

Rialto Unified School District

Nov 1, 2022 thru Nov 4, 2022

Base Menu Spreadsheet

PRESCHOOL

Portion Values - Detailed

Page 1

Generated on: 10/31/2022 11:41:12 AM

	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 - 11/01/2022																
PRESCHOOL	Total	1000														
TACO GRANDE, TURKEY-2022	1 EACH	900	297	55	566	2.00	*0.36	*0.0	*0	*0.0	*2	16.38	15.49	19.43	7.74	0.00
BEANS, PINTO SEASONED-PS 2018	1/4 CUP	1800	42	0	108	1.85	0.66	17.3	73	1.56	*0	2.53	7.61	0.16	0.03	*0.00
LETTUCE, SHREDDED	Serving	1800	10	0	7	0.86	0.30	13.0	361	2.02	1	0.65	2.14	0.1	0.01	*N/A*
APRICOTS: canned, light syrup	serving	1800	80	0	5	2.02	0.49	13.9	1672	3.42	19	0.67	20.86	0.06	0.00	*N/A*
Salsa, Low Sodium 2oz	serving	1800	20	0	64	0.82	1.27	6.4	312	2.28	*N/A*	0.85	3.97	0.11	0.02	0.00
MILK, 1% HOLLANDIA 2017	1 EACH	900	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			648	63	977	11.81	*5.21	*406.1	*4803	*18.86	*52	33.09	90.57	20.52	8.41	*0.00
% of Calories											*32.0%	20.4%	55.9%	28.5%	11.7%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 11/02/2022																
PRESCHOOL	Total	800														
Spagh.w/Meat &Noodle-Roll-2020	3/4 CUP	800	384	47	928	8.21	5.25	97.1	611	10.57	*6	24.46	54.28	9.94	2.97	*0.00
SALAD 3/WAY, side, 2021	servings	800	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
STRAWBERRIES: frozen unswtnd.	serving	800	39	0	2	2.32	0.83	17.7	50	45.53	5	0.48	10.09	0.12	0.01	*N/A*
DRESSING, RANCH	1 oz	65	65	6	150	0.03	0.02	18.0	1	0.16	*1	0.52	2.01	7.1	1.19	*0.00
MILK, 1% HOLLANDIA 2017	1 EACH	800	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			561	62	1093	11.54	6.17	471.3	3014	62.72	*26	36.72	84.25	12.63	4.49	*0.00
% of Calories											*18.6%	26.2%	60.1%	20.3%	7.2%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Thu - 11/03/2022																
PRESCHOOL	Total	850														
Popcorn Chicken-Wh.Grain 2021	Serving	950	207	47	400	2.00	0.36	160.0	112	1.0	1	14.0	13.0	11.0	2.00	0.00
Roll, dinner, wh.wheat Galassos	1 each	950	90	0	170	2.00	1.08	40.0	10	0.0	2	5.0	17.0	1.5	0.00	0.00
SALAD 3/WAY, side, 2021	servings	1800	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
ORANGES	1 EACH	1800	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.02	*N/A*
DRESSING, RANCH	1 oz	850	65	6	150	0.03	0.02	18.0	1	0.16	*1	0.52	2.01	7.1	1.19	*0.00
CATSUP	1 oz	1900	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
MILK, 1% HOLLANDIA 2017	1 EACH	850	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			725	74	1561	11.50	2.04	686.7	5392	125.25	*53	36.32	102.29	23.94	4.99	*0.00
% of Calories											*29.5%	20.0%	56.4%	29.7%	6.2%	*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
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Rialto Unified School District

Nov 1, 2022 thru Nov 4, 2022

Base Menu Spreadsheet

PRESCHOOL

Portion Values - Detailed

Page 2

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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)
Fri - 11/04/2022																
PRESCHOOL	Total	1100														
Chile Verde Bowl-2019	3 oz	700	499	100	654	2.85	2.82	143.5	991	11.98	*1	37.68	48.04	18.01	2.71	*0.00
CARROT, sticks '22	Serving	900	54	0	91	3.69	0.40	43.5	22161	7.78	6	1.23	12.63	0.32	0.05	0.00
FRUIT MIX, Extra Light Syrup	serving	900	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	1 oz	900	65	6	150	0.03	0.02	18.0	1	0.16	*1	0.52	2.01	7.1	1.19	*0.00
MILK,1% HOLLANDIA 2017	1 EACH	900	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			578	81	740	5.68	2.13	428.0	19336	17.07	*30	34.40	70.36	19.58	3.97	*0.00
% of Calories											*20.7%	23.8%	48.7%	30.5%	6.2%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			628	70	1093	10.13	*3.89	*498.0	*8136	*55.97	*40	35.13	86.87	19.17	5.47	*0.00
											*57.8%	22.4%	55.3%	27.5%	7.8%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	628		550 - 650	100%				
Cholesterol (mg)	70							
Sodium (mg)	1093		1230					
Fiber (g)	10.13							
Iron (mg)	3.89				Missing			
Calcium (mg)	498.0				Missing			
Vitamin A (IU)	8136				Missing			
Sugars (g)	40	25.68%			Missing			
Vitamin C (mg)	55.97				Missing			
Protein (g)	35.13	22.38%						
Carbohydrate (g)	86.87	55.33%						
Total Fat (g)	19.17	27.47%	<=30.00%					
Saturated Fat (g)	5.47	7.83%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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Rialto Unified School District

Nov 7, 2022 thru Nov 11, 2022

Base Menu Spreadsheet

PRESCHOOL

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' (g)
Mon - 11/07/2022																
PRESCHOOL	Total	1200														
MACARONI AND CHEESE '22	1/2 CUP	900	304	45	1252	0.47	0.50	693.6	2239	0.53	*5	25.1	20.89	13.87	9.08	*0.00
BROCCOLI: frozen, boiled	1 CUP	1200	52	0	20	5.52	1.12	60.7	1860	73.78	3	5.7	9.84	0.22	0.02	*N/A*
PEACHES, Diced Xtra Lite Syrup	serving	1200	60	0	10	0.00	0.00	0.0	300	1.2	0	0.0	14.0	0.0	0.00	0.00
DRESSING, RANCH .50oz	Servings	900	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
MILK, 1% HOLLANDIA 2017	1 EACH	900	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			454	47	1131	5.88	1.51	850.1	4215	77.24	*17	32.97	52.25	15.16	8.40	*0.00
% of Calories											*15.3%	29.1%	46.1%	30.1%	16.7%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 11/08/2022																
PRESCHOOL	Total	850														
TERIYAKI BEEF DUNKERS	SERVING (4each)	1000	159	39	382	0.60	1.60	14.0	49	0.0	9	13.6	11.7	6.5	2.60	0.00
RICE, ORIENTAL-BROWN RIC E-2014	1/2 CUP	1000	97	1	133	1.12	0.44	2.9	1	0.44	*0	2.79	19.61	0.98	0.04	*0.00
BROCCOLI: fresh, boiled	serving	900	55	0	64	5.15	1.05	62.4	2415	101.24	2	3.71	11.2	0.64	0.11	*N/A*
SALAD 3/WAY	1/4 CUP	900	5	0	3	0.27	0.01	0.3	33	0.99	*0	0.27	1.07	0.0	0.00	*N/A*
GRAPES, Fresh	serving	900	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
MILK, 1% HOLLANDIA 2017	1 EACH	900	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			557	62	838	8.64	3.79	470.5	3278	115.20	*44	35.75	83.48	12.46	4.92	*0.00
% of Calories											*31.4%	25.7%	59.9%	20.1%	7.9%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 11/09/2022																
PRESCHOOL	Total	900														
BURRITO, TKY BEAN & CHSE-2 017	SERVING	900	434	27	452	8.27	4.30	175.0	362	2.03	*2	19.21	59.25	14.21	3.87	*0.00
Green Beans, Can-Season-2014	1/2 cup	900	28	0	243	2.37	1.09	33.6	509	6.18	*0	1.47	6.12	0.12	0.04	*0.00
APRICOTS: canned, light syrup	serving	900	80	0	5	2.02	0.49	13.9	1672	3.42	19	0.67	20.86	0.06	0.00	*N/A*
Salsa, LaVictoria 2017 2oz	Serving	900	19	0	340	0.00	0.00	0.0	0	6.8	2	0.0	3.78	0.0	0.00	0.00
MILK, 1% HOLLANDIA 2017	1 EACH	900	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			681	42	1190	12.65	5.88	572.5	3043	20.83	*37	32.35	106.01	16.90	5.40	*0.00
% of Calories											*21.5%	19.0%	62.3%	22.3%	7.1%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Nov 7, 2022 thru Nov 11, 2022

Base Menu Spreadsheet

PRESCHOOL

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 - 11/10/2022																
PRESCHOOL	Total	1200														
Pozole, Red Turkey'22 SEC	14 oz	800	252	48	1584	3.47	2.57	24.0	1210	3.0	*3	21.6	24.3	6.91	2.67	*0.00
TORTILLA CHIPS-2021	SERVING.	800	280	0	200	6.00	3.60	80.0	200	0.0	*N/A*	4.0	38.0	12.0	2.00	0.00
SALAD 3/WAY, side,2021	servings	2400	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
APPLES,Fresh sliced 2017	pkg. (3 oz)	2400	51	0	0	3.00	0.18	10.0	50	185.4	9	0.0	12.0	0.0	0.00	0.00
DRESSING, RANCH .50oz	Servings	800	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
MILK,1% HOLLANDIA 2017	1 EACH	800	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			595	44	1359	14.32	4.67	341.7	5080	382.90	*31	26.14	84.63	16.76	4.53	*0.00
% of Calories											*21.0%	17.6%	56.9%	25.4%	6.9%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Fri - 11/11/2022																
PRESCHOOL	Total	1														
HOLIDAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Weighted Average			572	49	1129	10.38	3.96	558.7	3904	149.04	*32	31.80	81.59	15.32	5.81	*0.00
											*50.7%	22.3%	57.1%	24.1%	9.2%	*0.0%

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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 ¹ (g)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	572		550 - 650		100%												
Cholesterol (mg)	49																
Sodium (mg)	1129		1230														
Fiber (g)	10.38																
Iron (mg)	3.96																
Calcium (mg)	558.7																
Vitamin A (IU)	3904																
Sugars (g)	32	22.53%				Missing											
Vitamin C (mg)	149.04																
Protein (g)	31.80	22.25%															
Carbohydrate (g)	81.59	57.09%															
Total Fat (g)	15.32	24.12%	<=30.00%														
Saturated Fat (g)	5.81	9.15%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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Rialto Unified School District

Nov 14, 2022 thru Nov 18, 2022

Base Menu Spreadsheet

PRESCHOOL

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)
Mon - 11/14/2022																
PRESCHOOL	Total	900														
Popcorn Chicken-Wh.Grain 2021	Serving	900	207	47	400	2.00	0.36	160.0	112	1.0	1	14.0	13.0	11.0	2.00	0.00
SALAD 3/WAY, side,2021	servings	1800	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
APPLESAUCE, UNSWEETNED	serving	1800	51	0	2	1.34	0.28	4.9	35	1.22	11	0.21	13.75	0.12	0.01	*N/A*
DRESSING, RANCH .50oz	Servings	900	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
CATSUP	1 oz	900	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	900	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			531	65	913	6.70	1.13	541.7	4557	16.36	*46	27.24	73.60	17.41	4.13	*0.00
% of Calories											*34.9%	20.5%	55.4%	29.5%	7.0%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 11/15/2022																
PRESCHOOL	Total	950														
Tostada, Beef Crumbles '22	1 EACH	950	280	44	750	4.42	2.34	141.6	901	6.24	*3	16.26	18.76	15.74	5.94	*0.00
LETTUCE, SHREDDED	Serving	3000	10	0	7	0.86	0.30	13.0	361	2.02	1	0.65	2.14	0.1	0.01	*N/A*
PEACHES, Diced Xtra Lite Syrup	serving	3000	60	0	10	0.00	0.00	0.0	300	1.2	0	0.0	14.0	0.0	0.00	0.00
Salsa, LaVictoria 2017 2oz	Serving	1	19	0	340	0.00	0.00	0.0	0	6.8	2	0.0	3.78	0.0	0.00	0.00
DRESSING, RANCH	.5 oz	1	32	3	75	0.02	0.01	9.0	1	0.08	*0	0.26	1.0	3.55	0.59	*0.00
MILK,1% HOLLANDIA 2017	1 EACH	1000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			628	60	963	7.15	3.27	551.0	3516	18.93	*22	29.89	86.57	18.69	7.55	*0.00
% of Calories											*14.0%	19.0%	55.1%	26.8%	10.8%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 11/16/2022																
PRESCHOOL	Total	1500														
ENCHILADA, Cheesy Green 2021	6.25 OUN CE	900	293	48	891	1.10	1.17	485.8	466	5.44	2	15.06	19.86	17.11	8.85	*0.00
CARROT, sticks '22	Serving	3500	54	0	91	3.69	0.40	43.5	22161	7.78	6	1.23	12.63	0.32	0.05	0.00
BANANAS	1 EACH	3500	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
DRESSING, RANCH .50oz	Servings	1	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
MILK,1% HOLLANDIA 2017	1 EACH	900	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			584	38	839	15.40	2.24	614.8	52439	43.36	53	21.07	104.81	13.28	6.59	*0.00
% of Calories											36.4%	14.4%	71.8%	20.5%	10.2%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Nov 14, 2022 thru Nov 18, 2022

Base Menu Spreadsheet

PRESCHOOL

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)
Thu - 11/17/2022																
PRESCHOOL	Total	800														
TURKEY GRAVY -2022	3/8 CUP	800	148	45	755	0.04	1.41	15.6	3	0.6	*0	18.21	6.29	5.02	1.65	*0.00
POTATO,MASHED,IDAHO REA L 2020	Servings	800	23	0	91	0.26	0.08	8.6	0	0.0	0	0.52	4.65	0.13	0.00	*0.00
Roll, dinner,wh.wheat Galassos	1 each	800	90	0	170	2.00	1.08	40.0	10	0.0	2	5.0	17.0	1.5	0.00	0.00
CUCUMBER, SLICED 2021	serving	1600	12	0	2	0.39	0.22	12.5	82	2.18	1	0.51	2.83	0.09	0.02	*N/A*
GRAPES,Fresh	serving	1600	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
DRESSING, RANCH .50oz	Servings	1	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
MILK,1% HOLLANDIA 2017	1 EACH	1000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			558	64	1211	4.74	3.54	552.5	985	15.33	*53 *37.7%	39.65 28.4%	85.16 61.0%	10.59 17.1%	3.77 6.1%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 11/18/2022																
PRESCHOOL	Total	850														
PIZZA,Chse,Wh.Gr4X6-2013	1 EACH	850	323	36	608	3.58	1.37	503.6	490	12.65	5	18.63	31.91	13.78	6.23	0.00
CUCUMBER, SLICED	serving	3000	12	0	2	0.39	0.22	12.5	82	2.18	1	0.51	2.83	0.09	0.02	*N/A*
PINEAPPLE, IN JUICE	Serving	3000	54	0	1	1.18	0.25	14.5	45	8.51	13	0.46	14.08	0.1	0.01	*N/A*
DRESSING, RANCH .50oz	Servings	1	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
MILK,1% HOLLANDIA 2017	1 EACH	900	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			683	52	775	9.11	3.04	969.4	1468	52.92	70 40.8%	33.70 19.7%	108.55 63.6%	17.08 22.5%	7.93 10.4%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			597	56	940	8.62	2.64	645.9	12593	29.38	*49 *73.4%	30.31 20.3%	91.74 61.5%	15.41 23.2%	5.99 9.0%	*0.00 *0.0%
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Rialto Unified School District

Nov 14, 2022 thru Nov 18, 2022

Base Menu Spreadsheet

PRESCHOOL

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	597		550 - 650		100%												
Cholesterol (mg)	56																
Sodium (mg)	940		1230														
Fiber (g)	8.62																
Iron (mg)	2.64																
Calcium (mg)	645.9																
Vitamin A (IU)	12593																
Sugars (g)	49	32.64%				Missing											
Vitamin C (mg)	29.38																
Protein (g)	30.31	20.31%															
Carbohydrate (g)	91.74	61.49%															
Total Fat (g)	15.41	23.25%			<=30.00%												
Saturated Fat (g)	5.99	9.04%			<10.00%												
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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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)
Mon - 11/28/2022																
PRESCHOOL	Total	1000														
Nacho Delx W/ CHILI,cheese2021	SERVING	700	509	30	485	11.19	5.81	328.1	799	4.32	*2	17.94	59.55	21.92	8.07	*0.00
SALAD 3WAY, side,2021	servings	800	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
APRICOTS: canned,light syrup	serving	800	80	0	5	2.02	0.49	13.9	1672	3.42	19	0.67	20.86	0.06	0.00	*N/A*
DRESSING, RANCH .50oz	Servings	1	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
Salsa, LaVictoria 2017 2oz	Serving	800	19	0	340	0.00	0.00	0.0	0	6.8	2	0.0	3.78	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	800	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			546	33	746	10.25	4.54	526.0	3780	16.50	*30	22.52	77.31	17.44	6.86	*0.00
% of Calories											*21.8%	16.5%	56.7%	28.8%	11.3%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 11/29/2022																
PRESCHOOL	Total	750														
Chicken,Tangerine-2014	SERV	900	190	45	380	2.00	1.44	0.0	65	0.0	13	14.0	25.0	4.0	1.00	0.00
RICE, ORIENTAL-BROWN RIC E-2014	1/2 CUP	900	97	1	133	1.12	0.44	2.9	1	0.44	*0	2.79	19.61	0.98	0.04	*0.00
STRAWBERRIES,FRESH	Serving	900	23	0	1	1.44	0.30	11.5	9	42.34	4	0.48	5.53	0.22	0.01	*N/A*
CAULIFLOWER:fresh boiled	1/4 CUP	900	7	0	5	0.71	0.10	5.0	4	13.73	1	0.57	1.27	0.14	0.02	*N/A*
BROCCOLI,raw: fresh	Serving	900	15	0	15	1.18	0.33	21.4	283	40.59	1	1.28	3.02	0.17	0.01	*N/A*
DRESSING, RANCH .50oz	Servings	1	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
MILK,1% HOLLANDIA 2017	1 EACH	900	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			544	73	821	7.75	3.12	468.9	1034	119.39	*38	36.15	84.52	9.60	3.10	*0.00
% of Calories											*28.2%	26.6%	62.2%	15.9%	5.1%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 11/30/2022																
PRESCHOOL	Total	850														
Ch-Burger w/WhWheat Bun-2015EL	1 EACH	900	295	46	730	3.40	3.23	166.0	163	0.0	5	22.09	31.5	10.3	3.75	*0.00
TOMATOES, CHERRY-2012	1/2 CUP	900	13	0	4	0.89	0.20	7.5	621	10.21	2	0.66	2.9	0.15	0.02	*N/A*
SALAD 3WAY, side,2021	servings	900	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
PEACHES, Diced Xtra Lite Syrup	serving	900	60	0	10	0.00	0.00	0.0	300	1.2	0	0.0	14.0	0.0	0.00	0.00
DRESSING, RANCH .50oz	Servings	1	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
CATSUP	1 oz	900	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	900	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00

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Rialto Unified School District

Nov 28, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

PRESCHOOL

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)
Weighted Daily Average			572	64	1243	5.61	3.73	561.2	3815	21.21	*29	36.57	81.13	13.77	5.60	*0.00
% of Calories											*20.6%	25.6%	56.8%	21.7%	8.8%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			554	57	937	7.87	3.80	518.7	2877	52.36	*33	31.74	80.99	13.61	5.19	*0.00
											*52.9%	22.9%	58.5%	22.1%	8.4%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	554		550 - 650	100%				
Cholesterol (mg)	57							
Sodium (mg)	937		1230					
Fiber (g)	7.87							
Iron (mg)	3.80							
Calcium (mg)	518.7							
Vitamin A (IU)	2877							
Sugars (g)	33	23.51%			Missing			
Vitamin C (mg)	52.36							
Protein (g)	31.74	22.93%						
Carbohydrate (g)	80.99	58.51%						
Total Fat (g)	13.61	22.12%	<=30.00%					
Saturated Fat (g)	5.19	8.43%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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