

Rialto Unified School District

Nov 1, 2024 thru Nov 1, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

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)
Fri - 11/01/2024																
ELEMENTARY LUNCH, CH	Total	7000														
MACARONI AND CHEESE '22	1/2 CUP	3000	304	45	1252	0.47	0.50	693.6	2239	0.53	*5	25.1	20.89	13.87	9.08	*0.00
Roll, dinner,wh.wheat Galassos	1 each	3000	80	0	149	1.00	1.00	47.8	10	0.0	2	2.99	15.94	1.0	0.00	0.00
Yogurt,Vanilla w/crack-DW '24	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt,Cher-Van w/crack-DW '24	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt,Peach w/crack-DW '24	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
SALAD 3/WAY, '23	servings	5500	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
TOMATOES, GRAPE-2023	1/2 CUP	5500	13	0	4	0.89	0.20	7.5	621	10.21	2	0.66	2.9	0.15	0.02	0.00
APPLES,Fresh	1 EACH	5000	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Pears, In Extra Light Syrup	servings	5500	60	0	5	2.00	0.00	0.0	60	1.2	12	0.0	16.0	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	ounces	2000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK,1% DW 2024	1 EACH	1000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	1 EACH	6000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			651	30	1077	7.80	3.38	896.6	4832	17.05	*67	26.11	111.59	12.64	5.09	*0.00
% of Calories											*40.9%	16.0%	68.5%	17.5%	7.0%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			651	30	1077	7.80	3.38	896.6	4832	17.05	*67	26.11	111.59	12.64	5.09	*0.00
											*92.1%	16.0%	68.5%	17.5%	7.0%	*0.0%

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**Rialto Unified School District**

**Nov 1, 2024 thru Nov 1, 2024**

Base Menu Spreadsheet

**ELEMENTARY LUNCH, CHOICES**

Portion Values - Detailed

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Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target*	Miss Data	Shortfall*	Overage*	Error Messages (if any)*									
Calories	651		550 - 650														
Cholesterol (mg)	30																
Sodium 1 (mg)	1077		1230														
Sodium 1a (mg)	1077		1110														
Fiber (g)	7.80																
Iron (mg)	3.38																
Calcium (mg)	896.6																
Vitamin A (IU)	4832																
Sugars (g)	67	40.92%				Missing											
Vitamin C (mg)	17.05																
Protein (g)	26.11	16.04%															
Carbohydrate (g)	111.59	68.54%															
Total Fat (g)	12.64	17.46%		<=30.00%													
Saturated Fat (g)	5.09	7.03%		<10.00%													
Trans Fat <sup>1</sup> (g)	0.00	0.00%				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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Rialto Unified School District

Nov 4, 2024 thru Nov 8, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

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 <sup>1</sup> (g)
Mon - 11/04/2024																
ELEMENTARY LUNCH, CH	Total	7000														
Sandwich, Fish Square -'24	1 EACH	6000	334	56	495	5.04	3.27	141.2	15	0.0	3	24.35	49.41	5.06	0.00	0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	200	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt,Peach w/crack-DW '24	SERVING	200	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt,Cher-Van w/crack-DW '24	SERVING	200	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt,Vanilla w/crack-DW '24	SERVING	200	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	200	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
SALAD 3/WAY, '23	servings	5500	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
POTATO FROZEN,FRNCH-2021	SERVING	4000	120	0	40	1.00	0.72	0.0	0	0.0	0	2.0	20.0	3.5	0.50	0.00
CARROT, stcks '22	Serving	5500	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	3200	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
DRESSING, RANCH 1oz. '23	ounces	1000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
CATSUP	1 oz	4500	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
TARTAR SAUCE	2 TBSP	2000	76	6	237	0.22	0.19	5.7	124	0.5	*4	0.4	5.48	6.35	0.61	*0.03
MILK,1% DW 2024	1 EACH	1000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	1 EACH	6000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			627	58	970	7.29	4.09	438.0	3444	7.63	*39	32.09	102.35	10.58	1.02	*0.01
% of Calories											*25.0%	20.5%	65.3%	15.2%	1.5%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 11/05/2024																
ELEMENTARY LUNCH, CH	Total	6400														
CHICKEN,OVEN ROASTED	2 OZ	4000	136	50	56	0.02	0.72	8.7	91	0.03	*0	15.51	0.15	7.71	2.15	*0.00
Roll, dinner,whte.wht Galassos	1 each	4000	150	0	270	3.00	1.80	80.0	15	0.0	3	7.0	29.0	2.0	0.00	0.00
Yogurt,Vanilla w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt,Cher-Van w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt,Peach w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
BARBECUE BEANS -2012	1/2 CUP	3000	194	0	782	6.77	2.06	63.3	306	1.51	*9	8.04	45.49	0.63	0.12	*0.00
SALAD 3/WAY, '23	servings	3000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
TOMATOES, GRAPE-2023	1/2 CUP	3000	13	0	4	0.89	0.20	7.5	621	10.21	2	0.66	2.9	0.15	0.02	0.00
BANANAS	1 EACH	3000	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
DRESSING, RANCH 1oz. '23	ounces	3000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK,1% DW 2024	1 EACH	1200	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	1 EACH	5200	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00

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**Rialto Unified School District**

**Nov 4, 2024 thru Nov 8, 2024**

Base Menu Spreadsheet

**ELEMENTARY LUNCH, CHOICES**

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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			627	43	985	8.37	4.37	551.1	2843	11.66	*47 *30.0%	30.37 19.4%	102.69 65.6%	12.89 18.5%	2.72 3.9%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 11/06/2024																
ELEMENTARY LUNCH, CH	Total	7500														
Spaghetti w/Meat &Noodle-2013	3/4 CUP	6000	216	31	765	5.40	3.29	43.4	614	10.57	*4	14.9	28.18	6.07	2.00	*0.00
bread, stick '23	1 each	6000	99	0	94	0.99	1.43	0.0	5	0.0	1	0.99	14.88	2.98	0.50	0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	300	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt,Peach w/crack-DW '24	SERVING	300	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt,Cher-Van w/crack-DW '24	SERVING	300	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	300	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt,Vanilla w/crack-DW '24	SERVING	300	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
SALAD 3/WAY, '23	servings	5500	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
CELERY STICKS 2021	serving	5500	16	0	89	1.78	0.22	44.6	500	3.45	1	0.77	3.31	0.19	0.05	0.00
GRAPES,Fresh	serving	7500	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	0.00
DRESSING, RANCH 1oz. '23	ounces	7500	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK,1% DW 2024	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	1 EACH	5500	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			603	40	1173	8.30	5.19	460.2	3996	17.89	*47 *31.3%	24.68 16.4%	91.07 60.4%	17.20 25.7%	4.01 6.0%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Nov 4, 2024 thru Nov 8, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

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)
Thu - 11/07/2024																
ELEMENTARY LUNCH, CH	Total	6500														
BURRITO,TKY BEAN & CHSE-2 022	SERVING	2500	502	42	990	13.05	4.36	362.3	328	6.87	*4	24.73	60.85	18.89	7.08	*0.00
Yogurt, Vanilla w/crack-DW '24	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
SALAD 3/WAY, '23	servings	5000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
JICAMA STICKS	Serving	3000	25	0	0	3.00	0.36	0.0	5	12.0	1	0.0	6.0	0.0	0.00	0.00
Blueberries, Frozen	Serving	5000	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
FRUIT MIX, Extra Light Syrup	serving	5000	80	0	5	1.00	0.00	0.0	200	1.2	15	0.0	18.0	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	ounces	3000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
Salsa, Low Sodium	1 oz	3000	10	0	32	0.41	0.64	3.2	156	1.14	*N/A*	0.43	1.98	0.05	0.01	0.00
MILK,1% DW 2024	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	1 EACH	4500	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			709	30	901	11.69	4.88	766.7	3534	14.41	*62	23.86	118.38	15.67	4.43	*0.00
% of Calories											*35.0%	13.5%	66.8%	19.9%	5.6%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 11/08/2024																
ELEMENTARY LUNCH, CH	Total	7500														
Nacho Delx W/ 3bnCHILI, chz2023	SERVING	5500	461	30	520	9.22	5.07	311.5	802	3.57	*2	14.75	51.05	21.82	8.04	*0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Vanilla w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
SALAD 3/WAY, '23	servings	4000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
CARROT, sticks '22	Serving	4000	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
APPLES, Fresh	1 EACH	4000	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
DRESSING, RANCH 1oz. '23	ounces	4000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
Salsa, LaVictoria 2017 2oz	Serving	4000	19	0	340	0.00	0.00	0.0	9	6.8	2	0.0	3.78	0.0	0.00	0.00
MILK,1% DW 2024	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	1 EACH	5500	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00

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

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# Rialto Unified School District

Nov 4, 2024 thru Nov 8, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Page 4

Generated on: 10/17/2024 12:36:25 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 <sup>1</sup> (g)
Weighted Daily Average			657	34	940	9.78	5.00	642.4	3089	11.94	*39	21.99	91.81	22.47	7.27	*0.00
% of Calories											*23.9%	13.4%	55.9%	30.8%	10.0%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			644	41	994	9.08	4.71	571.7	3381	12.71	*47	26.60	101.26	15.76	3.89	*0.00
											*65.5%	16.5%	62.9%	22.0%	5.4%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	644		550 - 650	100%				
Cholesterol (mg)	41							
Sodium 1 (mg)	994		1230	81%				
Sodium 1a (mg)	994		1110	90%				
Fiber (g)	9.08							
Iron (mg)	4.71							
Calcium (mg)	571.7							
Vitamin A (IU)	3381							
Sugars (g)	47	29.10%			Missing			
Vitamin C (mg)	12.71							
Protein (g)	26.60	16.51%						
Carbohydrate (g)	101.26	62.85%						
Total Fat (g)	15.76	22.01%	<=30.00%					
Saturated Fat (g)	3.89	5.43%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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

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

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

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

Rialto Unified School District

Nov 12, 2024 thru Nov 15, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

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 <sup>1</sup> (g)
Tue - 11/12/2024																
ELEMENTARY LUNCH, CH	Total	6400														
Ch-Burger w/WhWheat Bun-'24EL	1 EACH	4000	295	46	730	3.40	3.23	166.0	163	0.0	5	22.09	31.5	10.3	3.75	*6.30
Yogurt, Vanilla w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
BARBECUE BEANS -2012	1/2 CUP	3000	194	0	782	6.77	2.06	63.3	306	1.51	*9	8.04	45.49	0.63	0.12	*0.00
SALAD 3/WAY, '23	servings	3000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
CARROT, sticks '22	Serving	3000	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
APPLES, Fresh	1 EACH	3000	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
DRESSING, RANCH 1oz. '23	ounces	3000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
CATSUP	.5 oz	2000	17	0	154	0.05	0.06	2.6	90	0.7	4	0.18	4.66	0.02	0.00	0.00
MUSTARD	.5 oz	2000	9	0	166	0.60	0.24	9.5	16	0.05	0	0.56	0.87	0.5	0.03	0.00
MILK, 1% DW 2024	1 EACH	1200	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	1 EACH	5200	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			625	40	1337	8.71	4.77	601.2	2625	5.95	*49	29.68	102.66	13.30	3.69	*3.94
% of Calories											*31.4%	19.0%	65.6%	19.1%	5.3%	*5.7%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 11/13/2024																
ELEMENTARY LUNCH, CH	Total	6400														
Chicken, Curried '24	SERVINGS	4000	122	45	532	1.46	0.32	39.8	3382	2.51	*3	13.19	6.26	4.83	1.56	*0.00
Rice, Brown, Steamed '24	1 cup	4000	232	1	226	2.13	0.77	11.7	1	0.65	*0	4.69	45.5	3.24	0.50	*0.00
Yogurt, Vanilla w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
SALAD 3/WAY, '23	servings	4000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
CELERY STICKS 2021	serving	4000	16	0	89	1.78	0.22	44.6	500	3.45	1	0.77	3.31	0.19	0.05	0.00
GRAPES, Fresh	serving	4000	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	0.00
FRUIT MIX, Extra Light Syrup	serving	4000	80	0	5	1.00	0.00	0.0	200	1.2	15	0.0	18.0	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	ounces	3000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK, 1% DW 2024	1 EACH	1200	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	1 EACH	5200	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00

\*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.

**Rialto Unified School District**

**Nov 12, 2024 thru Nov 15, 2024**

Base Menu Spreadsheet

**ELEMENTARY LUNCH, CHOICES**

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)
Weighted Daily Average			630	40	949	6.21	2.63	528.8	5382	9.87	*56	23.81	106.93	11.66	2.64	*0.00
% of Calories											*35.7%	15.1%	67.9%	16.7%	3.8%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Thu - 11/14/2024																
ELEMENTARY LUNCH, CH	Total	9000														
PIZZA, DOMINOS 14" WG Chz, slic e'24	serving	7000	240	15	460	3.00	2.00	540.0	0	0.0	3	21.0	28.0	8.0	3.50	0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Vanilla w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
CAKE, CHOCOLATE, WHT FR OST	1 EACH	7000	259	0	164	2.17	1.12	11.3	102	0.01	*26	2.61	40.3	10.86	2.27	*0.00
SALAD 3/WAY, '23	servings	8000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
JICAMA STICKS	Serving	4000	25	0	0	3.00	0.36	0.0	5	12.0	1	0.0	6.0	0.0	0.00	0.00
STRAWBERRIES: frozen unswtnd.	serving	4000	39	0	2	2.32	0.83	17.7	50	45.53	5	0.48	10.09	0.12	0.01	0.00
DRESSING, RANCH 1oz. '23	ounces	3000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK, 1% DW 2024	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	1 EACH	6000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			646	22	800	7.56	4.04	788.7	3517	29.34	*51	28.36	97.51	19.17	5.48	*0.00
% of Calories											*31.6%	17.6%	60.4%	26.7%	7.6%	*0.0%
Nutrient Guideline			550-650		1230									<=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

Nov 12, 2024 thru Nov 15, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

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 <sup>1</sup> (g)
Fri - 11/15/2024																
ELEMENTARY LUNCH, CH	Total	8000														
RAVIOLI, WG CHEESE-'24	Serving	6000	339	77	856	4.36	3.86	321.1	908	13.06	*6	23.09	44.89	9.37	4.05	*0.00
bread, stick '23	1 each	6000	99	0	94	0.99	1.43	0.0	5	0.0	1	0.99	14.88	2.98	0.50	0.00
Yogurt, Vanilla w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
SALAD 3/WAY, '23	servings	6000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
BROCCOLI, raw: fresh	Serving	4000	15	0	15	1.18	0.33	21.4	283	40.59	1	1.28	3.02	0.17	0.05	0.00
APPLES, Fresh	1 EACH	4000	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
PINEAPPLE, IN JUICE	Serving	4000	54	0	1	1.18	0.25	14.5	45	8.51	13	0.46	14.08	0.1	0.01	0.00
DRESSING, RANCH 1oz. '23	ounces	3000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK, 1% DW 2024	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	1 EACH	6000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			655	69	1072	8.09	5.51	658.0	3989	40.70	*48	29.98	104.12	14.51	4.57	*0.00
% of Calories											*29.2%	18.3%	63.6%	19.9%	6.3%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Weighted Average			639	43	1040	7.64	4.24	644.2	3878	21.47	*51	27.96	102.80	14.66	4.09	*0.98
											*71.9%	17.5%	64.3%	20.6%	5.8%	*1.4%

\*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.

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 <sup>1</sup> (g)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	639		550 - 650		100%												
Cholesterol (mg)	43																
Sodium 1 (mg)	1040		1230		85%												
Sodium 1a (mg)	1040		1110		94%												
Fiber (g)	7.64																
Iron (mg)	4.24																
Calcium (mg)	644.2																
Vitamin A (IU)	3878																
Sugars (g)	51	31.94%				Missing											
Vitamin C (mg)	21.47																
Protein (g)	27.96	17.50%															
Carbohydrate (g)	102.80	64.35%															
Total Fat (g)	14.66	20.65%															
Saturated Fat (g)	4.09	5.76%															
Trans Fat <sup>1</sup> (g)	0.98	1.39%				Missing											

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

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

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

Rialto Unified School District

Nov 18, 2024 thru Nov 22, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

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 - 11/18/2024																
ELEMENTARY LUNCH, CH	Total	9000														
TACO GRANDE,TURKEY-2022	1 EACH	7000	381	55	508	2.00	*1.80	*100.0	12	*0.0	*2	21.38	33.49	18.93	7.24	0.00
Yogurt,Vanilla w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt,Cher-Van w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt,Peach w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
BEANS, PINTO SEASONED-2017	1/2 CUP	5000	83	0	189	3.65	1.28	33.3	32	2.48	*1	5.02	15.13	0.32	0.06	*0.00
LETTUCE, SHREDED	Serving	5000	10	0	7	0.86	0.30	13.0	361	2.02	1	0.65	2.14	0.1	0.01	0.00
TOMATOES, GRAPE-2023	1/2 CUP	5000	13	0	4	0.89	0.20	7.5	621	10.21	2	0.66	2.9	0.15	0.02	0.00
APPLES,Fresh	1 EACH	5000	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Salsa, LaVictoria 2017 2oz	Serving	5000	19	0	340	0.00	0.00	0.0	9	6.8	2	0.0	3.78	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	ounces	5000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK,1% DW 2024	1 EACH	1000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	1 EACH	7500	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			664	53	1068	7.48	*3.56	*485.7	1525	*15.56	*42	30.44	90.56	21.27	6.84	*0.00
% of Calories											*25.2%	18.3%	54.5%	28.8%	9.3%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 11/19/2024																
ELEMENTARY LUNCH, CH	Total	7000														
Chicken, Teriyaki, Yangs '22	serving	5000	115	70	330	0.00	0.72	0.0	30	0.0	6	15.0	6.0	3.5	1.00	0.00
RICE, ORIENTAL-BROWN RIC E-2014	1/2 CUP	5000	97	1	133	1.12	0.44	2.9	1	0.44	*0	2.79	19.61	0.98	0.04	0.00
Yogurt,Vanilla w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt,Cher-Van w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt,Peach w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
SALAD 3/WAY, '23	servings	5000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
BROCCOLI,raw: fresh	Serving	5000	15	0	15	1.18	0.33	21.4	283	40.59	1	1.28	3.02	0.17	0.05	0.00
BANANAS	1 EACH	5000	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
Pears, In Extra Light Syrup	serving	5000	60	0	5	2.00	0.00	0.0	60	1.2	12	0.0	16.0	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	ounces	3000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK,1% DW 2024	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	1 EACH	5000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00

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Rialto Unified School District

Nov 18, 2024 thru Nov 22, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

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)
Weighted Daily Average			542	63	716	6.33	2.56	443.3	3295	39.49	*52	25.60	92.21	9.26	2.12	*0.00
% of Calories											*38.5%	18.9%	68.0%	15.4%	3.5%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 11/20/2024																
ELEMENTARY LUNCH, CH	Total	7500														
LASAGNA, W/ BEEF SAUCE'23	1 piece	5100	314	47	478	2.10	3.02	325.5	597	8.55	*3	21.8	32.82	10.46	5.35	*0.00
Yogurt, Vanilla w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
SALAD 3/WAY, '23	servings	5500	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
Green Beans, Can-Season-2014	1/2 cup	5000	28	0	243	2.37	1.09	33.6	509	6.18	*0	1.47	6.12	0.12	0.04	*0.00
Pears, In Extra Light Syrup	serving	5500	60	0	5	2.00	0.00	0.0	60	1.2	12	0.0	16.0	0.0	0.00	0.00
GRAPES, Fresh	serving	7500	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	0.00
DRESSING, RANCH 1oz. '23	ounces	7500	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK, 1% DW 2024	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	1 EACH	5500	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			664	48	957	6.84	4.51	707.3	3931	17.72	*58	28.16	101.87	17.73	5.76	*0.00
% of Calories											*35.0%	17.0%	61.4%	24.0%	7.8%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Nov 18, 2024 thru Nov 22, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

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 - 11/21/2024																
ELEMENTARY LUNCH, CH	Total	6400														
TURKEY GRAVY -2022	3/8 CUP	4000	148	45	755	0.04	1.41	15.6	3	0.6	*0	18.21	6.29	5.02	1.65	*0.00
Roll, dinner,white.wht Galassos	1 each	4000	150	0	270	3.00	1.80	80.0	15	0.0	3	7.0	29.0	2.0	0.00	0.00
POTATO,MASHED,IDAHO REA L 2020	Servings	4000	23	0	91	0.26	0.08	8.6	1	0.0	0	0.52	4.65	0.13	0.00	0.00
Yogurt,Vanilla w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt,Cher-Van w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt,Peach w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
SALAD 3/WAY, '23	servings	3000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
CORN,CANNED,YELLOW .50cup	Serving	3000	55	0	168	1.64	0.22	2.5	38	1.48	4	1.88	11.76	1.0	0.20	0.00
ORANGE WEDGES '23	SERVING	3000	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
SLUSH, KIWI STRAWBERRY '23	container s, 4oz	3000	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	ounces	2000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK,1% DW 2024	1 EACH	1200	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	1 EACH	5200	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			573	39	1175	5.56	3.98	541.5	2676	27.01	*48	29.00	93.44	10.10	2.19	*0.00
% of Calories											*33.3%	20.2%	65.2%	15.9%	3.4%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 11/22/2024																
ELEMENTARY LUNCH, CH	Total	7000														
Bean and cheese Pupusa '24	1 each	5000	320	15	526	6.00	1.42	232.0	3513	19.33	*3	13.96	41.43	11.12	3.53	*0.00
Yogurt,Vanilla w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt,Cher-Van w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt,Peach w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
SALAD 3/WAY, '23	servings	5000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
CARROT, sticks '22	Serving	6500	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	4000	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
DRESSING, RANCH 1oz. '23	ounces	4000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
Salsa, LaVictoria 2017 2oz	Serving	4000	19	0	340	0.00	0.00	0.0	9	6.8	2	0.0	3.78	0.0	0.00	0.00
MILK,1% DW 2024	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	1 EACH	5000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00

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**Rialto Unified School District**

**Nov 18, 2024 thru Nov 22, 2024**

Base Menu Spreadsheet

**ELEMENTARY LUNCH, CHOICES**

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)
Weighted Daily Average			563	24	960	7.56	2.42	595.6	5538	24.40	*42	21.45	86.81	14.87	3.99	*0.00
% of Calories											*29.6%	15.2%	61.7%	23.8%	6.4%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			601	45	975	6.75	*3.41	*554.7	3393	*24.84	*48	26.93	92.98	14.65	4.18	*0.00
											*72.3%	17.9%	61.8%	21.9%	6.3%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	601		550 - 650	100%				
Cholesterol (mg)	45							
Sodium 1 (mg)	975		1230	79%				
Sodium 1a (mg)	975		1110	88%				
Fiber (g)	6.75							
Iron (mg)	3.41				Missing			
Calcium (mg)	554.7				Missing			
Vitamin A (IU)	3393							
Sugars (g)	48	32.14%						
Vitamin C (mg)	24.84				Missing			
Protein (g)	26.93	17.91%						
Carbohydrate (g)	92.98	61.84%						
Total Fat (g)	14.65	21.92%	<=30.00%					
Saturated Fat (g)	4.18	6.26%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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