

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Sep 1, 2023 thru Sep 1, 2023

Middle School Lunch

Generated on: 9/13/2023 12:41:22 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/01/2023																
Middle School Lunch	Total	5970														
PIZZA POCKET	1 EACH	1000	180	15	360	0.00	1.08	250.0	400	0.0	*N/A*	8.0	17.0	9.0	3.00	*N/A*
PROTEIN BOX MIDDLE SCHO	1 EACH	500	568	27	804	5.21	1.35	269.4	902	8.87	*16	17.63	46.84	37.41	9.42	*0.00
OL 2017																
Chicken,Mandarin Orange Ling's	SERVING	700	214	56	286	0.00	0.73	0.0	102	0.0	*N/A*	13.27	20.41	8.16	1.02	0.00
PIZZA,FR.BREAD,CHEESE TO	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
NY'S																
Spicy Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
LA 2020																
SLUSH, COOL TROP PARAD F	container	500	60	0	25	0.00	0.36	0.0	500	60.0	12	0.0	16.0	0.0	0.00	0.00
RU PUN	s, 4oz															
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
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
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			624	58	1062	5646.4	3.71	563.1	4232	40.33	*29	32.56	81.82	20.50	5.98	*0.02
% of Calories											*18.5%	20.9%	52.5%	29.6%	8.6%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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

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

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

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

Rialto Unified School District

Sep 1, 2023 thru Sep 1, 2023

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 2

Generated on: 9/13/2023 12:41:22 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average			624	58	1062	5646.4	3.71	563.1	4232	40.33	*29 *41.7%	32.56 20.9%	81.82 52.5%	20.50 29.6%	5.98 8.6%	*0.02 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target*	Miss Data	Shortfall*	Overage*	Error Messages (if any)*
Calories	624		600 - 700					
Cholesterol (mg)	58							
Sodium (mg)	1062		1360					
Fiber (g)	5646.47							
Iron (mg)	3.71							
Calcium (mg)	563.1							
Vitamin A (IU)	4232							
Sugars (g)	29	18.52%			Missing			
Vitamin C (mg)	40.33							
Protein (g)	32.56	20.88%						
Carbohydrate (g)	81.82	52.47%						
Total Fat (g)	20.50	29.58%	<=30.00%					
Saturated Fat (g)	5.98	8.63%	<10.00%					
Trans Fat ¹ (g)	0.02	0.03%			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

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

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

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Sep 4, 2023 thru Sep 8, 2023

Middle School Lunch

Generated on: 9/13/2023 12:40:08 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/04/2023																
Middle School Lunch HOLIDAY	Total SERVING	1 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			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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

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

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

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

Rialto Unified School District

Sep 4, 2023 thru Sep 8, 2023

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 2

Generated on: 9/13/2023 12:40:08 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/05/2023																
Middle School Lunch	Total	5970														
Pizza, Deep 5" CHEESE 2017	1 EACH	1000	360	35	510	3.00	15.00	450.0	500	6.0	4	20.0	34.0	17.0	8.00	0.00
Salad, Southwest Chicken '23	1 each	500	981	120	1711	15.96	7.42	413.6	1407	6.1	*8	40.14	92.7	55.1	14.84	*0.00
Chicken,Mandarin Orange Ling's	SERVING	700	214	56	286	0.00	0.73	0.0	102	0.0	*N/A*	13.27	20.41	8.16	1.02	0.00
PIZZA,FR.BREAD,CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
Peach Cup, Froz. 2017	1 each	500	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
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
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			688	70	1162	5647.9	6.56	609.2	4277	36.39	*29	36.50	88.34	23.32	7.27	*0.02
% of Calories											*16.8%	21.2%	51.4%	30.5%	9.5%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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

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

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

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

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Sep 4, 2023 thru Sep 8, 2023

Middle School Lunch

Generated on: 9/13/2023 12:40:08 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/06/2023																
Middle School Lunch	Total	5970														
ENCHILADA,SCRATCH,beef24ct	1 Ser(24 ct	1000	184	27	281	1.91	1.60	49.1	291	2.1	*1	10.11	20.19	6.99	2.19	*0.35
Wrap, CRUNCHY CHICKEN 2020	EACH	500	462	69	1392	8.32	2.83	307.3	2969	19.9	*8	24.3	50.34	17.46	5.18	*0.00
Chicken,Tangerine Sec-'23	SERV	700	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
PIZZA,FR.BREAD,CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
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
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	367	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			613	63	1130	5647.1	4.08	532.4	4297	35.39	*28	33.75	82.18	18.44	5.53	*0.08
% of Calories											*18.1%	22.0%	53.6%	27.1%	8.1%	*0.1%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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

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

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

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

Rialto Unified School District

Sep 4, 2023 thru Sep 8, 2023

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 4

Generated on: 9/13/2023 12:40:09 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/07/2023																
Middle School Lunch	Total	5970														
SANDWICH, CHX PARM '23	1 EACH	1000	437	48	910	6.19	4.80	317.4	676	93.53	*4	29.73	48.7	14.45	5.03	*0.00
Salad, Southwest Chicken '23	1 each	500	981	120	1711	15.96	7.42	413.6	1407	6.1	*8	40.14	92.7	55.1	14.84	*0.00
Chicken, Tangerine Sec-'23	SERV	700	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
PIZZA, FR. BREAD, CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
Peach Cup, Froz. 2017	1 each	500	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
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
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS, FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES, FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES, FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK, 1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK, NF Chocolate HOLL. 2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			710	70	1263	5648.8	5.05	587.6	4302	51.06	*30	38.49	93.11	22.87	6.82	*0.02
% of Calories											*17.1%	21.7%	52.5%	29.0%	8.6%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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

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

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

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

Rialto Unified School District

Sep 4, 2023 thru Sep 8, 2023

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 5

Generated on: 9/13/2023 12:40:09 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/08/2023																
Middle School Lunch	Total	5970														
Double Dogs, Lil Kahuna	1 EACH	1000	270	45	640	2.00	1.44	0.0	200	0.0	5	12.0	27.0	12.0	4.00	0.00
Salad, TACO '22	1 each	500	732	91	1476	7.10	4.31	498.4	1772	10.04	*7	28.5	51.67	48.29	15.21	*0.00
Chicken, Tangerine Sec-'23	SERV	700	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
PIZZA, FR.BREAD, CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
SLUSH, COOL TROP PARAD F RU PUN	container s, 4oz	500	60	0	25	0.00	0.36	0.0	500	60.0	12	0.0	16.0	0.0	0.00	0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
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
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS, FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES, FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES, FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK, 1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK, NF Chocolate HOLL.2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			662	68	1199	5647.2	4.23	541.0	4267	40.43	*30	34.51	86.21	21.89	6.68	*0.02
% of Calories											*18.4%	20.9%	52.1%	29.8%	9.1%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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

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

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

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

Rialto Unified School District

Sep 4, 2023 thru Sep 8, 2023

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 6

Generated on: 9/13/2023 12:40:09 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average			668	68	1188	5647.8	4.98	567.6	4286	40.82	*29 *39.6%	35.81 21.4%	87.46 52.3%	21.63 29.1%	6.58 8.9%	*0.03 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	668		600 - 700	100%				
Cholesterol (mg)	68							
Sodium (mg)	1188		1360					
Fiber (g)	5647.81							
Iron (mg)	4.98							
Calcium (mg)	567.6							
Vitamin A (IU)	4286							
Sugars (g)	29	17.58%			Missing			
Vitamin C (mg)	40.82							
Protein (g)	35.81	21.44%						
Carbohydrate (g)	87.46	52.35%						
Total Fat (g)	21.63	29.13%	<=30.00%					
Saturated Fat (g)	6.58	8.86%	<10.00%					
Trans Fat ¹ (g)	0.03	0.04%			Missing			

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

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

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

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

Rialto Unified School District

Sep 11, 2023 thru Sep 15, 2023

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 1

Generated on: 9/13/2023 12:41:40 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/11/2023																
Middle School Lunch	Total	5970														
Burrito, Bean & Chz '22	1 each	1000	577	60	1278	5.65	4.01	612.4	701	2.48	*1	25.15	59.92	26.12	13.02	*0.00
PROTEIN BOX MIDDLE SCHO	1 EACH	500	568	27	804	5.21	1.35	269.4	902	8.87	*16	17.63	46.84	37.41	9.42	*0.00
OL 2017																
Chicken, Tangerine Sec-'23	SERV	700	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
PIZZA, FR. BREAD, CHEESE TO	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
NY'S																
Spicy Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
LA 2020																
SLUSH, COOL TROP PARAD F	container	500	60	0	25	0.00	0.36	0.0	500	60.0	12	0.0	16.0	0.0	0.00	0.00
RU PUN	s, 4oz															
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
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
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS, FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES, FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES, FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK, 1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK, NF Chocolate HOLL.2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			700	65	1249	5647.7	4.41	624.4	4278	40.75	*31	35.80	91.32	23.35	7.70	*0.02
% of Calories											*17.5%	20.5%	52.2%	30.0%	9.9%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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

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

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

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

Rialto Unified School District

Sep 11, 2023 thru Sep 15, 2023

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 2

Generated on: 9/13/2023 12:41:40 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/12/2023																
Middle School Lunch	Total	5970														
RIB A QUE BEEF/WHEAT BUN	1 EACH	1000	318	18	1140	5.37	3.00	65.9	302	5.23	*3	21.75	45.92	6.93	2.17	*0.00
Salad, Southwest Chicken '23	1 each	500	981	120	1711	15.96	7.42	413.6	1407	6.1	*8	40.14	92.7	55.1	14.84	*0.00
Chicken, Tangerine Sec-'23	SERV	700	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
PIZZA,FR.BREAD,CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
Sply Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
Peach Cup, Froz. 2017	1 each	500	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
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
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			690	65	1301	5648.6	4.75	545.4	4240	36.27	*30	37.16	92.64	21.62	6.34	*0.02
% of Calories											*17.6%	21.5%	53.7%	28.2%	8.3%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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

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

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

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

Rialto Unified School District

Sep 11, 2023 thru Sep 15, 2023

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 3

Generated on: 9/13/2023 12:41:40 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/13/2023																
Middle School Lunch	Total	5970														
GRAVY, TURKEY, L/F#2 MS-2017	1 each	1000	250	27	865	2.34	1.96	76.6	194	1.72	*3	16.33	29.26	8.5	1.73	*0.00
Wrap, CRUNCHY CHICKEN 2020	EACH	500	452	69	1392	8.32	2.83	307.3	2969	19.9	*8	24.3	50.34	17.46	5.18	*0.00
Chicken, Tangerine Sec-'23	SERV	700	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
PIZZA, FR. BREAD, CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
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
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS, FRESH	1 EACH	367	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES, FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES, FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK, 1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK, NF Chocolate HOLL. 2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			624	63	1228	5647.2	4.14	537.0	4281	35.33	*28	34.79	83.70	18.69	5.46	*0.02
% of Calories											*17.9%	22.3%	53.6%	26.9%	7.9%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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

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

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

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

Rialto Unified School District

Sep 11, 2023 thru Sep 15, 2023

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 4

Generated on: 9/13/2023 12:41:40 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/14/2023																
Middle School Lunch	Total	5970														
Grinder, Dell Turkey & Cheese	1 EACH	1000	366	41	1230	4.00	2.76	237.2	171	0.0	*0	28.32	47.61	9.5	2.79	*0.00
Salad, Southwest Chicken '23	1 each	500	981	120	1711	15.96	7.42	413.6	1407	6.1	*8	40.14	92.7	55.1	14.84	*0.00
Chicken, Tangerine Sec-'23	SERV	700	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
PIZZA, FR. BREAD, CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
Peach Cup, Froz. 2017	1 each	500	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
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
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS, FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES, FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES, FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK, 1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK, NF Chocolate HOLL. 2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			698	69	1316	5648.4	4.71	574.1	4218	35.39	*30	38.26	92.93	22.05	6.45	*0.02
% of Calories											*17.1%	21.9%	53.2%	28.4%	8.3%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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

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

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

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

Rialto Unified School District

Sep 11, 2023 thru Sep 15, 2023

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 5

Generated on: 9/13/2023 12:41:40 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/15/2023																
Middle School Lunch	Total	5970														
CHICKEN FAJITA / W/RICE 2022	SERVING	1000	356	40	609	7.21	4.94	109.3	718	2.89	*0	20.61	51.52	7.74	1.17	*0.00
Salad, TACO '22	1 each	500	732	91	1476	7.10	4.31	498.4	1772	10.04	*7	28.5	51.67	48.29	15.21	*0.00
Chicken, Tangerine Sec-'23	SERV	700	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
PIZZA, FR.BREAD,CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
SLUSH, COOL TROP PARAD F RU PUN	container s, 4oz	500	60	0	25	0.00	0.36	0.0	500	60.0	12	0.0	16.0	0.0	0.00	0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
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
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS, FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES, FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES, FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK, 1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK, NF Chocolate HOLL. 2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			676	67	1194	5648.1	4.82	559.3	4354	40.92	*30	35.95	90.31	21.18	6.20	*0.02
% of Calories											*17.5%	21.3%	53.4%	28.2%	8.3%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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

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

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

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

Rialto Unified School District

Sep 11, 2023 thru Sep 15, 2023

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 6

Generated on: 9/13/2023 12:41:40 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average			678	66	1258	5648.0	4.57	568.1	4274	37.73	*30 *39.4%	36.39 21.5%	90.18 53.2%	21.38 28.4%	6.43 8.5%	*0.02 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	678		600 - 700	100%				
Cholesterol (mg)	66							
Sodium (mg)	1258		1360					
Fiber (g)	5648.05							
Iron (mg)	4.57							
Calcium (mg)	568.1							
Vitamin A (IU)	4274							
Sugars (g)	30	17.51%			Missing			
Vitamin C (mg)	37.73							
Protein (g)	36.39	21.48%						
Carbohydrate (g)	90.18	53.23%						
Total Fat (g)	21.38	28.39%	<=30.00%					
Saturated Fat (g)	6.43	8.54%	<10.00%					
Trans Fat ¹ (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

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

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

Rialto Unified School District

Sep 18, 2023 thru Sep 22, 2023

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 1

Generated on: 9/13/2023 12:43:09 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/18/2023																
Middle School Lunch	Total	5970														
CHEESEBURGER,W/ HIVE '23	EACH	1000	561	81	1720	6.22	5.20	294.5	2965	11.71	*11	36.89	47.92	27.47	10.70	*0.00
PROTEIN BOX MIDDLE SCHO	1 EACH	500	568	27	804	5.21	1.35	269.4	902	8.87	*16	17.63	46.84	37.41	9.42	*0.00
OL 2017																
Chicken,Tangerine Sec-'23	SERV	700	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
PIZZA,FR.BREAD,CHEESE TO	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
NY'S																
Spicy Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
LA 2020																
SLUSH, COOL TROP PARAD F	container	500	60	0	25	0.00	0.36	0.0	500	60.0	12	0.0	16.0	0.0	0.00	0.00
RU PUN	s, 4oz															
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
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
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			697	68	1324	5647.8	4.61	571.1	4657	42.30	*32	37.77	89.30	23.57	7.32	*0.02
% of Calories											*18.5%	21.7%	51.3%	30.5%	9.4%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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

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

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

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

Rialto Unified School District

Sep 18, 2023 thru Sep 22, 2023

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 2

Generated on: 9/13/2023 12:43:09 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/19/2023																
Middle School Lunch	Total	5970														
CHICKEN,WINGS-GENERAL T	SERVING	900	476	186	730	0.00	0.54	17.8	0	0.0	14	26.75	17.49	32.7	8.92	0.00
SO'S'23																
Potato Wedges, seasoned	SERVING	900	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Biscuit, Whole Grain	1 each	900	190	0	410	2.00	0.72	150.0	10	0.0	2	4.0	24.0	9.0	8.00	0.00
Salad, Southwest Chicken '23	1 each	500	981	120	1711	15.96	7.42	413.6	1407	6.1	*8	40.14	92.7	55.1	14.84	*0.00
Chicken,Tangerine Sec-'23	SERV	600	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
PIZZA,FR.BREAD,CHEESE TO	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
NY'S																
Spicy Chicken Sandwich WG-2013	1 EACH	900	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	900	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
LA 2020																
Peach Cup, Froz. 2017	1 each	500	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
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
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			698	81	1169	5647.7	3.82	535.4	3949	34.68	*31	34.38	88.83	24.82	8.17	*0.02
% of Calories											*17.9%	19.7%	50.9%	32.0%	10.5%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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

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

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

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

Rialto Unified School District

Sep 18, 2023 thru Sep 22, 2023

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 3

Generated on: 9/13/2023 12:43:09 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/20/2023																
Middle School Lunch	Total	5970														
Pozole, Green Chicken 2022	14 oz	1000	245	70	1669	2.26	1.52	147.5	135	15.97	*6	19.2	25.89	6.64	2.83	*0.00
TORTILLA CHIPS-2021	SERVING.	1000	280	0	200	6.00	3.60	80.0	200	0.0	*N/A*	4.0	38.0	12.0	2.00	0.00
Wrap, CRUNCHY CHICKEN 2020	EACH	500	452	69	1392	8.32	2.83	307.3	2969	19.9	*8	24.3	50.34	17.46	5.18	*0.00
Chicken, Tangerine Sec-'23	SERV	700	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
PIZZA,FR.BREAD,CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
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
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	367	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			670	70	1396	5648.2	4.67	562.3	4305	37.72	*29	35.94	89.50	20.39	5.98	*0.02
% of Calories											*17.1%	21.4%	53.4%	27.4%	8.0%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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

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

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

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

Rialto Unified School District

Sep 18, 2023 thru Sep 22, 2023

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 4

Generated on: 9/13/2023 12:43:09 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/21/2023																
Middle School Lunch	Total	5970														
Chicken & Waffles, WG 2019	Serving	1000														
Salad, Southwest Chicken '23	1 each	500	314	34	623	4.00	3.08	40.0	109	87.0	5	19.0	39.0	10.0	2.00	0.00
Chicken, Tangerine Sec-'23	SERV	700	981	120	1711	15.96	7.42	413.6	1407	6.1	*8	40.14	92.7	55.1	14.84	*0.00
PIZZA, FR. BREAD, CHEESE TO NY'S	1 EACH	900	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Burrito, Grande, chicken, lg	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
Peach Cup, Froz. 2017	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
BEANS, Great Northern BBQ	1 each	500	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
GARDEN SALAD-2014	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
VEGGIE CUP, FRESH	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
Potato Wedges, seasoned	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
Carrot Nibbles MS/HS	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*
BANANAS	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
PLUMS, FRESH	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PEACHES, FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
NECTARINES, FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
Fruit, Oranges RAW-2017	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
MILK, 1% HOLLANDIA 2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK, NF Chocolate HOLL. 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
CATSUP-VARIETY 2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
MUSTARD	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MAYONNAISE / PKGS	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
DRESSING, RANCH#2-HS/MS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
Tajin 2022	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Sauce, Taco, Tapatio 2017	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
SOY SAUCE, LOW SODIUM	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			689	68	1215	5648.4	4.77	541.1	4207	49.96	*31	36.70	91.48	22.13	6.31	*0.02
% of Calories											*17.8%	21.3%	53.1%	28.9%	8.2%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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

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

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

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

Rialto Unified School District

Sep 18, 2023 thru Sep 22, 2023

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 5

Generated on: 9/13/2023 12:43:09 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/22/2023																
Middle School Lunch	Total	5970														
Crunchers, Cheese Pizza '23	1 EACH	1000	420	30	770	5.00	2.70	300.0	0	0.0	4	20.0	41.0	20.0	8.00	0.50
Salad, TACO '22	1 each	500	732	91	1476	7.10	4.31	498.4	1772	10.04	*7	28.5	51.67	48.29	15.21	*0.00
Chicken, Tangerine Sec-'23	SERV	700	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
PIZZA,FR.BREAD,CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
SLUSH, COOL TROP PARAD F RU PUN	container s, 4oz	500	60	0	25	0.00	0.36	0.0	500	60.0	12	0.0	16.0	0.0	0.00	0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
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
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			687	65	1221	5647.7	4.44	591.2	4233	40.43	*30	35.85	88.55	23.23	7.35	*0.10
% of Calories											*17.7%	20.9%	51.6%	30.4%	9.6%	*0.1%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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

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

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

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

Rialto Unified School District

Sep 18, 2023 thru Sep 22, 2023

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 6

Generated on: 9/13/2023 12:43:09 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average			688	70	1265	5648.0	4.46	560.2	4270	41.02	*31 *40.0%	36.13 21.0%	89.53 52.0%	22.83 29.8%	7.02 9.2%	*0.03 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	688		600 - 700	100%				
Cholesterol (mg)	70							
Sodium (mg)	1265		1360					
Fiber (g)	5648.01							
Iron (mg)	4.46							
Calcium (mg)	560.2							
Vitamin A (IU)	4270							
Sugars (g)	31	17.78%			Missing			
Vitamin C (mg)	41.02							
Protein (g)	36.13	20.99%						
Carbohydrate (g)	89.53	52.03%						
Total Fat (g)	22.83	29.85%	<=30.00%					
Saturated Fat (g)	7.02	9.18%	<10.00%					
Trans Fat ¹ (g)	0.03	0.04%			Missing			

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

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

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

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

Rialto Unified School District

Sep 25, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 1

Generated on: 9/13/2023 12:43:29 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/25/2023																
Middle School Lunch	Total	5970														
QUESADILLA,Spicy, Chicken 2020	1 EACH	1000	454	91	927	3.00	1.88	563.3	594	4.25	*2	29.52	30.8	23.05	12.29	*0.00
PROTEIN BOX MIDDLE SCHO	1 EACH	500	568	27	804	5.21	1.35	269.4	902	8.87	*16	17.63	46.84	37.41	9.42	*0.00
OL 2017																
Chicken,Tangerine Sec-23	SERV	700	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
PIZZA,FR.BREAD,CHEESE TO	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
NY'S																
Spicy Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
LA 2020																
SLUSH, COOL TROP PARAD F	container	500	60	0	25	0.00	0.36	0.0	500	60.0	12	0.0	16.0	0.0	0.00	0.00
RU PUN	s, 4oz															
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
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
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			679	70	1191	5647.2	4.05	616.2	4260	41.05	*31	36.53	86.44	22.83	7.58	*0.02
% of Calories											*18.1%	21.5%	50.9%	30.3%	10.1%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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

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

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

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

Rialto Unified School District

Sep 25, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 2

Generated on: 9/13/2023 12:43:29 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/26/2023																
Middle School Lunch	Total	5970														
TACO GRANDE,TURKEY-2022	1 EACH	1000	387	55	786	4.00	*0.72	*0.0	*0	*0.0	*2	17.38	27.49	23.93	8.24	0.00
Salad, Southwest Chicken '23	1 each	500	981	120	1711	15.96	7.42	413.6	1407	6.1	*8	40.14	92.7	55.1	14.84	*0.00
Chicken,Mandarin Orange Ling's	SERVING	700	214	56	286	0.00	0.73	0.0	102	0.0	*N/A*	13.27	20.41	8.16	1.02	0.00
PIZZA,FR.BREAD,CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
Peach Cup, Froz. 2017	1 each	500	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
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
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			692	73	1208	5648.1	*4.16	*533.9	*4193	*35.39	*29	36.06	87.25	24.48	7.31	*0.02
% of Calories											*16.5%	20.8%	50.4%	31.8%	9.5%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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

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

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

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

Rialto Unified School District

Sep 25, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 3

Generated on: 9/13/2023 12:43:29 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/27/2023																
Middle School Lunch	Total	5970														
MAC AND CHEESE'23	1 CUP	1000	533	51	1583	5.33	2.59	1146.2	679	1.2	15	40.89	74.35	8.11	3.99	*0.00
Bread Stk, chs,Maxstickw/sauce	1 EACH	1000	185	7	370	1.54	2.12	135.3	442	5.53	*3	9.64	20.78	7.4	2.62	*N/A*
Wrap, CRUNCHY CHICKEN 2020	EACH	500	452	69	1392	8.32	2.83	307.3	2969	19.9	*8	24.3	50.34	17.46	5.18	*0.00
Chicken,Tangerine Sec-'23	SERV	700	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
PIZZA,FR.BREAD,CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
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
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	367	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			703	68	1410	5648.0	4.60	738.9	4436	36.17	*31	40.52	94.73	19.87	6.28	*0.02
% of Calories											*17.4%	23.1%	53.9%	25.4%	8.0%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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

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

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

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

Rialto Unified School District

Sep 25, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 4

Generated on: 9/13/2023 12:43:29 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/28/2023																
Middle School Lunch	Total	5970														
Bowl,Chick, Kung Pao, Chow'23	1 EACH	1000	447	64	1011	1.55	10.27	11.5	724	12.16	8	26.33	54.35	14.46	2.46	0.00
Salad, Southwest Chicken '23	1 each	500	981	120	1711	15.96	7.42	413.6	1407	6.1	*8	40.14	92.7	55.1	14.84	*0.00
Chicken, Tangerine Sec-'23	SERV	700	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
PIZZA,FR.BREAD,CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
Peach Cup, Froz. 2017	1 each	500	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
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
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			712	73	1280	5648.0	5.97	536.3	4310	37.43	*31	37.92	94.05	22.88	6.39	*0.02
% of Calories											*17.5%	21.3%	52.9%	28.9%	8.1%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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

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

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

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

Rialto Unified School District

Sep 25, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 5

Generated on: 9/13/2023 12:43:29 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/29/2023																
Middle School Lunch	Total	5970														
Pull Apart Bread 2020	Serving	1000	290	30	629	0.00	9.71	243.0	136	0.48	1	14.99	28.97	13.99	5.00	0.00
Sauce, Marinara '22	Servings (4oz)	1000	56	0	429	2.38	1.65	34.8	761	13.06	*2	2.45	12.39	0.4	0.05	*0.00
Salad, TACO '22	1 each	500	732	91	1476	7.10	4.31	498.4	1772	10.04	*7	28.5	51.67	48.29	15.21	*0.00
Chicken, Tangerine Sec-'23	SERV	700	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
PIZZA, FR.BREAD, CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
SLUSH, COOL TROP PARAD F RU PUN	container s, 4oz	500	60	0	25	0.00	0.36	0.0	500	60.0	12	0.0	16.0	0.0	0.00	0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
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
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS, FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES, FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES, FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK, 1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK, NF Chocolate HOLL.2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			675	65	1269	5647.3	5.89	587.5	4384	42.70	*30	35.42	88.61	22.29	6.85	*0.02
% of Calories											*17.9%	21.0%	52.5%	29.7%	9.1%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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

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

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

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

Rialto Unified School District

Sep 25, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 6

Generated on: 9/13/2023 12:43:29 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average			692	70	1272	5647.7	*4.94	*602.5	*4317	*38.55	*30 *39.3%	37.29 21.6%	90.22 52.1%	22.47 29.2%	6.88 9.0%	*0.02 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	692		600 - 700	100%				
Cholesterol (mg)	70							
Sodium (mg)	1272		1360					
Fiber (g)	5647.77							
Iron (mg)	4.94				Missing			
Calcium (mg)	602.5				Missing			
Vitamin A (IU)	4317				Missing			
Sugars (g)	30	17.46%			Missing			
Vitamin C (mg)	38.55				Missing			
Protein (g)	37.29	21.55%						
Carbohydrate (g)	90.22	52.15%						
Total Fat (g)	22.47	29.22%	<=30.00%					
Saturated Fat (g)	6.88	8.95%	<10.00%					
Trans Fat ¹ (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

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.