

Rialto Unified School District

Oct 17, 2022 thru Oct 21, 2022

Base Menu Spreadsheet

MS BIC Breakfast

Portion Values - Detailed

Generated on: 10/19/2022 6:44:09 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 - 10/17/2022																
MS BIC Breakfast	Total	3														
CRESCENT,CHOCOLATE FILL ED '22	1 EACH	3	240	1	270	3.00	1.80	20.0	0	0.0	11	6.0	37.0	8.0	1.50	0.00
Juice, Orange,8oz. Hollan-2017	CARTONS	2	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	2	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	2	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			467	12	480	3.00	2.28	420.0	760	41.60	51	20.00	79.67	9.67	2.50	0.00
% of Calories											43.7%	17.1%	68.3%	18.6%	4.8%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Tue - 10/18/2022																
MS BIC Breakfast	Total	3														
Waffles, Mini Maple 2017	pkg	2	210	0	170	3.00	0.72	20.0	65	0.0	13	4.0	38.0	6.0	1.00	0.00
BANANAS	1 EACH	2	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	2	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	2	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	2	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			413	11	305	5.50	1.31	420.1	796	13.32	46	16.80	80.09	6.11	1.81	*0.00
% of Calories											45.0%	16.3%	77.5%	13.3%	4.0%	*0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Wed - 10/19/2022																
MS BIC Breakfast	Total	5														
FRENCH TOAST Mini Berry '22	SERV	3	210	0	190	2.00	1.44	59.9	0	0.0	11	3.99	35.92	6.99	1.00	0.00
Craisins 2020	servings	3	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	3	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	3	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	3	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			488	10	287	5.34	1.68	403.2	600	1.59	73	13.84	103.05	6.69	1.57	*0.00
% of Calories											59.9%	11.4%	84.5%	12.3%	2.9%	*0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

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Rialto Unified School District

Oct 17, 2022 thru Oct 21, 2022

Base Menu Spreadsheet

MS BIC Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/20/2022																
MS BIC Breakfast	Total	3														
Break Cluster 2022	1 EACH	3	260	0	190	3.00	2.70	80.0	0	0.0	14	5.0	38.0	10.0	2.50	0.00
Juice, apple 8oz. Hollan-2017	CARTONS	2	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	2	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	2	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			487	11	397	3.00	3.66	480.0	667	1.60	52	17.67	80.67	11.67	3.50	0.00
% of Calories											42.7%	14.5%	66.3%	21.6%	6.5%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Fri - 10/21/2022																
MS BIC Breakfast	Total	4														
Breakfast Sand, Chic Saus 2021	1 EACH	3	330	120	790	2.00	1.80	150.0	0	0.0	6	17.0	30.0	17.0	8.00	0.00
Fruit, grapes 2017 2.25oz	package	3	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	2	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	2	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	2	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			438	98	748	2.75	1.71	425.0	500	2.70	37	22.25	59.26	14.00	6.75	0.00
% of Calories											33.6%	20.3%	54.2%	28.8%	13.9%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Weighted Average			458	29	443	3.92	2.13	429.7	665	12.16	52	18.11	80.55	9.63	3.23	*0.00
											101.8%	15.8%	70.3%	18.9%	6.3%	*0.0%

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Base Menu Spreadsheet

MS BIC Breakfast

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	458		400 - 550	100%														
Cholesterol (mg)	29																	
Sodium (mg)	443		600															
Fiber (g)	3.92																	
Iron (mg)	2.13																	
Calcium (mg)	429.7																	
Vitamin A (IU)	665																	
Sugars (g)	52	45.26%																
Vitamin C (mg)	12.16																	
Protein (g)	18.11	15.81%																
Carbohydrate (g)	80.55	70.29%																
Total Fat (g)	9.63	18.90%	<=30.00%															
Saturated Fat (g)	3.23	6.34%	<10.00%															
Trans Fat ¹ (g)	0.00	0.00%				Missing												

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Rialto Unified School District

Oct 24, 2022 thru Oct 28, 2022

Base Menu Spreadsheet

MS BIC Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/24/2022																
MS BIC Breakfast	Total	-1														
Bagel, Mini w/straw. CC- 2018	1 EACH	1	230	10	180	2.00	1.08	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Juice, apple 8oz. Hollan-2017	CARTONS	1	110	0	25	0.00	0.72	0.0	0	0.0	25	0.0	28.0	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	1	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	1	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			570	27	490	2.00	2.52	620.0	1100	2.40	70	25.00	105.00	8.50	4.00	0.00
% of Calories											49.1%	17.5%	73.7%	13.4%	6.3%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

	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 - 10/25/2022																
MS BIC Breakfast	Total	3														
PANCAKE SAUSAGE WG 2022	1 EACH	4	172	37	439	1.80	1.80	68.0	15	0.0	8	7.3	21.9	6.5	1.80	0.00
APPLES,Fresh sliced 2017 2oz	pkg. (2oz)	2	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh sliced 2017 2oz	pkg. (2oz)	2	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	2	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	2	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			428	61	775	5.07	3.12	504.0	753	166.40	40	22.40	63.87	10.33	3.40	0.00
% of Calories											37.4%	20.9%	59.7%	21.7%	7.1%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

	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 - 10/26/2022																
MS BIC Breakfast	Total	3														
DOUBLE CHOC. BAR- 2017	1 EACH	3	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	2	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	3	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	2	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			536	11	377	9.38	3.38	345.1	713	16.24	57	16.83	103.78	10.22	3.68	*0.00
% of Calories											42.4%	12.6%	77.4%	17.1%	6.2%	*0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

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Rialto Unified School District

Base Menu Spreadsheet
Portion Values - Detailed

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Oct 24, 2022 thru Oct 28, 2022

MS BIC Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/27/2022																
MS BIC Breakfast	Total	3														
POP TARTS,Wh. Gr Cinnamon-2022	Serving	3	360	0	380	6.00	4.00	200.0	1000	0.0	30	4.0	74.0	5.0	2.00	0.00
Fruit, grapes 2017 2.25oz	package	3	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	2	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	2	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			577	11	542	7.67	4.24	533.3	1500	3.60	67	14.00	116.35	6.67	3.00	0.00
% of Calories											46.5%	9.7%	80.7%	10.4%	4.7%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

	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 - 10/28/2022																
MS BIC Breakfast	Total	1														
Frudel, Apple 2021	1 EACH	1	210	0	250	2.00	1.44	0.0	0	0.0	10	4.0	36.0	6.0	1.00	0.00
Juice, Orange,8oz. Hollan-2017	CARTONS	1	110	0	30	0.00	0.00	0.0	140	60.0	28	2.0	28.0	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	1	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	1	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			550	17	565	2.00	2.16	600.0	1140	62.40	70	25.00	100.00	8.50	2.50	0.00
% of Calories											50.9%	18.2%	72.7%	13.9%	4.1%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Weighted Average			532	25	550	5.22	3.08	520.5	1041	50.21	61	20.65	97.80	8.84	3.32	*0.00
											102.8%	15.5%	73.5%	15.0%	5.6%	*0.0%

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Oct 24, 2022 thru Oct 28, 2022

Base Menu Spreadsheet

MS BIC Breakfast

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	532		400 - 550		100%												
Cholesterol (mg)	25																
Sodium (mg)	550		600														
Fiber (g)	5.22																
Iron (mg)	3.08																
Calcium (mg)	520.5																
Vitamin A (IU)	1041																
Sugars (g)	61	45.68%															
Vitamin C (mg)	50.21																
Protein (g)	20.65	15.52%															
Carbohydrate (g)	97.80	73.50%															
Total Fat (g)	8.84	14.96%	<=30.00%														
Saturated Fat (g)	3.32	5.61%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 31, 2022 thru Oct 31, 2022

MS BIC Breakfast

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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)
Mon - 10/31/2022																
MS BIC Breakfast	Total	4773														
BURRITO,Brkft.Bn&Ch-Wh-Gr-2 017	1 EACH	5000	177	20	264	3.90	0.76	186.3	168	0.0	0	9.92	18.12	7.3	3.54	0.00
Juice, Orange,8oz. Hollan-2017	CARTONS	4773	110	0	30	0.00	0.00	0.0	140	60.0	28	2.0	28.0	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	500	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	4273	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			407	25	443	4.09	1.44	455.6	816	60.25	46	20.71	66.56	7.91	3.87	0.00
% of Calories											45.1%	20.4%	65.5%	17.5%	8.6%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Weighted Average			407	25	443	4.09	1.44	455.6	816	60.25	46	20.71	66.56	7.91	3.87	0.00
											101.4%	20.4%	65.5%	17.5%	8.6%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target*	Miss Data	Shortfall*	Overage*	Error Messages (if any)*
Calories	407		400 - 550					
Cholesterol (mg)	25							
Sodium (mg)	443		600					
Fiber (g)	4.09							
Iron (mg)	1.44							
Calcium (mg)	455.6							
Vitamin A (IU)	816							
Sugars (g)	46	45.05%						
Vitamin C (mg)	60.25							
Protein (g)	20.71	20.37%						
Carbohydrate (g)	66.56	65.49%						
Total Fat (g)	7.91	17.51%	<=30.00%					
Saturated Fat (g)	3.87	8.56%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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

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