

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Oct 2, 2023 thru Oct 6, 2023

EL CLASSROOM BREAKFAST #1

Generated on: 9/11/2023 10:20:35 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 ¹ (g)
Mon - 10/02/2023																
EL CLASSROOM BREAKFA	Total	100														
Pan Dulce 51% Whole Wheat-2014	1 each	100		10	180	2.00	1.44	0.0	35	0.0	7	5.0	31.0	5.5	1.75	0.00
Craisins 2020	servings	1	187	0	2	3.45	0.32	6.1	0	0.12	39	0.04	49.92	0.83	0.06	*N/A*
Craisins 2020	servings	100	187	0	2	3.45	0.32	6.1	0	0.12	39	0.04	49.92	0.83	0.06	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	100	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	1	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			490	25	333	5.49	1.77	358.6	540	2.52	61	16.12	97.61	8.84	3.31	*0.00
% of Calories											49.8%	13.2%	79.7%	16.2%	6.1%	*0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Tue - 10/03/2023																
EL CLASSROOM BREAKFA	Total	100														
BURRITO,Brkft.Bn&Ch-Wh-Gr-2 017	1 EACH	100	177	20	264	3.90	0.76	186.3	168	0.0	0	9.92	18.12	7.3	3.54	0.00
GRAPES,Fresh	serving	1	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
GRAPES,Fresh	serving	100	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	100	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	1	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			360	35	417	4.74	1.04	551.8	766	6.12	29	21.59	50.26	10.12	5.14	*0.00
% of Calories											32.7%	24.0%	55.8%	25.3%	12.8%	*0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Wed - 10/04/2023																
EL CLASSROOM BREAKFA	Total	100														
DOUBLE CHOC. BAR- 2017	1 EACH	100	270	0	230	5.00	2.70	20.0	105	0.0	21	5.0	48.0	8.0	2.50	0.00
APPLES,Fresh sliced 2017	pkg. (3 oz)	1	51	0	0	3.00	0.18	10.0	50	185.4	9	0.0	12.0	0.0	0.00	0.00
APPLES,Fresh sliced 2017	pkg. (3 oz)	100	51	0	0	3.00	0.18	10.0	50	185.4	9	0.0	12.0	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	100	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	1	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			443	15	381	8.03	2.89	382.6	660	189.65	44	16.08	76.32	10.50	4.00	0.00
% of Calories											40.0%	14.5%	69.0%	21.3%	8.1%	0.0%
Nutrient Guideline			350-500		540									<=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

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 2, 2023 thru Oct 6, 2023

EL CLASSROOM BREAKFAST #1

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/05/2023																
EL CLASSROOM BREAKFA	Total	4950														
Cinnamon Roll-Wh.Wheat-IW-2017	1 EACH	4950	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.0	11.0	6.00	0.00
BANANAS	1 EACH	225	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
BANANAS	1 EACH	4950	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	300	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	4650	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			505	8	447	5.74	2.75	281.3	868	10.53	53	14.33	94.87	11.50	6.21	*0.00
% of Calories											41.8%	11.4%	75.2%	20.5%	11.1%	*0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Fri - 10/06/2023																
EL CLASSROOM BREAKFA	Total	4950														
Muffins, Banana-Buena Vista 22	1 ea	4950	230	20	200	2.00	1.80	20.0	0	0.0	16	4.0	39.0	7.0	1.00	0.00
Juice, Orange,4oz. Hollan-2018	CARTONS	225	60	0	10	0.00	0.00	0.0	0	30.0	12	1.0	14.0	0.0	0.00	0.00
Juice, Orange,4oz. Hollan-2018	CARTONS	4950	60	0	10	0.00	0.00	0.0	0	30.0	12	1.0	14.0	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	300	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	4650	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			403	23	346	2.00	2.47	276.1	500	31.51	46	13.23	73.39	7.15	1.09	0.00
% of Calories											45.9%	13.1%	72.8%	16.0%	2.4%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Weighted Average			440	21	385	5.20	2.18	370.1	667	48.07	47	16.27	78.49	9.62	3.95	*0.00
											95.6%	14.8%	71.3%	19.7%	8.1%	*0.0%

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Oct 2, 2023 thru Oct 6, 2023

EL CLASSROOM BREAKFAST #1

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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)
Calories	440		Weekly Target	350 - 500	100%	Miss Data	Shortfall	Overage	Error Messages (if any)								
Cholesterol (mg)	21																
Sodium (mg)	385			540													
Fiber (g)	5.20																
Iron (mg)	2.18																
Calcium (mg)	370.1																
Vitamin A (IU)	667																
Sugars (g)	47	42.48%															
Vitamin C (mg)	48.07																
Protein (g)	16.27	14.79%															
Carbohydrate (g)	78.49	71.34%															
Total Fat (g)	9.62	19.68%															
Saturated Fat (g)	3.95	8.08%															
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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Oct 9, 2023 thru Oct 13, 2023

EL CLASSROOM BREAKFAST #1

Generated on: 9/11/2023 10:21:28 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 ¹ (g)
Mon - 10/09/2023																
EL CLASSROOM BREAKFA	Total	100														
Pocket, Pizza Pepp '22	1 EACH	100	300	30	590	3.00	2.70	240.0	70	0.0	5	19.0	31.0	12.0	5.00	0.00
APPLES,Fresh sliced 2017	pkg. (3 oz)	1	51	0	0	3.00	0.18	10.0	50	185.4	9	0.0	12.0	0.0	0.00	0.00
APPLES,Fresh sliced 2017	pkg. (3 oz)	100	51	0	0	3.00	0.18	10.0	50	185.4	9	0.0	12.0	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	100	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	1	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			473	45	741	6.03	2.89	602.6	625	189.65	28	30.08	59.32	14.50	6.50	0.00
% of Calories											23.9%	25.5%	50.2%	27.6%	12.4%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Tue - 10/10/2023																
EL CLASSROOM BREAKFA	Total	4950														
OATMEAL CHOC-CHIP BAR-2017	1 EACH	4950	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
GRAPES,Fresh	serving	225	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
GRAPES,Fresh	serving	4950	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	300	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	4650	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			465	23	378	3.87	2.75	289.5	596	3.99	55	13.79	83.25	9.49	3.20	*0.00
% of Calories											47.6%	11.9%	71.6%	18.4%	6.2%	*0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Wed - 10/11/2023																
EL CLASSROOM BREAKFA	Total	4950														
Waffles, Mini Maple 2017	pkg	4950	210	0	170	3.00	0.72	20.0	65	0.0	13	4.0	38.0	6.0	1.00	0.00
Juice, Orange,4oz. Hollan-2018	CARTONS	225	60	0	10	0.00	0.00	0.0	0	30.0	12	1.0	14.0	0.0	0.00	0.00
Juice, Orange,4oz. Hollan-2018	CARTONS	4950	60	0	10	0.00	0.00	0.0	0	30.0	12	1.0	14.0	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	300	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	4650	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			383	3	316	3.00	1.40	276.1	565	31.51	43	13.23	72.39	6.15	1.09	0.00
% of Calories											45.2%	13.8%	75.5%	14.4%	2.6%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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Oct 9, 2023 thru Oct 13, 2023

EL CLASSROOM BREAKFAST #1

Generated on: 9/11/2023 10:21:28 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 ¹ (g)
Thu - 10/12/2023																
EL CLASSROOM BREAKFA	Total	100														
UBR - BRKFST CINN ROUND 2	1 EACH	100	260	0	190	3.00	2.70	80.0	0	0.0	14	5.0	38.0	10.0	2.50	0.00
020																
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
BANANAS	1 EACH	100	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	100	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	1	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			472	15	342	5.65	2.97	437.6	570	11.27	41	17.19	77.50	12.84	4.11	*0.00
% of Calories											34.5%	14.6%	65.7%	24.5%	7.8%	*0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	
Fri - 10/13/2023																
EL CLASSROOM BREAKFA	Total	100														
Cereal Bar, Trix 2019	Package	100	150	0	100	3.00	1.80	250.0	100	1.2	9	2.0	30.0	3.0	0.50	0.00
Craisins 2020	servings	1	187	0	2	3.45	0.32	6.1	0	0.12	39	0.04	49.92	0.83	0.06	*N/A*
Craisins 2020	servings	100	187	0	2	3.45	0.32	6.1	0	0.12	39	0.04	49.92	0.83	0.06	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	100	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	1	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			460	15	253	6.49	2.13	608.6	605	3.72	63	13.12	96.61	6.34	2.06	*0.00
% of Calories											54.8%	11.4%	84.1%	12.4%	4.0%	*0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	
Weighted Average																
			451	20	406	5.01	2.43	442.9	592	48.03	46	17.48	77.82	9.86	3.39	*0.00
											92.1%	15.5%	69.1%	19.7%	6.8%	*0.0%

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Nutrient	Menu AVG	Portion Size % of Cals	Reimb Qty Weekly Target	Cals (kcal) % of Target	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	451		350 - 500	100%													
Cholesterol (mg)	20																
Sodium (mg)	406		540														
Fiber (g)	5.01																
Iron (mg)	2.43																
Calcium (mg)	442.9																
Vitamin A (IU)	592																
Sugars (g)	46	40.95%															
Vitamin C (mg)	48.03																
Protein (g)	17.48	15.52%															
Carbohydrate (g)	77.82	69.09%															
Total Fat (g)	9.86	19.70%	<=30.00%														
Saturated Fat (g)	3.39	6.78%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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Oct 16, 2023 thru Oct 20, 2023

EL CLASSROOM BREAKFAST #1

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/16/2023																
EL CLASSROOM BREAKFA	Total	100														
Sndwch Pncke, Beef Sausage '22	serving	100	192	16	309	2.06	2.24	27.6	0	0.08	4	10.75	26.34	4.95	1.35	0.00
APPLES,Fresh sliced 2017	pkg. (3 oz)	1	51	0	0	3.00	0.18	10.0	50	185.4	9	0.0	12.0	0.0	0.00	0.00
APPLES,Fresh sliced 2017	pkg. (3 oz)	100	51	0	0	3.00	0.18	10.0	50	185.4	9	0.0	12.0	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	100	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	1	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			365	31	460	5.09	2.43	390.2	555	189.73	28	21.83	54.66	7.45	2.85	0.00
% of Calories											30.2%	23.9%	59.9%	18.4%	7.0%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Tue - 10/17/2023																
EL CLASSROOM BREAKFA	Total	100														
FRENCH TOAST BAR-2018	1 EACH	100	290	25	200	3.00	1.80	40.0	0	0.0	21	5.0	47.0	9.0	2.50	0.00
GRAPES,Fresh	serving	1	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
GRAPES,Fresh	serving	100	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	100	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	1	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			473	40	353	3.84	2.08	405.5	598	6.12	50	16.67	79.14	11.82	4.10	*0.00
% of Calories											42.5%	14.1%	66.9%	22.5%	7.8%	*0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Wed - 10/18/2023																
EL CLASSROOM BREAKFA	Total	4950														
Snack'n Waffles, Cinnamon	pkg	4950	250	44	290	2.00	1.44	30.0	0	0.0	15	6.0	37.0	9.0	4.00	0.00
Crisps, Apple-Strawberry '22	BAG	225	39	0	0	1.93	0.00	0.0	0	0.0	7	0.0	9.64	0.0	0.00	0.00
Crisps, Apple-Strawberry '22	BAG	4950	39	0	0	1.93	0.00	0.0	0	0.0	7	0.0	9.64	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	300	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	4650	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			401	47	426	4.02	2.12	286.1	500	0.15	40	14.18	66.83	9.15	4.09	0.00
% of Calories											39.7%	14.1%	66.7%	20.5%	9.2%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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Rialto Unified School District

Oct 16, 2023 thru Oct 20, 2023

Base Menu Spreadsheet

EL CLASSROOM BREAKFAST #1

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/19/2023																
EL CLASSROOM BREAKFA	Total	4950														
Donut, Super Bakery '22	1 EACH	4950	250	5	250	0.50	5.40	200.0	2000	30.0	15	5.0	29.0	11.0	3.00	0.00
BANANAS	1 EACH	225	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
BANANAS	1 EACH	4950	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	300	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	4650	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			455	8	387	3.25	6.35	461.3	2568	39.33	46	14.33	72.87	11.50	3.21	*0.00
% of Calories											40.2%	12.6%	64.1%	22.8%	6.4%	*0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Fri - 10/20/2023																
EL CLASSROOM BREAKFA	Total	100														
BANA CHOC-CHUNKY MONKE Y 2013	1 EACH	100	280	15	220	3.00	1.80	20.0	115	0.0	23	5.0	48.0	8.0	3.00	0.00
APPLES,Fresh sliced 2017	pkg. (3 oz)	1	51	0	0	3.00	0.18	10.0	50	185.4	9	0.0	12.0	0.0	0.00	0.00
APPLES,Fresh sliced 2017	pkg. (3 oz)	100	51	0	0	3.00	0.18	10.0	50	185.4	9	0.0	12.0	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	100	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	1	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			453	30	371	6.03	1.99	382.6	670	189.65	46	16.08	76.32	10.50	4.50	0.00
% of Calories											40.9%	14.2%	67.4%	20.9%	8.9%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Weighted Average			429	31	399	4.44	2.99	385.1	978	85.00	42	16.62	69.97	10.09	3.75	*0.00
											87.9%	15.5%	65.2%	21.1%	7.9%	*0.0%

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Rialto Unified School District

Oct 16, 2023 thru Oct 20, 2023

Base Menu Spreadsheet

EL CLASSROOM BREAKFAST #1

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 ¹ (g)
Calories	429		Weekly Target	350 - 500	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Cholesterol (mg)	31				100%												
Sodium (mg)	399			540													
Fiber (g)	4.44																
Iron (mg)	2.99																
Calcium (mg)	385.1																
Vitamin A (IU)	978																
Sugars (g)	42	39.06%															
Vitamin C (mg)	85.00																
Protein (g)	16.62	15.48%															
Carbohydrate (g)	69.97	65.19%															
Total Fat (g)	10.09	21.14%															
Saturated Fat (g)	3.75	7.86%															
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Oct 23, 2023 thru Oct 27, 2023

EL CLASSROOM BREAKFAST #1

Generated on: 9/11/2023 10:22:48 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 ¹ (g)
Mon - 10/23/2023																
EL CLASSROOM BREAKFA	Total	100														
FRENCH TOAST Mini Berry '22	SERV	100	210	0	190	2.00	1.44	59.9	0	0.0	11	3.99	35.92	6.99	1.00	0.00
Craisins 2020	servings	1	187	0	2	3.45	0.32	6.1	0	0.12	39	0.04	49.92	0.83	0.06	*N/A*
Craisins 2020	servings	100	187	0	2	3.45	0.32	6.1	0	0.12	39	0.04	49.92	0.83	0.06	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	100	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	1	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			519	15	343	5.49	1.77	418.5	505	2.52	65	15.11	102.54	10.32	2.56	*0.00
% of Calories											50.0%	11.6%	79.0%	17.9%	4.4%	*0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Tue - 10/24/2023																
EL CLASSROOM BREAKFA	Total	100														
Muffins, Blue-Buena Vista 22	1 ea	100	230	25	240	2.00	1.80	20.0	0	0.0	17	4.0	39.0	7.0	1.00	0.00
APPLES,Fresh sliced 2017	pkg. (3 oz)	1	51	0	0	3.00	0.18	10.0	50	185.4	9	0.0	12.0	0.0	0.00	0.00
APPLES,Fresh sliced 2017	pkg. (3 oz)	100	51	0	0	3.00	0.18	10.0	50	185.4	9	0.0	12.0	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	100	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	1	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			403	40	391	5.03	1.99	382.6	555	189.65	40	15.08	67.32	9.50	2.50	0.00
% of Calories											40.0%	15.0%	66.9%	21.2%	5.6%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Wed - 10/25/2023																
EL CLASSROOM BREAKFA	Total	100														
Pancakes, Confetti Bites 2022	pkg	100	210	10	210	4.00	3.60	20.0	1000	0.0	11	4.0	36.0	7.0	1.00	0.00
GRAPES,Fresh	serving	1	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
GRAPES,Fresh	serving	100	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	100	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	1	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			393	25	363	4.84	3.88	385.5	1598	6.12	40	15.67	68.14	9.82	2.60	*0.00
% of Calories											41.0%	15.9%	69.3%	22.5%	6.0%	*0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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Rialto Unified School District

Oct 23, 2023 thru Oct 27, 2023

Base Menu Spreadsheet

EL CLASSROOM BREAKFAST #1

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 - 10/26/2023																
EL CLASSROOM BREAKFA	Total	4950														
Bar, Benefit Apple Cinn '22	1 EACH	4950	290	15	240	3.00	1.80	20.0	0	0.0	22	5.0	48.0	9.0	3.00	0.00
BANANAS	1 EACH	225	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
BANANAS	1 EACH	4950	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	300	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	4650	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			495	18	377	5.75	2.75	281.3	568	9.33	53	14.33	91.87	9.50	3.21	*0.00
% of Calories											42.6%	11.6%	74.3%	17.3%	5.8%	*0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Fri - 10/27/2023																
EL CLASSROOM BREAKFA	Total	4950														
POP TARTS,Wh.Gr Strawbrry-2013	PKG. of (2 ea)	4950	360	0	360	6.00	3.60	200.0	1000	0.0	30	4.0	75.0	4.5	2.00	0.00
Juice, Orange,4oz. Hollan-2018	CARTONS	225	60	0	10	0.00	0.00	0.0	0	30.0	12	1.0	14.0	0.0	0.00	0.00
Juice, Orange,4oz. Hollan-2018	CARTONS	4950	60	0	10	0.00	0.00	0.0	0	30.0	12	1.0	14.0	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	300	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	4650	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			533	3	506	6.00	4.28	456.1	1500	31.51	60	13.23	109.39	4.65	2.09	0.00
% of Calories											45.2%	9.9%	82.0%	7.8%	3.5%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Weighted Average			469	20	396	5.42	2.93	384.8	945	47.83	52	14.68	87.85	8.76	2.59	*0.00
											99.3%	12.5%	75.0%	16.8%	5.0%	*0.0%

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Oct 23, 2023 thru Oct 27, 2023

EL CLASSROOM BREAKFAST #1

Generated on: 9/11/2023 10:22:48 AM

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)
Calories	469		Weekly Target	350 - 500	100%												
Cholesterol (mg)	20																
Sodium (mg)	396			540													
Fiber (g)	5.42																
Iron (mg)	2.93																
Calcium (mg)	384.8																
Vitamin A (IU)	945																
Sugars (g)	52	44.13%															
Vitamin C (mg)	47.83																
Protein (g)	14.68	12.53%															
Carbohydrate (g)	87.85	74.99%															
Total Fat (g)	8.76	16.82%															
Saturated Fat (g)	2.59	4.98%															
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Oct 30, 2023 thru Oct 31, 2023

EL CLASSROOM BREAKFAST #1

Generated on: 9/11/2023 10:23:35 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 ¹ (g)
Mon - 10/30/2023																
EL CLASSROOM BREAKFA	Total	100														
Pan Dulce 51% Whole Wheat-2014	1 each	100	180	10	180	2.00	1.44	0.0	35	0.0	7	5.0	31.0	5.5	1.75	0.00
Crisps, Apple-Strawberry '22	BAG	1	39	0	0	1.93	0.00	0.0	0	0.0	7	0.0	9.64	0.0	0.00	0.00
Crisps, Apple-Strawberry '22	BAG	100	39	0	0	1.93	0.00	0.0	0	0.0	7	0.0	9.64	0.0	0.00	0.00
MILK, 1% HOLLANDIA 2017	1 EACH	100	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK, NF Chocolate HOLL.2017	1 EACH	1	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			340	25	331	3.95	1.45	352.5	540	2.40	28	16.08	56.94	8.00	3.25	0.00
% of Calories											32.9%	18.9%	67.0%	21.2%	8.6%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	
Tue - 10/31/2023																
EL CLASSROOM BREAKFA	Total	100														
BURRITO, Brkft. Bn&Ch-Wh-Gr-2 017	1 EACH	100	177	20	264	3.90	0.76	186.3	168	0.0	0	9.92	18.12	7.3	3.54	0.00
GRAPES, Fresh	serving	1	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
GRAPES, Fresh	serving	100	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	100	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK, NF Chocolate HOLL.2017	1 EACH	1	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			360	35	417	4.74	1.04	551.8	766	6.12	29	21.59	50.26	10.12	5.14	*0.00
% of Calories											32.7%	24.0%	55.8%	25.3%	12.8%	*0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	
Weighted Average			350	30	374	4.34	1.24	452.2	653	4.26	29	18.83	53.60	9.06	4.20	*0.00
											73.8%	21.5%	61.2%	23.3%	10.8%	*0.0%

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Oct 30, 2023 thru Oct 31, 2023

EL CLASSROOM BREAKFAST #1

Generated on: 9/11/2023 10:23:35 AM

Nutrient	Menu AVG	Portion Size % of Cals	Reimb Qty Weekly Target	Cals (kcal) % of Target*	Cholst (mg) Miss Data	Sodm (mg) Shortfall*	Fiber (g) Overage*	Iron (mg) Error Messages (if any)*	Calcmm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	350		350 - 500														
Cholesterol (mg)	30																
Sodium (mg)	374		540														
Fiber (g)	4.34																
Iron (mg)	1.24																
Calcium (mg)	452.2																
Vitamin A (IU)	653																
Sugars (g)	29	32.82%															
Vitamin C (mg)	4.26																
Protein (g)	18.83	21.51%															
Carbohydrate (g)	53.60	61.21%															
Total Fat (g)	9.06	23.29%	<=30.00%														
Saturated Fat (g)	4.20	10.78%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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