0%		400		Correction Required - Calories are Low
Cholesterol (mg)	0							
Sodium (mg)	0		600					
Fiber (g)	0.00							
Iron (mg)	0.00							
Calcium (mg)	0.0							
Vitamin A (IU)	0							
Sugars (g)	0							
Vitamin C (mg)	0.00							
Protein (g)	0.00							
Carbohydrate (g)	0.00							
Total Fat (g)	0.00		<=30.00%					
Saturated Fat (g)	0.00		<10.00%					
Trans Fat ¹ (g)	0.00							

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Rialto Unified School District

Mar 20, 2023 thru Mar 24, 2023

Base Menu Spreadsheet

MS BIC Breakfast

Portion Values - Detailed

Page 1

Generated on: 3/1/2023 10:45:29 AM

	Portion Size	Relmb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcsm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/20/2023																
MS BIC Breakfast	Total	1000														
POP TARTS, Wh. Gr Cinnamon-2022	Serving	800	360	0	380	6.00	4.00	200.0	1000	0.0	30	4.0	74.0	5.0	2.00	0.00
Craisins 2020	servings	700	187	0	2	3.45	0.32	6.1	0	0.12	39	0.04	49.92	0.83	0.06	*N/A*
Craisins 2020	servings	1	187	0	2	3.45	0.32	6.1	0	0.12	39	0.04	49.92	0.83	0.06	*N/A*
MILK, 1% HOLLANDIA 2017	1 EACH	500	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK, NF Chocolate HOLL.2017	1 EACH	500	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			534	9	448	7.22	3.78	464.2	1300	1.28	68	12.73	112.19	5.83	2.39	*0.00
% of Calories											50.7%	9.5%	84.1%	9.8%	4.0%	*0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Tue - 03/21/2023																
MS BIC Breakfast	Total	900														
Pancakes, Confetti Bites 2022	pkg	1200	210	10	210	4.00	3.60	20.0	1000	0.0	11	4.0	36.0	7.0	1.00	0.00
Juice, AppleBerry, 8oz Holl-2017	CARTONS	1000	110	0	0	0.00	0.00	0.0	130	0.0	26	0.0	28.0	0.0	0.00	0.00
MILK, 1% HOLLANDIA 2017	1 EACH	500	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK, NF Chocolate HOLL.2017	1 EACH	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			530	23	438	5.33	5.20	360.0	2033	1.33	61	15.89	99.11	10.72	2.17	0.00
% of Calories											46.3%	12.0%	74.8%	18.2%	3.7%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Wed - 03/22/2023																
MS BIC Breakfast	Total	1000														
SOFTBAR CINN TOAST CRUN CH '22	1 EACH	2000	150	0	115	3.00	1.80	200.0	0	0.0	9	2.0	30.0	3.5	0.50	0.00
GRAPES, Fresh	serving	1000	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
GRAPES, Fresh	serving	1000	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
MILK, 1% HOLLANDIA 2017	1 EACH	500	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK, NF Chocolate HOLL.2017	1 EACH	500	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			538	9	376	7.66	4.49	725.8	684	8.56	64	14.66	109.56	8.89	1.95	*0.00
% of Calories											47.5%	10.9%	81.4%	14.9%	3.3%	*0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

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Rialto Unified School District

Mar 20, 2023 thru Mar 24, 2023

Base Menu Spreadsheet

MS BIC Breakfast

Portion Values - Detailed

Page 2

Generated on: 3/1/2023 10:45:29 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 ¹ (g)
Thu - 03/23/2023																
MS BIC Breakfast	Total	1000														
FRENCH TOAST Mini Berry '22	SERV	1800	210	0	190	2.00	1.44	59.9	0	0.0	11	3.99	35.92	6.99	1.00	0.00
APPLES,Fresh sliced 2017	pkg. (3 oz)	1000	51	0	0	3.00	0.18	10.0	50	185.4	9	0.0	12.0	0.0	0.00	0.00
APPLES,Fresh sliced 2017	pkg. (3 oz)	1	51	0	0	3.00	0.18	10.0	50	185.4	9	0.0	12.0	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	500	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	500	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			543	9	484	6.60	3.13	417.8	550	186.78	45	16.68	94.68	13.82	2.55	0.00
% of Calories											33.0%	12.3%	69.7%	22.9%	4.2%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Fri - 03/24/2023																
MS BIC Breakfast	Total	1000														
Break Cluster 2022	1 EACH	900	260	0	190	3.00	2.70	80.0	0	0.0	14	5.0	38.0	10.0	2.50	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			536	9	315	6.16	3.11	378.1	500	1.32	68	14.04	102.16	11.08	3.06	*0.00
% of Calories											50.8%	10.5%	76.3%	18.6%	5.1%	*0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Weighted Average			536	11	412	6.59	3.94	469.2	1013	39.86	61	14.80	103.54	10.07	2.42	*0.00
											102.6%	11.0%	77.2%	16.9%	4.1%	*0.0%

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Rialto Unified School District

Mar 20, 2023 thru Mar 24, 2023

Base Menu Spreadsheet

MS BIC Breakfast

Portion Values - Detailed

Page 3

Generated on: 3/1/2023 10:45:29 AM

Nutrient	Menu AVG	Portion Size % of Cals	Relmb Qty Weekly Target	Cals (kcal)	Cholst (mg) % of Target	Sodm (mg) Miss Data	Fiber (g) Shortfall	Iron (mg) Overage	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	536		400 - 550		100%												
Cholesterol (mg)	11																
Sodium (mg)	412			600													
Fiber (g)	6.59																
Iron (mg)	3.94																
Calcium (mg)	469.2																
Vitamin A (IU)	1013																
Sugars (g)	61	45.60%															
Vitamin C (mg)	39.86																
Protein (g)	14.80	11.04%															
Carbohydrate (g)	103.54	77.23%															
Total Fat (g)	10.07	16.90%															
Saturated Fat (g)	2.42	4.07%															
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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Rialto Unified School District

Mar 27, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

MS BIC Breakfast

Portion Values - Detailed

Page 1

Generated on: 3/1/2023 10:45:47 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/27/2023																
MS BIC Breakfast	Total	1000														
Muffins, DBL Choc. 2022	1 ea	1000	280	25	250	2.00	1.80	20.0	0	0.0	17	4.0	44.0	10.0	2.00	0.00
Juice, apple 8oz. Hollan-2017	CARTONS	1000	110	0	25	0.00	0.72	0.0	0	0.0	25	0.0	28.0	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	500	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	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			505	34	418	2.00	2.88	320.0	500	1.20	58	13.50	90.00	11.25	2.75	0.00
% of Calories											45.9%	10.7%	71.3%	20.0%	4.9%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Tue - 03/28/2023																
MS BIC Breakfast	Total	800														
Cinnis, Mini 2.29oz 2017	pkg	1000	240	0	270	2.00	1.44	40.0	75	0.0	15	5.0	39.0	7.0	1.50	0.00
Fruit, grapes 2017 2.25oz	package	1000	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	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			519	11	528	3.75	2.25	437.5	719	3.00	55	18.12	90.03	10.31	2.81	0.00
% of Calories											42.4%	14.0%	69.4%	17.9%	4.9%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Wed - 03/29/2023																
MS BIC Breakfast	Total	900														
Pancakes, Confetti Bites 2022	pkg	1200	210	10	210	4.00	3.60	20.0	1000	0.0	11	4.0	36.0	7.0	1.00	0.00
Juice, AppleBerry,8ozHoll-2017	CARTONS	1000	110	0	0	0.00	0.00	0.0	130	0.0	26	0.0	28.0	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	500	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	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			530	23	438	5.33	5.20	360.0	2033	1.33	61	15.89	99.11	10.72	2.17	0.00
% of Calories											46.3%	12.0%	74.8%	18.2%	3.7%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

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Rialto Unified School District

Mar 27, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

MS BIC Breakfast

Portion Values - Detailed

Page 2

Generated on: 3/1/2023 10:45:47 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat' (g)
Thu - 03/30/2023																
MS BIC Breakfast	Total	1000														
SOFTBAR CINN TOAST CRUN CH '22	1 EACH	2000	150	0	115	3.00	1.80	200.0	0	0.0	9	2.0	30.0	3.5	0.50	0.00
GRAPES,Fresh	serving	1000	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
GRAPES,Fresh	serving	1000	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	500	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	500	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			538	9	376	7.66	4.49	725.8	684	8.56	64	14.66	109.56	8.89	1.95	*0.00
% of Calories											47.5%	10.9%	81.4%	14.9%	3.3%	*0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Fri - 03/31/2023																
MS BIC Breakfast	Total	1100														
FRENCH TOAST Mini Berry '22	SERV	2000	210	0	190	2.00	1.44	59.9	0	0.0	11	3.99	35.92	6.99	1.00	0.00
APPLES,Fresh sliced 2017	pkg. (3 oz)	1000	51	0	0	3.00	0.18	10.0	50	185.4	9	0.0	12.0	0.0	0.00	0.00
APPLES,Fresh sliced 2017	pkg. (3 oz)	1	51	0	0	3.00	0.18	10.0	50	185.4	9	0.0	12.0	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	500	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	500	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			532	8	474	6.36	3.10	390.7	500	169.80	43	15.89	92.60	13.84	2.50	0.00
% of Calories											32.1%	12.0%	69.6%	23.4%	4.2%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Weighted Average			525	17	447	5.02	3.58	446.8	887	36.78	56	15.61	96.26	11.00	2.44	*0.00
											96.4%	11.9%	73.4%	18.9%	4.2%	*0.0%

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Base Menu Spreadsheet

MS BIC Breakfast

Portion Values - Detailed

Page 3

Generated on: 3/1/2023 10:45:47 AM

Nutrient	Menu AVG	Portion Size % of Cals	Relmb Qty Weekly Target	Cals (kcal) % of Target	Cholst (mg)	Sodm (mg) Miss Data	Fiber (g) Shortfall	Iron (mg) Overage	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	525		400 - 550	100%													
Cholesterol (mg)	17																
Sodium (mg)	447		600														
Fiber (g)	5.02																
Iron (mg)	3.58																
Calcium (mg)	446.8																
Vitamin A (IU)	887																
Sugars (g)	56	42.83%															
Vitamin C (mg)	36.78																
Protein (g)	15.61	11.90%															
Carbohydrate (g)	96.26	73.36%															
Total Fat (g)	11.00	18.87%	<=30.00%														
Saturated Fat (g)	2.44	4.18%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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