

# Rialto Unified School District

Oct 17, 2022 thru Oct 21, 2022

## Base Menu Spreadsheet

Middle School Lunch

### 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 <sup>1</sup> (g)
Mon - 10/17/2022																
Middle School Lunch	Total	5970														
QUESADILLA,spicy chd-mozz,2018	1 EACH	1000	285	2	322	4.01	2.36	188.2	223	4.51	*1	7.54	42.65	9.89	1.90	*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
Chicken Sand. Spicy-2017	1 EACH	1400	366	45	804	6.00	2.80	98.0	189	0.0	4	27.0	45.0	10.0	1.00	0.00
Chicken, teriyaki,Fried R.2017	servng	700	484	53	1030	5.72	2.90	75.0	6163	24.45	*15	23.61	66.37	13.86	2.44	*0.00
Chicken,Mandarin Orange	SERV	700	622	58	1000	3.55	4.53	66.4	4984	21.3	*0	20.44	86.55	20.84	2.43	*0.00
PEPRONI PIZZA WEDGE ROS E&SHORE	1 EACH	900	350	35	590	4.00	1.44	350.0	500	3.6	4	18.0	31.0	17.0	8.00	0.00
Wrap, CRUNCHY CHICKEN 2017	1 EACH	900	421	50	943	5.34	3.17	202.4	2939	19.9	*5	17.44	51.92	17.81	3.94	*0.00
Strawberry Cup, Froz. - 2017	1 each	100	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	100	90	0	0	2.00	0.00	0.0	0	0.0	16	0.0	20.0	0.0	0.00	0.00
PEACH CUP	1 EACH	100	53	0	3	1.02	0.21	1.7	161	53.41	13	0.36	13.6	0.07	0.01	*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
BEANS, PINTO SEASONED-2017	1/2 CUP	100	83	0	189	3.65	1.28	33.3	32	2.48	*1	5.02	15.13	0.32	0.06	*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*
Fruit, grapes 2017 3oz	package	1502	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.01	0.0	0.00	0.00
APPLES,Fresh	1 EACH	367	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Fruit, PEARS,ASIAN-2017	1 each	367	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	*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*
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
POTATO FF,Season.spirals-2018	SERVING	800	155	0	248	2.07	0.75	0.0	0	0.0	0	2.07	25.88	5.18	1.04	0.00
Raisels, Variety	servngs	500	140	0	2	1.00	0.81	19.3	137	74.33	27	1.0	34.67	0.0	0.00	0.00
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	1	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
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			695	58	1214	5648.0	4.38	504.2	4638	37.38	*34	34.57	97.88	20.27	5.07	*0.02
% of Calories											*19.3%	19.9%	56.4%	26.3%	6.6%	*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.

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**Rialto Unified School District**

**Oct 17, 2022 thru Oct 21, 2022**

Base Menu Spreadsheet

Middle School Lunch

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 <sup>1</sup> (g)
Tue - 10/18/2022																
Middle School Lunch	Total	5970														
Spagh.w/Meat &Noodle-Roll-2020	3/4 CUP	900	384	47	928	8.21	5.25	97.1	611	10.57	*6	24.46	54.28	9.94	2.97	*0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1000	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Chicken Sand. Spicy-2017	1 EACH	900	366	45	804	6.00	2.80	98.0	189	0.0	4	27.0	45.0	10.0	1.00	0.00
Chicken, teriyaki,Fried R.2017	serving	800	484	53	1030	5.72	2.90	75.0	6163	24.45	*15	23.61	66.37	13.86	2.44	*0.00
Chicken,Mandarin Orange	SERV	700	622	58	1000	3.55	4.53	66.4	4984	21.3	*0	20.44	86.55	20.84	2.43	*0.00
Burrito Chicken Grande 2017	1 each	700	515	55	550	8.55	4.33	275.3	191	2.22	*2	25.83	69.22	16.18	5.24	*0.00
Chef Salad 2017	1 EACH	700	496	135	951	4.26	1.64	196.4	1437	8.97	*18	18.15	48.11	27.62	7.15	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	300	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
Strawberry Cup, Froz. - 2017	1 each	100	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	100	90	0	0	2.00	0.00	0.0	0	0.0	16	0.0	20.0	0.0	0.00	0.00
PEACH CUP	1 EACH	100	53	0	3	1.02	0.21	1.7	161	53.41	13	0.36	13.6	0.07	0.01	*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
BEANS, PINTO SEASONED-2017	1/2 CUP	100	83	0	189	3.65	1.28	33.3	32	2.48	*1	5.02	15.13	0.32	0.06	*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*
Fruit, grapes 2017 3oz	package	1502	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.01	0.0	0.00	0.00
APPLES,Fresh	1 EACH	367	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Fruit, PEARS,ASIAN-2017	1 each	367	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	*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*
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
POTATO FF,Season.spirals-2018	SERVING	800	155	0	248	2.07	0.75	0.0	0	0.0	0	2.07	25.88	5.18	1.04	0.00
Raisels, Variety	servings	500	140	0	2	1.00	0.81	19.3	137	74.33	27	1.0	34.67	0.0	0.00	0.00
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	1	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
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	68	1160	5648.1	4.39	462.7	4275	37.65	*35	33.92	98.62	18.78	4.60	*0.02
% of Calories											*20.7%	20.0%	58.1%	24.9%	6.1%	*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  
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# Rialto Unified School District

Oct 17, 2022 thru Oct 21, 2022

Base Menu Spreadsheet

Middle School Lunch

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 <sup>1</sup> (g)
Wed - 10/19/2022																
Middle School Lunch	Total	5970														
BURRITO,Carnitas-2018	Servings	900	548	71	861	7.00	4.20	502.8	559	3.6	*3	31.43	56.77	21.88	9.13	*0.01
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
Chicken Sand. Spicy-2017	1 EACH	900	366	45	804	6.00	2.80	98.0	189	0.0	4	27.0	45.0	10.0	1.00	0.00
Chicken, teriyaki,Fried R.2017	serving	800	484	53	1030	5.72	2.90	75.0	6163	24.45	*15	23.61	66.37	13.86	2.44	*0.00
Chicken,Mandarin Orange	SERV	800	622	58	1000	3.55	4.53	66.4	4984	21.3	*0	20.44	86.55	20.84	2.43	*0.00
PEPRONI PIZZA WEDGE ROS E&SHORE	1 EACH	800	350	35	590	4.00	1.44	350.0	500	3.6	4	18.0	31.0	17.0	8.00	0.00
spicy chicken/tapatío salad	1 EACH	800	410	51	868	6.24	3.38	55.1	1656	11.72	*10	22.4	43.32	18.27	2.72	*0.01
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
BEANS, PINTO SEASONED-2017	1/2 CUP	100	83	0	189	3.65	1.28	33.3	32	2.48	*1	5.02	15.13	0.32	0.06	*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*
Fruit, grapes 2017 3oz	package	1502	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.01	0.0	0.00	0.00
APPLES,Fresh	1 EACH	367	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Fruit, PEARS,ASIAN-2017	1 each	367	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	*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*
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
POTATO FF,Season.spirals-2018	SERVING	800	155	0	248	2.07	0.75	0.0	0	0.0	0	2.07	25.88	5.18	1.04	0.00
Raisels, Variety	servings	500	140	0	2	1.00	0.81	19.3	137	74.33	27	1.0	34.67	0.0	0.00	0.00
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	1	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
Sauce, Taco, Tapatío 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			671	61	1166	5647.6	4.10	498.2	4390	34.42	*33	34.39	91.93	20.06	5.37	*0.02
% of Calories											*19.7%	20.5%	54.8%	26.9%	7.2%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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Base Menu Spreadsheet

Middle School Lunch

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* (g)
Thu - 10/20/2022																
Middle School Lunch	Total	5970														
GRAVY, TURKEY, L/F#2 HS-2017	1 each	900	340	27	1035	4.34	3.04	116.6	204	1.72	*5	21.33	46.26	10.0	1.73	*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
Chicken Sand. Spicy-2017	1 EACH	800	366	45	804	6.00	2.80	98.0	189	0.0	4	27.0	45.0	10.0	1.00	0.00
Chicken, teriyaki, Fried R.2017	serving	800	484	53	1030	5.72	2.90	75.0	6163	24.45	*15	23.61	66.37	13.86	2.44	*0.00
Chicken, Mandarin Orange	SERV	800	622	58	1000	3.55	4.53	66.4	4984	21.3	*0	20.44	86.55	20.84	2.43	*0.00
Burrito Chicken Grande 2017	1 each	700	515	55	550	8.55	4.33	275.3	191	2.22	*2	25.83	69.22	16.18	5.24	*0.00
Wrap, CRUNCHY CHICKEN 2017	1 EACH	900	421	50	943	5.34	3.17	202.4	2939	19.9	*5	17.44	51.92	17.81	3.94	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	300	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
Strawberry Cup, Froz. - 2017	1 each	100	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	100	90	0	0	2.00	0.00	0.0	0	0.0	16	0.0	20.0	0.0	0.00	0.00
PEACH CUP	1 EACH	100	53	0	3	1.02	0.21	1.7	161	53.41	13	0.36	13.6	0.07	0.01	*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
BEANS, PINTO SEASONED-2017	1/2 CUP	100	83	0	189	3.65	1.28	33.3	32	2.48	*1	5.02	15.13	0.32	0.06	*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*
Fruit, grapes 2017 3oz	package	1502	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.01	0.0	0.00	0.00
APPLES, Fresh	1 EACH	367	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Fruit, PEARS, ASIAN-2017	1 each	367	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	*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*
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
POTATO FF, Season. spirals-2018	SERVING	800	155	0	248	2.07	0.75	0.0	0	0.0	0	2.07	25.88	5.18	1.04	0.00
Raisels, Variety	servings	500	140	0	2	1.00	0.81	19.3	137	74.33	27	1.0	34.67	0.0	0.00	0.00
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	1	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
Sauce, Taco, Tapatlo 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			677	57	1199	5647.8	4.31	469.6	4521	38.56	*33	33.40	99.76	18.20	4.12	*0.02
% of Calories											*19.7%	19.7%	59.0%	24.2%	5.5%	*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  
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# Rialto Unified School District

Oct 17, 2022 thru Oct 21, 2022

Base Menu Spreadsheet

Middle School Lunch

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 <sup>1</sup> (g)
Fri - 10/21/2022																
Middle School Lunch	Total	5970														
Grilled Cheese, Integrated	1 EACH	1000	245	24	479	3.00	1.64	362.2	393	0.0	5	15.03	30.11	7.83	4.25	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
Chicken Sand. Spicy-2017	1 EACH	1000	366	45	804	6.00	2.80	98.0	189	0.0	4	27.0	45.0	10.0	1.00	0.00
Chicken, teriyaki,Fried R.2017	servng	1000	484	53	1030	5.72	2.90	75.0	6163	24.45	*15	23.61	66.37	13.86	2.44	*0.00
Chicken,Mandarin Orange	SERV	900	622	58	1000	3.55	4.53	66.4	4984	21.3	*0	20.44	86.55	20.84	2.43	*0.00
PEPRONI PIZZA WEDGE ROS E&SHORE	1 EACH	900	350	35	590	4.00	1.44	350.0	500	3.6	4	18.0	31.0	17.0	8.00	0.00
spicy chicken/tapatío salad	1 EACH	900	410	51	868	6.24	3.38	55.1	1656	11.72	*10	22.4	43.32	18.27	2.72	*0.01
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
BEANS, PINTO SEASONED-2017	1/2 CUP	100	83	0	189	3.65	1.28	33.3	32	2.48	*1	5.02	15.13	0.32	0.06	*0.00
Chips, Dorito Baked, Cool Ranc	bag	50	170	0	280	2.00	0.72	60.0	0	0.0	*N/A*	3.0	30.0	5.0	1.00	*N/A*
Chips, Dorito, Nacho cheese	bag	50	170	0	310	2.00	0.72	60.0	100	0.0	*N/A*	3.0	29.0	5.0	1.00	0.00
CHIPS, CHEETOS, FNTSTX,CH IL1oz	BAG 1oz	50	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	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*
Fruit, grapes 2017 3oz	package	1502	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.01	0.0	0.00	0.00
APPLES,Fresh	1 EACH	367	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Fruit, PEARS,ASIAN-2017	1 each	367	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	*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*
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
POTATO FF,Season.spirals-2018	SERVING	800	155	0	248	2.07	0.75	0.0	0	0.0	0	2.07	25.88	5.18	1.04	0.00
Raisels, Variety	servings	500	140	0	2	1.00	0.81	19.3	137	74.33	27	1.0	34.67	0.0	0.00	0.00
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	1	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
Sauce, Taco, Tapatío 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			678	59	1211	5647.6	4.06	496.1	4701	35.31	*34	34.49	94.58	19.73	5.04	*0.02
% of Calories											*20.2%	20.4%	55.8%	26.2%	6.7%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Weighted Average			680	61	1190	5647.8	4.25	486.2	4505	36.66	*34	34.15	96.56	19.41	4.84	*0.02
											*44.8%	20.1%	56.8%	25.7%	6.4%	*0.0%

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- <sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Rialto Unified School District

Oct 17, 2022 thru Oct 21, 2022

Base Menu Spreadsheet

Middle School Lunch

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 <sup>1</sup> (g)
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	680		600 - 700	100%				
Cholesterol (mg)	61							
Sodium (mg)	1190		1360					
Fiber (g)	5647.85							
Iron (mg)	4.25							
Calcium (mg)	486.2							
Vitamin A (IU)	4505							
Sugars (g)	34	19.92%			Missing			
Vitamin C (mg)	36.66							
Protein (g)	34.15	20.09%						
Carbohydrate (g)	96.56	56.80%						
Total Fat (g)	19.41	25.69%	<=30.00%					
Saturated Fat (g)	4.84	6.40%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.02	0.02%			Missing			

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# Rialto Unified School District

Oct 24, 2022 thru Oct 28, 2022

Base Menu Spreadsheet

Middle School Lunch

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 <sup>1</sup> (g)
Mon - 10/24/2022																
Middle School Lunch	Total	5970														
TACO Walkin,Beef,- '22	1.5 oz	1000	384	32	693	4.42	2.32	75.1	796	6.24	*3	13.78	30.47	22.76	5.23	*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
Chicken Sand. Spicy-2017	1 EACH	1000	366	45	804	6.00	2.80	98.0	189	0.0	4	27.0	45.0	10.0	1.00	0.00
Chicken, teriyaki,Fried R.2017	serving	700	484	53	1030	5.72	2.90	75.0	6163	24.45	*15	23.61	66.37	13.86	2.44	*0.00
Chicken,Mandarin Orange	SERV	700	622	58	1000	3.55	4.53	66.4	4984	21.3	*0	20.44	86.55	20.84	2.43	*0.00
PEPRONI PIZZA WEDGE ROS	1 EACH	900	350	35	590	4.00	1.44	350.0	500	3.6	4	18.0	31.0	17.0	8.00	0.00
E&SHORE																
Wrap, CRUNCHY CHICKEN 2017	1 EACH	900	421	50	943	5.34	3.17	202.4	2939	19.9	*5	17.44	51.92	17.81	3.94	*0.00
Strawberry Cup, Froz. - 2017	1 each	100	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	100	90	0	0	2.00	0.00	0.0	0	0.0	16	0.0	20.0	0.0	0.00	0.00
PEACH CUP	1 EACH	100	53	0	3	1.02	0.21	1.7	161	53.41	13	0.36	13.6	0.07	0.01	*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
BEANS, PINTO SEASONED-2017	1/2 CUP	100	83	0	189	3.65	1.28	33.3	32	2.48	*1	5.02	15.13	0.32	0.06	*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*
Fruit, grapes 2017 3oz	package	1502	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.01	0.0	0.00	0.00
APPLES,Fresh	1 EACH	367	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Fruit, PEARS,ASIAN-2017	1 each	367	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	*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*
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
POTATO FF,Season.spirals-2018	SERVING	800	155	0	248	2.07	0.75	0.0	0	0.0	0	2.07	25.88	5.18	1.04	0.00
Raisels, Variety	servings	500	140	0	2	1.00	0.81	19.3	137	74.33	27	1.0	34.67	0.0	0.00	0.00
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	1	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
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			658	56	1168	5647.3	3.85	463.6	4488	37.35	*33	31.62	90.12	20.68	5.17	*0.02
% of Calories											*20.1%	19.2%	54.8%	28.3%	7.1%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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# Rialto Unified School District

Oct 24, 2022 thru Oct 28, 2022

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Choist (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 10/25/2022																
Middle School Lunch	Total	5970														
HAMBURGER, BBQ '22	1 EACH	1000	287	35	742	4.42	3.67	105.9	106	0.79	*5	21.96	35.08	8.51	2.95	*0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1000	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Chicken Sand. Spicy-2017	1 EACH	1000	366	45	804	6.00	2.80	98.0	189	0.0	4	27.0	45.0	10.0	1.00	0.00
Chicken, teriyaki, Fried R.2017	servicing	1000	484	53	1030	5.72	2.90	75.0	6163	24.45	*15	23.61	66.37	13.86	2.44	*0.00
Chicken, Mandarin Orange	SERV	800	622	58	1000	3.55	4.53	66.4	4984	21.3	*0	20.44	86.55	20.84	2.43	*0.00
PEPRONI PIZZA WEDGE ROS E&SHORE	1 EACH	800	350	35	590	4.00	1.44	350.0	500	3.6	4	18.0	31.0	17.0	8.00	0.00
spicy chicken/tapatío salad	1 EACH	800	410	51	868	6.24	3.38	55.1	1656	11.72	*10	22.4	43.32	18.27	2.72	*0.01
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
BEANS, PINTO SEASONED-2017	1/2 CUP	100	83	0	189	3.65	1.28	33.3	32	2.48	*1	5.02	15.13	0.32	0.06	*0.00
Chips, Dorito Baked, Cool Ranc	bag	50	170	0	280	2.00	0.72	60.0	0	0.0	*N/A*	3.0	30.0	5.0	1.00	*N/A*
Chips, Dorito, Nacho cheese	bag	50	170	0	310	2.00	0.72	60.0	100	0.0	*N/A*	3.0	29.0	5.0	1.00	0.00
CHIPS, CHEETOS, FNTSTX, CH IL1oz	BAG 1oz	50	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	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*
Fruit, grapes 2017 3oz	package	1502	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.01	0.0	0.00	0.00
APPLES, Fresh	1 EACH	367	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Fruit, PEARS, ASIAN-2017	1 each	367	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	*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*
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
POTATO FF, Season. spirals-2018	SERVING	800	155	0	248	2.07	0.75	0.0	0	0.0	0	2.07	25.88	5.18	1.04	0.00
Raisels, Variety	servings	500	140	0	2	1.00	0.81	19.3	137	74.33	27	1.0	34.67	0.0	0.00	0.00
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	1	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
Sauce, Taco, Tapatío 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			667	59	1225	5647.7	4.31	448.3	4580	34.89	*34	35.06	93.26	19.12	4.68	*0.02
% of Calories											*20.4%	21.0%	55.9%	25.8%	6.3%	*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  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Rialto Unified School District

Oct 24, 2022 thru Oct 28, 2022

Base Menu Spreadsheet

Middle School Lunch

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 <sup>1</sup> (g)
Wed - 10/26/2022																
Middle School Lunch	Total	5970														
Popcorn Chix Bow-Wh.Grain 2021	Serving	1000	385	47	814	5.82	1.97	211.9	159	2.31	6	21.53	49.22	13.54	2.13	*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
Chicken Sand. Spicy-2017	1 EACH	900	366	45	804	6.00	2.80	98.0	189	0.0	4	27.0	45.0	10.0	1.00	0.00
Chicken, teriyaki,Fried R.2017	serving	600	484	53	1030	5.72	2.90	75.0	6163	24.45	*15	23.61	66.37	13.86	2.44	*0.00
Chicken,Mandarin Orange	SERV	600	622	58	1000	3.55	4.53	66.4	4984	21.3	*0	20.44	86.55	20.84	2.43	*0.00
Burrito Chicken Grande 2017	1 each	600	515	55	550	8.55	4.33	275.3	191	2.22	*2	25.83	69.22	16.18	5.24	*0.00
Chef Salad 2017	1 EACH	800	496	135	951	4.26	1.64	196.4	1437	8.97	*18	18.15	48.11	27.62	7.15	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	300	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
Strawberry Cup, Froz. - 2017	1 each	100	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	100	90	0	0	2.00	0.00	0.0	0	0.0	16	0.0	20.0	0.0	0.00	0.00
PEACH CUP	1 EACH	100	53	0	3	1.02	0.21	1.7	161	53.41	13	0.36	13.6	0.07	0.01	*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
BEANS, PINTO SEASONED-2017	1/2 CUP	100	83	0	189	3.65	1.28	33.3	32	2.48	*1	5.02	15.13	0.32	0.06	*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*
Fruit, grapes 2017 3oz	package	1502	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.01	0.0	0.00	0.00
APPLES,Fresh	1 EACH	367	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Fruit, PEARS,ASIAN-2017	1 each	367	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	*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*
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
POTATO FF,Season.spirals-2018	SERVING	800	155	0	248	2.07	0.75	0.0	0	0.0	0	2.07	25.88	5.18	1.04	0.00
Raisels, Variety	servings	500	140	0	2	1.00	0.81	19.3	137	74.33	27	1.0	34.67	0.0	0.00	0.00
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	1	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
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			653	67	1101	5647.5	3.65	475.6	3894	35.32	*35	32.14	94.12	18.71	4.34	*0.02
% of Calories											*21.3%	19.7%	57.6%	25.8%	6.0%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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Rialto Unified School District

Oct 24, 2022 thru Oct 28, 2022

Base Menu Spreadsheet

Middle School Lunch

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 <sup>1</sup> (g)
Thu - 10/27/2022																
Middle School Lunch	Total	5970														
ITALIAN PASTA BAKE 2020HS/MS	servings	1900	299	44	847	11.17	3.79	187.1	900	13.71	*6	20.0	33.78	9.26	3.86	*0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1000	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Chicken Sand. Spicy-2017	1 EACH	1000	366	45	804	6.00	2.80	98.0	189	0.0	4	27.0	45.0	10.0	1.00	0.00
Burrito Chicken GrandeO&C2017	1 each	300	606	60	724	13.06	6.46	339.5	4135	35.74	*10	26.27	88.12	19.71	5.82	*0.00
Chicken, teriyaki,Fried R.2017	serving	400	484	53	1030	5.72	2.90	75.0	6163	24.45	*15	23.61	66.37	13.86	2.44	*0.00
Chicken,Mandarin Orange	SERV	270	622	58	1000	3.55	4.53	66.4	4984	21.3	*0	20.44	86.55	20.84	2.43	*0.00
Pull Apart Bread 2020	Serving	1500	290	30	629	0.00	9.71	243.0	136	0.48	1	14.99	28.97	13.99	5.00	0.00
WRAP, Chicken BBQ Ranch 2021	1 EA	200	446	51	1278	3.28	3.39	206.1	798	18.32	*3	18.06	57.9	16.16	2.70	*0.00
POTATO FROZEN,FRNCH-2021	SERVING	450	120	0	40	1.00	0.72	0.0	0	0.0	0	2.0	20.0	3.5	0.50	0.00
BEANS, PINTO SEASONED-2017	1/2 CUP	100	83	0	189	3.65	1.28	33.3	32	2.48	*1	5.02	15.13	0.32	0.06	*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*
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*
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*
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 CUP, FRESH 2012	SERVING	400	62	0	12	1.86	0.29	24.1	1303	44.31	*9	1.04	15.44	0.29	0.07	*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*
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	250	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
POTATO FF,Season.spirals-2018	SERVING	800	155	0	248	2.07	0.75	0.0	0	0.0	0	2.07	25.88	5.18	1.04	0.00
Raisels, Variety	servings	500	140	0	2	1.00	0.81	19.3	137	74.33	27	1.0	34.67	0.0	0.00	0.00
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	200	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
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			618	58	1207	5648.4	6.57	508.0	2925	40.85	*29	34.23	84.55	17.95	5.18	*0.02
% of Calories											*19.1%	22.2%	54.8%	26.2%	7.6%	*0.0%
Nutrient Guideline			600-700		1360									<=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

Middle School Lunch

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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 <sup>1</sup> (g)
Fri - 10/28/2022																
Middle School Lunch	Total	5970														
CHICKEN FAJITA / W/RICE	SERVING	1000	301	40	539	3.06	3.80	88.3	716	1.29	*0	16.99	41.59	7.56	1.12	*0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1070	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Chicken Sand. Spicy-2017	1 EACH	1300	366	45	804	6.00	2.80	98.0	189	0.0	4	27.0	45.0	10.0	1.00	0.00
Chicken, teriyaki, Fried R.2017	serving	800	484	53	1030	5.72	2.90	75.0	6163	24.45	*15	23.61	66.37	13.86	2.44	*0.00
Chicken, Mandarin Orange	SERV	800	622	58	1000	3.55	4.53	66.4	4984	21.3	*0	20.44	86.55	20.84	2.43	*0.00
PEPRONI PIZZA WEDGE ROS	1 EACH	800	350	35	590	4.00	1.44	350.0	500	3.6	4	18.0	31.0	17.0	8.00	0.00
E&SHORE																
spicy chicken/tapatío salad	1 EACH	800	410	51	868	6.24	3.38	55.1	1656	11.72	*10	22.4	43.32	18.27	2.72	*0.01
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
BEANS, PINTO SEASONED-2017	1/2 CUP	100	83	0	189	3.65	1.28	33.3	32	2.48	*1	5.02	15.13	0.32	0.06	*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*
Fruit, grapes 2017 3oz	package	1502	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.01	0.0	0.00	0.00
APPLES, Fresh	1 EACH	367	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Fruit, PEARS, ASIAN-2017	1 each	367	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	*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*
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
POTATO FF, Season. spirals-2018	SERVING	800	155	0	248	2.07	0.75	0.0	0	0.0	0	2.07	25.88	5.18	1.04	0.00
Raisels, Variety	servings	500	140	0	2	1.00	0.81	19.3	137	74.33	27	1.0	34.67	0.0	0.00	0.00
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	1	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
Sauce, Taco, Tapatío 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			673	61	1199	5647.5	4.41	448.9	4517	34.20	*33	35.06	94.27	19.06	4.38	*0.02
% of Calories											*19.7%	20.8%	56.0%	25.5%	5.9%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Weighted Average			654	60	1180	5647.7	4.56	468.9	4081	36.52	*33	33.62	91.26	19.11	4.75	*0.02
											*45.3%	20.6%	55.8%	26.3%	6.5%	*0.0%

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# Rialto Unified School District

Oct 24, 2022 thru Oct 28, 2022

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size % of Cals	Reimb Qty Weekly Target	Cals (kcal) % of Target	Cholst (mg)	Sodm (mg) Miss Data	Fiber (g) Shortfall	Iron (mg) Overage	Calc (mg)	Vit-A (IU) Error Messages (if any)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Calories	654		600 - 700	100%													
Cholesterol (mg)	60																
Sodium (mg)	1180		1360														
Fiber (g)	5647.73																
Iron (mg)	4.56																
Calcium (mg)	468.9																
Vitamin A (IU)	4081																
Sugars (g)	33	20.12%				Missing											
Vitamin C (mg)	36.52																
Protein (g)	33.62	20.57%															
Carbohydrate (g)	91.26	55.83%															
Total Fat (g)	19.11	26.30%															
Saturated Fat (g)	4.75	6.54%		<=30.00%													
Trans Fat <sup>1</sup> (g)	0.02	0.02%		<10.00%		Missing											

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# Rialto Unified School District

Oct 31, 2022 thru Oct 31, 2022

Base Menu Spreadsheet

Middle School Lunch

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 <sup>1</sup> (g)
Mon - 10/31/2022																
Middle School Lunch	Total	5970														
CHICKEN, W/ BBQ,Rol/ HS-2018	2 OZ	1000	544	100	808	6.29	4.57	102.9	380	9.67	*4	43.96	55.23	19.56	4.47	*0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	700	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Chicken Sand. Spicy-2017	1 EACH	700	366	45	804	6.00	2.80	98.0	189	0.0	4	27.0	45.0	10.0	1.00	0.00
Chicken, teriyaki,Fried R.2017	serving	700	484	53	1030	5.72	2.90	75.0	6163	24.45	*15	23.61	66.37	13.86	2.44	*0.00
Chicken,Mandarin Orange	SERV	700	622	58	1000	3.55	4.53	66.4	4984	21.3	*0	20.44	86.55	20.84	2.43	*0.00
Burrito Chicken Grande 2017	1 each	700	515	55	550	8.55	4.33	275.3	191	2.22	*2	25.83	69.22	16.18	5.24	*0.00
Chef Salad 2017	1 EACH	700	496	135	951	4.26	1.64	196.4	1437	8.97	*18	18.15	48.11	27.62	7.15	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	300	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
Strawberry Cup, Froz. - 2017	1 each	100	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	100	90	0	0	2.00	0.00	0.0	0	0.0	16	0.0	20.0	0.0	0.00	0.00
PEACH CUP	1 EACH	100	53	0	3	1.02	0.21	1.7	161	53.41	13	0.36	13.6	0.07	0.01	*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
BEANS, PINTO SEASONED-2017	1/2 CUP	100	83	0	189	3.65	1.28	33.3	32	2.48	*1	5.02	15.13	0.32	0.06	*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*
Fruit, grapes 2017 3oz	package	1502	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.01	0.0	0.00	0.00
APPLES,Fresh	1 EACH	367	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Fruit, PEARS,ASIAN-2017	1 each	367	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	*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*
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
POTATO FF,Season.spirals-2018	SERVING	800	155	0	248	2.07	0.75	0.0	0	0.0	0	2.07	25.88	5.18	1.04	0.00
Raisels, Variety	servings	500	140	0	2	1.00	0.81	19.3	137	74.33	27	1.0	34.67	0.0	0.00	0.00
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	1	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
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	73	1079	5647.5	4.02	451.7	3997	37.08	*34	34.98	95.45	19.35	4.59	*0.02
% of Calories											*20.2%	20.7%	56.5%	25.8%	6.1%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Weighted Average			675	73	1079	5647.5	4.02	451.7	3997	37.08	*34	34.98	95.45	19.35	4.59	*0.02
											*45.5%	20.7%	56.5%	25.8%	6.1%	*0.0%

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

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# Rialto Unified School District

Oct 31, 2022 thru Oct 31, 2022

Base Menu Spreadsheet

Middle School Lunch

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 <sup>1</sup> (g)
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target*	Miss Data	Shortfall*	Overage*	Error Messages (if any)*
Calories	675		600 - 700					
Cholesterol (mg)	73							
Sodium (mg)	1079		1360					
Fiber (g)	5647.51							
Iron (mg)	4.02							
Calcium (mg)	451.7							
Vitamin A (IU)	3997							
Sugars (g)	34	20.23%			Missing			
Vitamin C (mg)	37.08							
Protein (g)	34.98	20.72%						
Carbohydrate (g)	95.45	56.54%						
Total Fat (g)	19.35	25.79%	<=30.00%					
Saturated Fat (g)	4.59	6.12%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.02	0.02%			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
- <sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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