

Rialto Unified School District

Oct 17, 2022 thru Oct 21, 2022

Base Menu Spreadsheet

Middle School Breakfast

Portion Values - Detailed

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Generated on: 10/19/2022 6:39:32 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 - 10/17/2022																
Middle School Breakfast																
CRESCENT,CHOCOLATE FILL ED '22	Total	8000														
ED '22	1 EACH	1000	240	1	270	3.00	1.80	20.0	0	0.0	11	6.0	37.0	8.0	1.50	0.00
APPLES,Fresh sliced 2017 2oz	pkg. (2oz)	1000	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
ORANGES	1 EACH	500	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.02	*N/A*
BANANAS	1 EACH	500	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
Fruit, grapes 2017 2.25oz	package	500	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.01	0.0	0.00	0.00
PEACHES,FRESH	1 EACH	500	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	500	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
PLUMS,FRESH	1 EACH	500	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
Muffins, Banana-Buena Vista 22	1 ea	500	230	20	200	2.00	1.80	20.0	0	0.0	16	4.0	39.0	7.0	1.00	0.00
Muffins, DBL Choc. 2022	1 ea	500	280	25	250	2.00	1.80	20.0	0	0.0	17	4.0	44.0	10.0	2.00	0.00
Muffins, Blue-Buena Vista 22	1 ea	5000	230	25	240	2.00	1.80	20.0	0	0.0	17	4.0	39.0	7.0	1.00	0.00
Muffins, Cherry-Buena Vista 22	1 ea	500	230	20	240	2.00	1.80	20.0	0	0.0	15	4.0	39.0	7.0	1.00	0.00
OATMEAL AND GRAHAM CRA CKE 2017	1 each	500	270	0	400	5.00	3.80	85.0	1042	4.0	19	6.0	52.0	5.0	0.00	0.00
CEREAL,MALT-O,Marsh-Mateys 2017	BOWL	500	220	0	370	3.00	18.00	200.0	1000	12.0	23	4.0	47.0	2.0	0.00	0.00
Cereal, Cereal,Strawb,Mini2017	bowl	500	210	0	0	5.00	16.20	0.0	55	0.0	11	5.0	47.0	1.0	0.00	0.00
Cereal, Cinnamon Toasters 2022	BOWL	500	230	0	270	3.00	10.10	80.0	375	4.5	15	2.0	43.0	6.5	1.00	0.00
CEREAL,MALT-O, SCOOTERS	BOWL	500	156	0	260	3.90	11.69	129.9	650	19.49	*N/A*	5.2	29.89	2.6	0.00	0.00
Mini Donuts,WG Powdered Sugar	1 each	500	280	0	290	2.00	1.08	20.0	110	0.0	22	5.0	42.0	10.0	3.00	0.00
Mini Donuts,Wh Gr Chocolate	1 each	500	300	0	290	3.00	1.08	20.0	100	0.0	20	5.0	39.0	13.0	8.00	0.00
Potato, Hash Brn,BAKED 2022	SERV (2 EACH)	500	90	0	190	2.00	0.36	0.0	0	0.0	0	2.0	15.0	2.5	0.00	0.00
Juice, Orange,8oz. Hollan-2017	CARTONS	500	110	0	30	0.00	0.00	0.0	140	60.0	28	2.0	28.0	0.0	0.00	0.00
Juice, apple 8oz. Hollan-2017	CARTONS	500	110	0	25	0.00	0.72	0.0	0	0.0	25	0.0	28.0	0.0	0.00	0.00
Juice, AppleBerry,8ozHoll-2017	CARTONS	500	110	0	0	0.00	0.00	0.0	130	0.0	26	0.0	28.0	0.0	0.00	0.00
SYRUP	1 OZ	500	81	0	12	0.00	0.00	0.0	73	0.0	15	0.0	21.06	0.0	0.00	0.00
CATSUP	PKG	500	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Frank's Redhot Sauce 2022	PKG	500	0	0	250	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Tapatio 2022	PKG	500	0	0	110	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	5	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			380	20	389	4.59	5.72	58.1	315	27.06	*32	6.56	69.04	9.62	1.82	*0.00
% of Calories											*34.0%	6.9%	72.6%	22.8%	4.3%	*0.0%
Nutrient Guideline			400-550		600									<=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.

Rialto Unified School District

Oct 17, 2022 thru Oct 21, 2022

Base Menu Spreadsheet

Middle School 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)
Tue - 10/18/2022																
Middle School Breakfast	Total	9														
BURRITO,Brkft.Bn&Ch-Wh-Gr-2 017	1 EACH	1	177	20	264	3.90	0.76	186.3	168	0.0	0	9.92	18.12	7.3	3.54	0.00
APPLES,Fresh sliced 2017 2oz	pkg. (2oz)	1	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
ORANGES	1 EACH	1	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.02	*N/A*
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
Fruit, grapes 2017 2.25oz	package	1	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.01	0.0	0.00	0.00
PEACHES,FRESH	1 EACH	1	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	1	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
PLUMS,FRESH	1 EACH	1	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
Muffins, Banana-Buena Vista 22	1 ea	1	230	20	200	2.00	1.80	20.0	0	0.0	16	4.0	39.0	7.0	1.00	0.00
Muffins, DBL Choc. 2022	1 ea	1	280	25	250	2.00	1.80	20.0	0	0.0	17	4.0	44.0	10.0	2.00	0.00
Muffins, Blue-Buena Vista 22	1 ea	1	230	25	240	2.00	1.80	20.0	0	0.0	17	4.0	39.0	7.0	1.00	0.00
Muffins, Cherry-Buena Vista 22	1 ea	1	230	20	240	2.00	1.80	20.0	0	0.0	15	4.0	39.0	7.0	1.00	0.00
OATMEAL AND GRAHAM CRA CKE 2017	1 each	1	270	0	400	5.00	3.80	85.0	1042	4.0	19	6.0	52.0	5.0	0.00	0.00
CEREAL,MALT-O,Marsh-Mateys 2017	BOWL	1	220	0	370	3.00	18.00	200.0	1000	12.0	23	4.0	47.0	2.0	0.00	0.00
Cereal, Cereal,Strawb,Mini2017	bowl	1	210	0	0	5.00	16.20	0.0	55	0.0	11	5.0	47.0	1.0	0.00	0.00
Cereal, Cinnamon Toasters 2022	BOWL	1	230	0	270	3.00	10.10	80.0	375	4.5	15	2.0	43.0	6.5	1.00	0.00
CEREAL,MALT-O, SCOOTERS	BOWL	1	156	0	260	3.90	11.69	129.9	650	19.49	*N/A*	5.2	29.89	2.6	0.00	0.00
Mini Donuts,WG Powdered Sugar	1 each	1	280	0	290	2.00	1.08	20.0	110	0.0	22	5.0	42.0	10.0	3.00	0.00
Mini Donuts,Wh Gr Chocolate	1 each	1	300	0	290	3.00	1.08	20.0	100	0.0	20	5.0	39.0	13.0	8.00	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
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
Juice, AppleBerry,8ozHoll-2017	CARTONS	1	110	0	0	0.00	0.00	0.0	130	0.0	26	0.0	28.0	0.0	0.00	0.00
SYRUP	1 OZ	1	81	0	12	0.00	0.00	0.0	73	0.0	15	0.0	21.06	0.0	0.00	0.00
CATSUP	PKG	1	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Frank's Redhot Sauce 2022	PKG	1	0	0	250	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Tapatio 2022	PKG	1	0	0	110	0.00	0.00	0.0	0	0.0	0	0.0	0.0	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			424	14	431	5.47	8.07	164.7	683	34.64	*41	9.31	78.96	9.13	2.47	*0.00
% of Calories											*38.5%	8.8%	74.5%	19.4%	5.2%	*0.0%
Nutrient Guideline			400-550		600									<=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
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NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rialto Unified School District

Oct 17, 2022 thru Oct 21, 2022

Base Menu Spreadsheet

Middle School Breakfast

Portion Values - Detailed

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	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)
Wed - 10/19/2022																
Middle School Breakfast	Total	8														
FRENCH TOAST Mini Berry '22	SERV	1	210	0	190	2.00	1.44	59.9	0	0.0	11	3.99	35.92	6.99	1.00	0.00
APPLES,Fresh sliced 2017 2oz	pkg. (2oz)	1	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
ORANGES	1 EACH	1	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.02	*N/A*
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
Fruit, grapes 2017 2.25oz	package	1	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.01	0.0	0.00	0.00
PEACHES,FRESH	1 EACH	1	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	1	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
PLUMS,FRESH	1 EACH	1	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
Muffins, Banana-Buena Vista 22	1 ea	1	230	20	200	2.00	1.80	20.0	0	0.0	16	4.0	39.0	7.0	1.00	0.00
Muffins, DBL Choc. 2022	1 ea	1	280	25	250	2.00	1.80	20.0	0	0.0	17	4.0	44.0	10.0	2.00	0.00
Muffins, Blue-Buena Vista 22	1 ea	1	230	25	240	2.00	1.80	20.0	0	0.0	17	4.0	39.0	7.0	1.00	0.00
Muffins, Cherry-Buena Vista 22	1 ea	1	230	20	240	2.00	1.80	20.0	0	0.0	15	4.0	39.0	7.0	1.00	0.00
OATMEAL AND GRAHAM CRA CKE 2017	1 each	1	270	0	400	5.00	3.80	85.0	1042	4.0	19	6.0	52.0	5.0	0.00	0.00
CEREAL,MALT-O,Marsh-Mateys 2017	BOWL	1	220	0	370	3.00	18.00	200.0	1000	12.0	23	4.0	47.0	2.0	0.00	0.00
Cereal, Cereal,Strawb,Mini2017	bowl	1	210	0	0	5.00	16.20	0.0	55	0.0	11	5.0	47.0	1.0	0.00	0.00
Cereal, Cinnamon Toasters 2022	BOWL	1	230	0	270	3.00	10.10	80.0	375	4.5	15	2.0	43.0	6.5	1.00	0.00
CEREAL,MALT-O, SCOOTERS	BOWL	1	156	0	260	3.90	11.69	129.9	650	19.49	*N/A*	5.2	29.89	2.6	0.00	0.00
Mini Donuts,WG Powdered Sugar	1 each	1	280	0	290	2.00	1.08	20.0	110	0.0	22	5.0	42.0	10.0	3.00	0.00
Mini Donuts,Wh Gr Chocolate	1 each	1	300	0	290	3.00	1.08	20.0	100	0.0	20	5.0	39.0	13.0	8.00	0.00
SYRUP	1 OZ	1	81	0	12	0.00	0.00	0.0	73	0.0	15	0.0	21.06	0.0	0.00	0.00
CATSUP	PKG	1	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Frank's Redhot Sauce 2022	PKG	1	0	0	250	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Tapatio 2022	PKG	1	0	0	110	0.00	0.00	0.0	0	0.0	0	0.0	0.0	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			440	13	469	5.92	9.07	169.5	714	31.48	*37	9.49	80.55	10.23	2.46	*0.00
% of Calories											*34.0%	8.6%	73.2%	20.9%	5.0%	*0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

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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' (g)
Thu - 10/20/2022																
Middle School Breakfast breakfast cluster '22	Total	8														
APPLES,Fresh sliced 2017 2oz	1 each	1	260	5	290	1.00	1.08	20.0	0	0.0	21	4.0	43.0	8.0	4.00	0.00
BANANAS	1 EACH	1	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.02	*N/A*
PEACHES,FRESH	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
NECTARINES,FRESH	1 EACH	1	60	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
PLUMS,FRESH	1 EACH	1	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
Muffins, Banana-Buena Vista 22	1 ea	1	230	20	200	2.00	1.80	20.0	0	0.0	16	4.0	39.0	7.0	1.00	0.00
Muffins, DBL Choc. 2022	1 ea	1	280	25	250	2.00	1.80	20.0	0	0.0	17	4.0	44.0	10.0	2.00	0.00
Muffins, Blue-Buena Vista 22	1 ea	1	230	25	240	2.00	1.80	20.0	0	0.0	17	4.0	39.0	7.0	1.00	0.00
Muffins, Cherry-Buena Vista 22	1 ea	1	230	20	240	2.00	1.80	20.0	0	0.0	15	4.0	39.0	7.0	1.00	0.00
OATMEAL AND GRAHAM CRA CKE 2017	1 each	1	270	0	400	5.00	3.80	85.0	1042	4.0	19	6.0	52.0	5.0	0.00	0.00
CEREAL,MALT-O,Marsh-Mateys 2017	BOWL	1	220	0	370	3.00	18.00	200.0	1000	12.0	23	4.0	47.0	2.0	0.00	0.00
Cereal, Cereal,Strawb,Mini2017	bowl	1	210	0	0	5.00	16.20	0.0	55	0.0	11	5.0	47.0	1.0	0.00	0.00
Cereal, Cinnamon Toasters 2022	BOWL	1	230	0	270	3.00	10.10	80.0	375	4.5	15	2.0	43.0	6.5	1.00	0.00
CEREAL,MALT-O, SCOOTERS	BOWL	1	156	0	260	3.90	11.69	129.9	650	19.49	*N/A*	5.2	29.89	2.6	0.00	0.00
Mini Donuts,WG Powdered Sugar	1 each	1	280	0	290	2.00	1.08	20.0	110	0.0	22	5.0	42.0	10.0	3.00	0.00
Mini Donuts,Wh Gr Chocolate	1 each	1	300	0	290	3.00	1.08	20.0	100	0.0	20	5.0	39.0	13.0	8.00	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
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
Juice, AppleBerry,8ozHoll-2017	CARTONS	1	110	0	0	0.00	0.00	0.0	130	0.0	26	0.0	28.0	0.0	0.00	0.00
SYRUP	1 OZ	1	81	0	12	0.00	0.00	0.0	73	0.0	15	0.0	21.06	0.0	0.00	0.00
CATSUP	PKG	1	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Frank's Redhot Sauce 2022	PKG	1	0	0	250	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Tapatio 2022	PKG	1	0	0	110	0.00	0.00	0.0	0	0.0	0	0.0	0.0	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			488	14	489	5.80	9.11	164.5	747	38.98	*49	9.74	91.94	10.36	2.83	*0.00
% of Calories											*39.8%	8.0%	75.4%	19.1%	5.2%	*0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

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

Oct 17, 2022 thru Oct 21, 2022

Base Menu Spreadsheet

Middle School Breakfast

Portion Values - Detailed

	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 - 10/21/2022																
Middle School Breakfast	Total	8														
WAFFLE STIX -WhGr-2022	serv (4ea)	1	230	20	330	5.00	1.44	40.0	0	0.0	8	6.0	36.0	7.0	1.00	0.00
APPLES,Fresh sliced 2017 2oz	pkg. (2oz)	1	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
ORANGES	1 EACH	1	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.02	*N/A*
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
Fruit, grapes 2017 2.25oz	package	1	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.01	0.0	0.00	0.00
PEACHES,FRESH	1 EACH	1	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	1	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
PLUMS,FRESH	1 EACH	1	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
Muffins, Banana-Buena Vista 22	1 ea	1	230	20	200	2.00	1.80	20.0	0	0.0	16	4.0	39.0	7.0	1.00	0.00
Muffins, DBL Choc. 2022	1 ea	1	280	25	250	2.00	1.80	20.0	0	0.0	17	4.0	44.0	10.0	2.00	0.00
Muffins, Blue-Buena Vista 22	1 ea	1	230	25	240	2.00	1.80	20.0	0	0.0	17	4.0	39.0	7.0	1.00	0.00
Muffins, Cherry-Buena Vista 22	1 ea	1	230	20	240	2.00	1.80	20.0	0	0.0	15	4.0	39.0	7.0	1.00	0.00
OATMEAL AND GRAHAM CRA CKE 2017	1 each	1	270	0	400	5.00	3.80	85.0	1042	4.0	19	6.0	52.0	5.0	0.00	0.00
CEREAL,MALT-O,Marsh-Mateys 2017	BOWL	1	220	0	370	3.00	18.00	200.0	1000	12.0	23	4.0	47.0	2.0	0.00	0.00
Cereal, Cereal,Strawb,Mini2017	bowl	1	210	0	0	5.00	16.20	0.0	55	0.0	11	5.0	47.0	1.0	0.00	0.00
Cereal, Cinnamon Toasters 2022	BOWL	1	230	0	270	3.00	10.10	80.0	375	4.5	15	2.0	43.0	6.5	1.00	0.00
CEREAL,MALT-O, SCOOTERS	BOWL	1	156	0	260	3.90	11.69	129.9	650	19.49	*N/A*	5.2	29.89	2.6	0.00	0.00
Mini Donuts,WG Powdered Sugar	1 each	1	280	0	290	2.00	1.08	20.0	110	0.0	22	5.0	42.0	10.0	3.00	0.00
Mini Donuts,Wh Gr Chocolate	1 each	1	300	0	290	3.00	1.08	20.0	100	0.0	20	5.0	39.0	13.0	8.00	0.00
Potato, Hash Brn,BAKED 2022	SERV (2 EACH)	1	90	0	190	2.00	0.36	0.0	0	0.0	0	2.0	15.0	2.5	0.00	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
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
Juice, AppleBerry,8ozHoll-2017	CARTONS	1	110	0	0	0.00	0.00	0.0	130	0.0	26	0.0	28.0	0.0	0.00	0.00
SYRUP	1 OZ	1	81	0	12	0.00	0.00	0.0	73	0.0	15	0.0	21.06	0.0	0.00	0.00
CATSUP	PKG	1	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Frank's Redhot Sauce 2022	PKG	1	0	0	250	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Tapatio 2022	PKG	1	0	0	110	0.00	0.00	0.0	0	0.0	0	0.0	0.0	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			495	16	517	6.55	9.20	167.0	747	38.98	*47	10.24	92.94	10.55	2.46	*0.00
% of Calories											*37.9%	8.3%	75.1%	19.2%	4.5%	*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

Middle School Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat' (g)
Weighted Average			445	15	459	5.66	8.23	144.7	641	34.23	*41 *83.3%	9.07 8.1%	82.68 74.3%	9.98 20.2%	2.41 4.9%	*0.00 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	445		400 - 550	100%				
Cholesterol (mg)	15							
Sodium (mg)	459		600					
Fiber (g)	5.66							
Iron (mg)	8.23							
Calcium (mg)	144.7							
Vitamin A (IU)	641							
Sugars (g)	41	37.02%			Missing			
Vitamin C (mg)	34.23							
Protein (g)	9.07	8.14%						
Carbohydrate (g)	82.68	74.26%						
Total Fat (g)	9.98	20.16%	<=30.00%					
Saturated Fat (g)	2.41	4.87%	<10.00%					
Trans Fat' (g)	0.00	0.00%			Missing			

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Rialto Unified School District

Oct 24, 2022 thru Oct 28, 2022

Base Menu Spreadsheet

Middle School Breakfast

Portion Values - Detailed

Page 1

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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																
Middle School Breakfast	Total	8														
PANCAKE SAUSAGE WG 2022	1 EACH	1	172	37	439	1.80	1.80	68.0	15	0.0	8	7.3	21.9	6.5	1.80	0.00
APPLES,Fresh sliced 2017 2oz	pkg. (2oz)	1	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
ORANGES	1 EACH	1	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.02	*N/A*
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
Fruit, grapes 2017 2.25oz	package	1	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.01	0.0	0.00	0.00
PEACHES,FRESH	1 EACH	1	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	1	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
PLUMS,FRESH	1 EACH	1	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
Muffins, Banana-Buena Vista 22	1 ea	1	230	20	200	2.00	1.80	20.0	0	0.0	16	4.0	39.0	7.0	1.00	0.00
Muffins, DBL Choc. 2022	1 ea	1	280	25	250	2.00	1.80	20.0	0	0.0	17	4.0	44.0	10.0	2.00	0.00
Muffins, Blue-Buena Vista 22	1 ea	1	230	25	240	2.00	1.80	20.0	0	0.0	17	4.0	39.0	7.0	1.00	0.00
Muffins, Cherry-Buena Vista 22	1 ea	1	230	20	240	2.00	1.80	20.0	0	0.0	15	4.0	39.0	7.0	1.00	0.00
OATMEAL AND GRAHAM CRA CKE 2017	1 each	1	270	0	400	5.00	3.80	85.0	1042	4.0	19	6.0	52.0	5.0	0.00	0.00
CEREAL,MALT-O,Marsh-Mateys 2017	BOWL	1	220	0	370	3.00	18.00	200.0	1000	12.0	23	4.0	47.0	2.0	0.00	0.00
Cereal, Cereal,Strawb,Mini2017	bowl	1	210	0	0	5.00	16.20	0.0	55	0.0	11	5.0	47.0	1.0	0.00	0.00
Cereal, Cinnamon Toasters 2022	BOWL	1	230	0	270	3.00	10.10	80.0	375	4.5	15	2.0	43.0	6.5	1.00	0.00
CEREAL,MALT-O, SCOOTERS	BOWL	1	156	0	260	3.90	11.69	129.9	650	19.49	*N/A*	5.2	29.89	2.6	0.00	0.00
Mini Donuts,WG Powdered Sugar	1 each	1	280	0	290	2.00	1.08	20.0	110	0.0	22	5.0	42.0	10.0	3.00	0.00
Mini Donuts,Wh Gr Chocolate	1 each	1	300	0	290	3.00	1.08	20.0	100	0.0	20	5.0	39.0	13.0	8.00	0.00
Potato, Hash Brn,BAKED 2022	SERV (2 EACH)	1	90	0	190	2.00	0.36	0.0	0	0.0	0	2.0	15.0	2.5	0.00	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
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
Juice, AppleBerry,8ozHoll-2017	CARTONS	1	110	0	0	0.00	0.00	0.0	130	0.0	26	0.0	28.0	0.0	0.00	0.00
SYRUP	1 OZ	1	81	0	12	0.00	0.00	0.0	73	0.0	15	0.0	21.06	0.0	0.00	0.00
CATSUP	PKG	1	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Frank's Redhot Sauce 2022	PKG	1	0	0	250	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Tapatio 2022	PKG	1	0	0	110	0.00	0.00	0.0	0	0.0	0	0.0	0.0	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			488	18	531	6.15	9.25	170.5	749	38.98	*47	10.40	91.17	10.49	2.56	*0.00
% of Calories											*38.5%	8.5%	74.8%	19.3%	4.7%	*0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

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Rialto Unified School District

Oct 24, 2022 thru Oct 28, 2022

Base Menu Spreadsheet

Middle School Breakfast

Portion Values - Detailed

Page 2

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat' (g)
Tue - 10/25/2022																
Middle School Breakfast	Total	8														
CINNAMON ROLL	1 EACH	1	218	0	123	0.64	1.52	15.5	10	16.86	*27	3.29	47.65	1.92	0.32	*0.00
APPLES,Fresh sliced 2017 2oz	pkg. (2oz)	1	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
ORANGES	1 EACH	1	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.02	*N/A*
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
Fruit, grapes 2017 2.25oz	package	1	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.01	0.0	0.00	0.00
PEACHES,FRESH	1 EACH	1	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	1	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
PLUMS,FRESH	1 EACH	1	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
Muffins, Banana-Buena Vista 22	1 ea	1	230	20	200	2.00	1.80	20.0	0	0.0	16	4.0	39.0	7.0	1.00	0.00
Muffins, DBL Choc. 2022	1 ea	1	280	25	250	2.00	1.80	20.0	0	0.0	17	4.0	44.0	10.0	2.00	0.00
Muffins, Blue-Buena Vista 22	1 ea	1	230	25	240	2.00	1.80	20.0	0	0.0	17	4.0	39.0	7.0	1.00	0.00
Muffins, Cherry-Buena Vista 22	1 ea	1	230	20	240	2.00	1.80	20.0	0	0.0	15	4.0	39.0	7.0	1.00	0.00
OATMEAL AND GRAHAM CRA CKE 2017	1 each	1	270	0	400	5.00	3.80	85.0	1042	4.0	19	6.0	52.0	5.0	0.00	0.00
CEREAL,MALT-O,Marsh-Mateys 2017	BOWL	1	220	0	370	3.00	18.00	200.0	1000	12.0	23	4.0	47.0	2.0	0.00	0.00
Cereal, Cereal,Strawb,Mini2017	bowl	1	210	0	0	5.00	16.20	0.0	55	0.0	11	5.0	47.0	1.0	0.00	0.00
Cereal, Cinnamon Toasters 2022	BOWL	1	230	0	270	3.00	10.10	80.0	375	4.5	15	2.0	43.0	6.5	1.00	0.00
CEREAL,MALT-O, SCOOTERS	BOWL	1	156	0	260	3.90	11.69	129.9	650	19.49	*N/A*	5.2	29.89	2.6	0.00	0.00
Mini Donuts,WG Powdered Sugar	1 each	1	280	0	290	2.00	1.08	20.0	110	0.0	22	5.0	42.0	10.0	3.00	0.00
Mini Donuts,Wh Gr Chocolate	1 each	1	300	0	290	3.00	1.08	20.0	100	0.0	20	5.0	39.0	13.0	8.00	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
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
Juice, AppleBerry,8ozHoll-2017	CARTONS	1	110	0	0	0.00	0.00	0.0	130	0.0	26	0.0	28.0	0.0	0.00	0.00
SYRUP	1 OZ	1	81	0	12	0.00	0.00	0.0	73	0.0	15	0.0	21.06	0.0	0.00	0.00
CATSUP	PKG	1	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Frank's Redhot Sauce 2022	PKG	1	0	0	250	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Tapatio 2022	PKG	1	0	0	110	0.00	0.00	0.0	0	0.0	0	0.0	0.0	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			482	13	468	5.75	9.17	163.9	748	41.08	*49	9.65	92.52	9.60	2.37	*0.00
% of Calories											*40.9%	8.0%	76.7%	17.9%	4.4%	*0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

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

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Rialto Unified School District

Oct 24, 2022 thru Oct 28, 2022

Base Menu Spreadsheet

Middle School Breakfast

Portion Values - Detailed

Page 3

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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)
Wed - 10/26/2022																
Middle School Breakfast	Total	8														
DOUBLE CHOC. BAR- 2017	1 EACH	1	270	0	230	5.00	2.70	20.0	105	0.0	21	5.0	48.0	8.0	2.50	0.00
APPLES,Fresh sliced 2017 2oz	pkg. (2oz)	1	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
ORANGES	1 EACH	1	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.02	*N/A*
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
Fruit, grapes 2017 2.25oz	package	1	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.01	0.0	0.00	0.00
PEACHES,FRESH	1 EACH	1	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	1	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
PLUMS,FRESH	1 EACH	1	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
Muffins, Banana-Buena Vista 22	1 ea	1	230	20	200	2.00	1.80	20.0	0	0.0	16	4.0	39.0	7.0	1.00	0.00
Muffins, DBL Choc. 2022	1 ea	1	280	25	250	2.00	1.80	20.0	0	0.0	17	4.0	44.0	10.0	2.00	0.00
Muffins, Blue-Buena Vista 22	1 ea	1	230	25	240	2.00	1.80	20.0	0	0.0	17	4.0	39.0	7.0	1.00	0.00
Muffins, Cherry-Buena Vista 22	1 ea	1	230	20	240	2.00	1.80	20.0	0	0.0	15	4.0	39.0	7.0	1.00	0.00
OATMEAL AND GRAHAM CRA CKE 2017	1 each	1	270	0	400	5.00	3.80	85.0	1042	4.0	19	6.0	52.0	5.0	0.00	0.00
CEREAL,MALT-O,Marsh-Mateys 2017	BOWL	1	220	0	370	3.00	18.00	200.0	1000	12.0	23	4.0	47.0	2.0	0.00	0.00
Cereal, Cereal,Strawb,Mini2017	bowl	1	210	0	0	5.00	16.20	0.0	55	0.0	11	5.0	47.0	1.0	0.00	0.00
Cereal, Cinnamon Toasters 2022	BOWL	1	230	0	270	3.00	10.10	80.0	375	4.5	15	2.0	43.0	6.5	1.00	0.00
CEREAL,MALT-O, SCOOTERS	BOWL	1	156	0	260	3.90	11.69	129.9	650	19.49	*N/A*	5.2	29.89	2.6	0.00	0.00
Mini Donuts,WG Powdered Sugar	1 each	1	280	0	290	2.00	1.08	20.0	110	0.0	22	5.0	42.0	10.0	3.00	0.00
Mini Donuts,Wh Gr Chocolate	1 each	1	300	0	290	3.00	1.08	20.0	100	0.0	20	5.0	39.0	13.0	8.00	0.00
SYRUP	1 OZ	1	81	0	12	0.00	0.00	0.0	73	0.0	15	0.0	21.06	0.0	0.00	0.00
CATSUP	PKG	1	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Frank's Redhot Sauce 2022	PKG	1	0	0	250	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Tapatio 2022	PKG	1	0	0	110	0.00	0.00	0.0	0	0.0	0	0.0	0.0	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			448	13	474	6.30	9.23	164.5	727	31.48	*39	9.61	82.06	10.36	2.65	*0.00
% of Calories											*34.6%	8.6%	73.3%	20.8%	5.3%	*0.0%
Nutrient Guideline			400-550		600									<=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

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Rialto Unified School District

Oct 24, 2022 thru Oct 28, 2022

Base Menu Spreadsheet

Middle School Breakfast

Portion Values - Detailed

	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																
Middle School Breakfast	Total	8														
Scrambled Eggs w/Turkey Ham 22	1 EACH	1	336	264	1186	2.11	3.89	358.0	409	5.13	*1	25.29	30.17	11.81	4.43	*0.00
APPLES,Fresh sliced 2017 2oz	pkg. (2oz)	1	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
ORANGES	1 EACH	1	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.02	*N/A*
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
Fruit, grapes 2017 2.25oz	package	1	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.01	0.0	0.00	0.00
PEACHES,FRESH	1 EACH	1	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	1	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
PLUMS,FRESH	1 EACH	1	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
Muffins, Banana-Buena Vista 22	1 ea	1	230	20	200	2.00	1.80	20.0	0	0.0	16	4.0	39.0	7.0	1.00	0.00
Muffins, DBL Choc. 2022	1 ea	1	280	25	250	2.00	1.80	20.0	0	0.0	17	4.0	44.0	10.0	2.00	0.00
Muffins, Blue-Buena Vista 22	1 ea	1	230	25	240	2.00	1.80	20.0	0	0.0	17	4.0	39.0	7.0	1.00	0.00
Muffins, Cherry-Buena Vista 22	1 ea	1	230	20	240	2.00	1.80	20.0	0	0.0	15	4.0	39.0	7.0	1.00	0.00
OATMEAL AND GRAHAM CRA CKE 2017	1 each	1	270	0	400	5.00	3.80	85.0	1042	4.0	19	6.0	52.0	5.0	0.00	0.00
CEREAL,MALT-O,Marsh-Mateys 2017	BOWL	1	220	0	370	3.00	18.00	200.0	1000	12.0	23	4.0	47.0	2.0	0.00	0.00
Cereal, Cereal,Strawb,Mini2017	bowl	1	210	0	0	5.00	16.20	0.0	55	0.0	11	5.0	47.0	1.0	0.00	0.00
Cereal, Cinnamon Toasters 2022	BOWL	1	230	0	270	3.00	10.10	80.0	375	4.5	15	2.0	43.0	6.5	1.00	0.00
CEREAL,MALT-O, SCOOTERS	BOWL	1	156	0	260	3.90	11.69	129.9	650	19.49	*N/A*	5.2	29.89	2.6	0.00	0.00
Mini Donuts,WG Powdered Sugar	1 each	1	280	0	290	2.00	1.08	20.0	110	0.0	22	5.0	42.0	10.0	3.00	0.00
Mini Donuts,Wh Gr Chocolate	1 each	1	300	0	290	3.00	1.08	20.0	100	0.0	20	5.0	39.0	13.0	8.00	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
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
Juice, AppleBerry,8ozHoll-2017	CARTONS	1	110	0	0	0.00	0.00	0.0	130	0.0	26	0.0	28.0	0.0	0.00	0.00
SYRUP	1 OZ	1	81	0	12	0.00	0.00	0.0	73	0.0	15	0.0	21.06	0.0	0.00	0.00
CATSUP	PKG	1	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Frank's Redhot Sauce 2022	PKG	1	0	0	250	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Tapatio 2022	PKG	1	0	0	110	0.00	0.00	0.0	0	0.0	0	0.0	0.0	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			497	46	601	5.94	9.47	206.7	798	39.62	*46	12.40	90.33	10.84	2.89	*0.00
% of Calories											*37.1%	10.0%	72.7%	19.6%	5.2%	*0.0%
Nutrient Guideline			400-550		600									<=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

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Rialto Unified School District

Oct 24, 2022 thru Oct 28, 2022

Base Menu Spreadsheet

Middle School 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)
Fri - 10/28/2022																
Middle School Breakfast	Total	8														
Pancakes, Confetti Bites 2022	pkg	1	210	10	210	4.00	3.60	20.0	1000	0.0	11	4.0	36.0	7.0	1.00	0.00
APPLES,Fresh sliced 2017 2oz	pkg. (2oz)	1	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
ORANGES	1 EACH	1	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.02	*N/A*
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
Fruit, grapes 2017 2.25oz	package	1	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.01	0.0	0.00	0.00
PEACHES,FRESH	1 EACH	1	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	1	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
PLUMS,FRESH	1 EACH	1	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
Muffins, Banana-Buena Vista 22	1 ea	1	230	20	200	2.00	1.80	20.0	0	0.0	16	4.0	39.0	7.0	1.00	0.00
Muffins, DBL Choc. 2022	1 ea	1	280	25	250	2.00	1.80	20.0	0	0.0	17	4.0	44.0	10.0	2.00	0.00
Muffins, Blue-Buena Vista 22	1 ea	1	230	25	240	2.00	1.80	20.0	0	0.0	17	4.0	39.0	7.0	1.00	0.00
Muffins, Cherry-Buena Vista 22	1 ea	1	230	20	240	2.00	1.80	20.0	0	0.0	15	4.0	39.0	7.0	1.00	0.00
OATMEAL AND GRAHAM CRA CKE 2017	1 each	1	270	0	400	5.00	3.80	85.0	1042	4.0	19	6.0	52.0	5.0	0.00	0.00
CEREAL,MALT-O,Marsh-Mateys 2017	BOWL	1	220	0	370	3.00	18.00	200.0	1000	12.0	23	4.0	47.0	2.0	0.00	0.00
Cereal, Cereal,Strawb,Mini2017	bowl	1	210	0	0	5.00	16.20	0.0	55	0.0	11	5.0	47.0	1.0	0.00	0.00
Cereal, Cinnamon Toasters 2022	BOWL	1	230	0	270	3.00	10.10	80.0	375	4.5	15	2.0	43.0	6.5	1.00	0.00
CEREAL,MALT-O, SCOOTERS	BOWL	1	156	0	260	3.90	11.69	129.9	650	19.49	*N/A*	5.2	29.89	2.6	0.00	0.00
Mini Donuts,WG Powdered Sugar	1 each	1	280	0	290	2.00	1.08	20.0	110	0.0	22	5.0	42.0	10.0	3.00	0.00
Mini Donuts,Wh Gr Chocolate	1 each	1	300	0	290	3.00	1.08	20.0	100	0.0	20	5.0	39.0	13.0	8.00	0.00
Potato, Hash Brn,BAKED 2022	SERV (2 EACH)	1	90	0	190	2.00	0.36	0.0	0	0.0	0	2.0	15.0	2.5	0.00	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
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
Juice, AppleBerry,8ozHoll-2017	CARTONS	1	110	0	0	0.00	0.00	0.0	130	0.0	26	0.0	28.0	0.0	0.00	0.00
SYRUP	1 OZ	1	81	0	12	0.00	0.00	0.0	73	0.0	15	0.0	21.06	0.0	0.00	0.00
CATSUP	PKG	1	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Frank's Redhot Sauce 2022	PKG	1	0	0	250	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Tapatio 2022	PKG	1	0	0	110	0.00	0.00	0.0	0	0.0	0	0.0	0.0	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			493	15	502	6.42	9.48	164.5	872	38.98	*47	9.99	92.94	10.55	2.46	*0.00
% of Calories											*38.4%	8.1%	75.5%	19.3%	4.5%	*0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

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Rialto Unified School District

Oct 24, 2022 thru Oct 28, 2022

Base Menu Spreadsheet

Middle School Breakfast

Portion Values - Detailed

Page 6

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average			481	21	515	6.11	9.32	174.0	779	38.03	*46 *85.4%	10.41 8.6%	89.80 74.6%	10.37 19.4%	2.59 4.8%	*0.00 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	481		400 - 550	100%				
Cholesterol (mg)	21							
Sodium (mg)	515		600					
Fiber (g)	6.11							
Iron (mg)	9.32							
Calcium (mg)	174.0							
Vitamin A (IU)	779							
Sugars (g)	46	37.94%			Missing			
Vitamin C (mg)	38.03							
Protein (g)	10.41	8.65%						
Carbohydrate (g)	89.80	74.62%						
Total Fat (g)	10.37	19.38%	<=30.00%					
Saturated Fat (g)	2.59	4.83%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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Rialto Unified School District

Oct 31, 2022 thru Oct 31, 2022

Base Menu Spreadsheet

Middle School Breakfast

Portion Values - Detailed

Page 1

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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																
Middle School Breakfast	Total	5000														
BURRITO,Brkft.Bn&Ch-Wh-Gr-2 017	1 EACH	1000	177	20	264	3.90	0.76	186.3	168	0.0	0	9.92	18.12	7.3	3.54	0.00
APPLES,Fresh sliced 2017 2oz	pkg. (2oz)	500	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
ORANGES	1 EACH	500	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.02	*N/A*
BANANAS	1 EACH	500	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
Fruit, grapes 2017 2.25oz	package	500	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.01	0.0	0.00	0.00
PEACHES,FRESH	1 EACH	500	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	500	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
PLUMS,FRESH	1 EACH	500	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
Muffins, Banana-Buena Vista 22	1 ea	700	230	20	200	2.00	1.80	20.0	0	0.0	16	4.0	39.0	7.0	1.00	0.00
Muffins, DBL Choc. 2022	1 ea	700	280	25	250	2.00	1.80	20.0	0	0.0	17	4.0	44.0	10.0	2.00	0.00
Muffins, Blue-Buena Vista 22	1 ea	700	230	25	240	2.00	1.80	20.0	0	0.0	17	4.0	39.0	7.0	1.00	0.00
Muffins, Cherry-Buena Vista 22	1 ea	700	230	20	240	2.00	1.80	20.0	0	0.0	15	4.0	39.0	7.0	1.00	0.00
OATMEAL AND GRAHAM CRA CKE 2017	1 each	500	270	0	400	5.00	3.80	85.0	1042	4.0	19	6.0	52.0	5.0	0.00	0.00
CEREAL,MALT-O,Marsh-Mateys 2017	BOWL	500	220	0	370	3.00	18.00	200.0	1000	12.0	23	4.0	47.0	2.0	0.00	0.00
Cereal, Cereal,Strawb,Mini2017	owl	500	210	0	0	5.00	16.20	0.0	55	0.0	11	5.0	47.0	1.0	0.00	0.00
Cereal, Cinnamon Toasters 2022	BOWL	500	230	0	270	3.00	10.10	80.0	375	4.5	15	2.0	43.0	6.5	1.00	0.00
CEREAL,MALT-O, SCOOTERS	BOWL	500	156	0	260	3.90	11.69	129.9	650	19.49	*N/A*	5.2	29.89	2.6	0.00	0.00
Mini Donuts,WG Powdered Sugar	1 each	500	280	0	290	2.00	1.08	20.0	110	0.0	22	5.0	42.0	10.0	3.00	0.00
Mini Donuts,Wh Gr Chocolate	1 each	500	300	0	290	3.00	1.08	20.0	100	0.0	20	5.0	39.0	13.0	8.00	0.00
Juice, Orange,8oz. Hollan-2017	CARTONS	500	110	0	30	0.00	0.00	0.0	140	60.0	28	2.0	28.0	0.0	0.00	0.00
Juice, apple 8oz. Hollan-2017	CARTONS	500	110	0	25	0.00	0.72	0.0	0	0.0	25	0.0	28.0	0.0	0.00	0.00
Juice, AppleBerry,8ozHoll-2017	CARTONS	500	110	0	0	0.00	0.00	0.0	130	0.0	26	0.0	28.0	0.0	0.00	0.00
SYRUP	1 OZ	500	81	0	12	0.00	0.00	0.0	73	0.0	15	0.0	21.06	0.0	0.00	0.00
CATSUP	PKG	500	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Frank's Redhot Sauce 2022	PKG	500	0	0	250	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Tapatio 2022	PKG	500	0	0	110	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	2500	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	2500	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			530	25	566	5.64	7.91	410.0	1031	32.14	*52	17.61	93.71	11.19	3.37	*0.00
% of Calories											*39.4%	13.3%	70.7%	19.0%	5.7%	*0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Weighted Average			530	25	566	5.64	7.91	410.0	1031	32.14	*52	17.61	93.71	11.19	3.37	*0.00
											*88.6%	13.3%	70.7%	19.0%	5.7%	*0.0%

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

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Rialto Unified School District

Oct 31, 2022 thru Oct 31, 2022

Base Menu Spreadsheet

Middle School Breakfast

Portion Values - Detailed

Generated on: 10/19/2022 6:40:04 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)
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target*	Miss Data	Shortfall*	Overage*	Error Messages (if any)*
Calories	530		400 - 550					
Cholesterol (mg)	25							
Sodium (mg)	566		600					
Fiber (g)	5.64							
Iron (mg)	7.91							
Calcium (mg)	410.0							
Vitamin A (IU)	1031							
Sugars (g)	52	39.37%			Missing			
Vitamin C (mg)	32.14							
Protein (g)	17.61	13.29%						
Carbohydrate (g)	93.71	70.70%						
Total Fat (g)	11.19	18.99%	<=30.00%					
Saturated Fat (g)	3.37	5.73%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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

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