

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Oct 2, 2023 thru Oct 6, 2023

ELEMENTARY LUNCH, CHOICES

Generated on: 9/11/2023 8:51:50 AM

	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)
Mon - 10/02/2023																
ELEMENTARY LUNCH, CH	Total	9572														
Burrito, Bean & Chz '22	1 each	9000	577	60	1278	5.65	4.01	612.4	701	2.48	*1	25.15	59.92	26.12	13.02	*0.00
YOGURT,Hollan,Ras,w/crack-2017	1 each	500	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	1 each	400	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	1 each	454	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	1 each	570	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, side,2021	servings	9570	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
GRAPES,Fresh	serving	6168	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
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
Salsa, LaVictoria 2017 2oz	Serving	5000	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	1 oz	9275	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	1200	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	8372	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			898	68	1760	8.72	5.49	928.3	3606	13.56	*44	35.69	117.35	33.73	14.16	*0.00
% of Calories											*19.6%	15.9%	52.3%	33.8%	14.2%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 10/03/2023																
ELEMENTARY LUNCH, CH	Total	7500														
CORN DOG, CHX 2020	1 EACH	6500	240	40	470	2.00	1.44	60.0	0	0.0	8	9.0	30.0	9.0	2.50	0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	500	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	500	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	500	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	500	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
BEANS, BLACK SEASONED-2012	1/2 CUP	6500	126	0	323	9.50	2.68	52.0	48	4.15	*0	8.32	22.99	0.43	0.11	*0.00
SALAD 3/WAY, side,2021	servings	5000	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)	5000	51	0	0	3.00	0.18	10.0	50	185.4	9	0.0	12.0	0.0	0.00	0.00
CATSUP	.5 oz	4500	17	0	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.34	0.0	0.00	*N/A*
MUSTARD	.5 oz	1000	10	0	177	0.51	0.23	9.0	11	0.23	0	0.68	0.83	0.62	0.04	0.00
DRESSING, RANCH .50oz	Servings	1000	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
MILK,NF Chocolate HOLL.2017	1 EACH	7500	110	2	135	0.00	0.72	250.0	500	0.0	18	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

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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

ELEMENTARY LUNCH, CHOICES

Generated on: 9/11/2023 8:51:50 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)
Weighted Daily Average % of Calories			614	42	1068	13.77	5.58	483.7	2545	130.38	*43 *28.0%	27.79 18.1%	101.03 65.8%	11.36 16.7%	3.22 4.7%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 10/04/2023																
ELEMENTARY LUNCH, CH	Total	8225														
TERIYAKI BEEF DUNKERS	SERVING (4each)	5000	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	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,Hollan,Ras,w/crack-2017	SERVING	400	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	400	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	400	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	400	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, side,2021	servings	5500	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
BROCCOLI,raw: fresh	Serving	5500	15	0	15	1.18	0.33	21.4	283	40.59	1	1.28	3.02	0.17	0.01	*N/A*
BANANAS	1 EACH	6500	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	1 oz	6225	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	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	6225	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 % of Calories			490	36	664	5.39	3.07	376.7	2498	37.88	*41 *33.3%	23.28 19.0%	77.11 62.9%	12.60 23.1%	3.46 6.4%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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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

ELEMENTARY LUNCH, CHOICES

Generated on: 9/11/2023 8:51:50 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 - 10/05/2023																
ELEMENTARY LUNCH, CH	Total	8850														
Pozole, Red Turkey 22 CK	14 oz	5000	151	26	1415	2.22	1.60	19.8	622	2.11	*2	12.02	16.01	3.9	1.57	*0.00
TORTILLA CHIPS-2021	SERVING	5000	280	0	200	6.00	3.60	80.0	200	0.0	*N/A*	4.0	38.0	12.0	2.00	0.00
YOGURT, Hollan, Ras, w/crack-2017	SERVING	500	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT, Hollan Peachw/crack-2017	SERVING	500	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT, Strawberry W/Crack-2017	SERVING	500	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT, Strw-Ban, W/Crack-2017	SERVING	500	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
CABBAGE, SHREDDED	Serving	5500	13	0	9	1.31	0.25	21.0	51	19.22	2	0.67	3.05	0.05	0.02	*N/A*
LEMON WEDGES	Quarter	5500	17	0	1	1.60	0.36	10.0	0	30.6	*N/A*	0.6	5.0	0.2	0.00	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
DRESSING, RANCH .50oz	Servings	5000	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	4000	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	4850	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			525	27	1193	8.61	4.62	440.7	1599	34.03	*34	21.60	81.27	14.20	3.61	*0.00
% of Calories											*26.2%	16.5%	62.0%	24.4%	6.2%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 10/06/2023																
ELEMENTARY LUNCH, CH	Total	7000														
FISH STICKS, POLLOCK -2013	SERV.(4 sticks)	5000	210	55	290	3.00	1.44	60.0	0	0.0	0	18.0	23.0	5.0	0.50	0.00
Cookie, Choc Graham belly bear	bag	5000	121	0	86	2.03	1.09	101.2	0	0.0	7	2.03	20.25	4.05	0.00	0.00
YOGURT, Hollan, Ras, w/crack-2017	SERVING	325	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT, Hollan Peachw/crack-2017	SERVING	198	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT, Strawberry W/Crack-2017	SERVING	225	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT, Strw-Ban, W/Crack-2017	SERVING	252	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
POTATO FROZEN, FRNCH-2021	SERVING	5000	120	0	40	1.00	0.72	0.0	0	0.0	0	2.0	20.0	3.5	0.50	0.00
SALAD 3/WAY, side, 2021	servings	5500	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	1 EACH	3200	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
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
DRESSING, RANCH .50oz	Servings	4500	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	575	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	6000	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00

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Portion Values - Detailed

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Oct 2, 2023 thru Oct 6, 2023

ELEMENTARY LUNCH, CHOICES

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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 % of Calories			574	46	708	7.18	3.67	413.8	2425	7.75	*38 *26.8%	25.87 18.0%	92.18 64.2%	12.82 20.1%	1.60 2.5%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			620	43	1079	8.73	4.49	528.6	2534	44.72	*40 *58.2%	26.84 17.3%	93.79 60.5%	16.94 24.6%	5.21 7.6%	*0.00 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	620		550 - 650	100%				
Cholesterol (mg)	43							
Sodium (mg)	1079		1230					
Fiber (g)	8.73							
Iron (mg)	4.49							
Calcium (mg)	528.6							
Vitamin A (IU)	2534							
Sugars (g)	40	25.88%			Missing			
Vitamin C (mg)	44.72							
Protein (g)	26.84	17.31%						
Carbohydrate (g)	93.79	60.47%						
Total Fat (g)	16.94	24.58%	<=30.00%					
Saturated Fat (g)	5.21	7.56%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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Oct 9, 2023 thru Oct 13, 2023

ELEMENTARY LUNCH, CHOICES

Generated on: 9/11/2023 8:53:12 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 ¹ (g)
Mon - 10/09/2023																
ELEMENTARY LUNCH, CH	Total	8225														
CHILI FRIES w/cheese-2021	SERVING	5000	388	12	677	9.53	3.60	179.4	508	19.14	*3	15.51	59.72	9.99	3.56	*0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	500	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	500	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	500	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	500	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, side,2021	servings	5500	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
GRAPES,Fresh	serving	5000	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
ZUCCHINI STICKS .50cup	Serving	5000	10	0	5	0.57	0.21	9.0	113	10.11	1	0.68	1.76	0.18	0.05	*N/A*
Pears, In Extra Light Syrup	serving	6500	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	1 oz	6225	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	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	6225	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			600	20	779	9.89	4.08	484.5	2829	24.50	*48	22.27	101.11	14.47	4.13	*0.00
% of Calories											*32.2%	14.9%	67.4%	21.7%	6.2%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 10/10/2023																
ELEMENTARY LUNCH, CH	Total	9000														
Spagh.w/Meat &Noodle-Roll-2020	3/4 CUP	5000	384	47	928	8.21	5.25	97.1	611	10.57	*6	24.46	54.28	9.94	2.97	*0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	400	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	400	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	400	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	400	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, side,2021	servings	3500	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
BANANAS	1 EACH	5500	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PEACHES, Diced Xtra Lite Syrup	serving	7500	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	1 oz	7500	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	3000	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	5750	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			562	39	863	7.29	4.30	402.0	2281	14.82	*35	25.55	90.63	14.01	3.66	*0.00
% of Calories											*24.6%	18.2%	64.5%	22.4%	5.9%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 9, 2023 thru Oct 13, 2023

ELEMENTARY LUNCH, CHOICES

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/11/2023																
ELEMENTARY LUNCH, CH	Total	6500														
SANDWICH, CHX PARM '23	1 EACH	4500	437	48	910	6.19	4.80	317.4	676	93.53	*4	29.73	48.7	14.45	5.03	*0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	400	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	400	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	400	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	400	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
BEANS, BLACK SEASONED-2012	1/2 CUP	4500	126	0	323	9.50	2.68	52.0	48	4.15	*0	8.32	22.99	0.43	0.11	*0.00
SALAD 3/WAY, side,2021	servings	4500	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	4500	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 .50oz	Servings	6225	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	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	6225	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			708	45	1202	14.14	7.00	713.1	3182	106.72	*40	41.26	103.74	16.88	5.22	*0.00
% of Calories											*22.7%	23.3%	58.6%	21.2%	6.6%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Thu - 10/12/2023																
ELEMENTARY LUNCH, CH	Total	9000														
Pizza,PHut 14"WhWhPepp,slice	serving	8000	290	25	570	3.00	2.00	300.0	400	0.0	1	21.0	29.0	11.0	4.40	0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	300	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	300	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	300	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	300	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, side,2021	servings	7700	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	1 EACH	3406	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
SLUSH, COOL TROP PARAD F	container	7000	60	0	25	0.00	0.36	0.0	500	60.0	12	0.0	16.0	0.0	0.00	0.00
RU PUN	s, 4oz															
DRESSING, RANCH .50oz	Servings	8000	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	500	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	8500	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 9, 2023 thru Oct 13, 2023

ELEMENTARY LUNCH, CHOICES

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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			541	29	786	5.32	3.43	577.1	3192	52.88	*39	29.20	79.48	14.35	4.88	*0.00
% of Calories											*29.0%	21.6%	58.8%	23.9%	8.1%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 10/13/2023																
ELEMENTARY LUNCH, CH	Total	8225														
Grinder, ham&cheese-2021	1 EACH	7225	286	38	1518	3.00	1.86	187.2	199	0.0	*5	20.9	34.67	8.87	2.79	*0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	300	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	300	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	300	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	300	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, side,2021	servings	6000	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
BROCCOLI,raw: fresh	Serving	6000	15	0	15	1.18	0.33	21.4	283	40.59	1	1.28	3.02	0.17	0.01	*N/A*
PINEAPPLE SPEARS	1 each	6500	28	0	0	0.38	0.13	6.6	18	4.47	7	0.2	7.38	0.04	0.00	*N/A*
DRESSING, RANCH	1 oz	6225	65	6	150	0.03	0.02	18.0	1	0.16	*1	0.52	2.01	7.1	1.19	*0.00
SANDWICH SPREAD (GOOP)1oz	serving	4500	11	1	23	0.00	0.00	0.0	0	0.0	0	0.0	0.27	1.33	0.22	*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	6225	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			526	45	1678	5.13	3.19	519.9	2613	36.92	*34	30.60	73.03	15.94	4.22	*0.00
% of Calories											*25.9%	23.3%	55.6%	27.3%	7.2%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			587	36	1062	8.36	4.40	539.3	2820	47.17	*39	29.78	89.60	15.09	4.42	*0.00
											*60.2%	20.3%	61.0%	23.1%	6.8%	*0.0%

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 9, 2023 thru Oct 13, 2023

ELEMENTARY LUNCH, CHOICES

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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	587		550 - 650	100%													
Cholesterol (mg)	36																
Sodium (mg)	1062		1230														
Fiber (g)	8.36																
Iron (mg)	4.40																
Calcium (mg)	539.3																
Vitamin A (IU)	2820																
Sugars (g)	39	26.74%				Missing											
Vitamin C (mg)	47.17																
Protein (g)	29.78	20.28%															
Carbohydrate (g)	89.60	61.03%															
Total Fat (g)	15.09	23.12%	<=30.00%														
Saturated Fat (g)	4.42	6.78%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 16, 2023 thru Oct 20, 2023

ELEMENTARY LUNCH, CHOICES

Generated on: 9/11/2023 8:54:11 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 - 10/16/2023																
ELEMENTARY LUNCH, CH	Total	8225														
MACARONI AND CHEESE '22	1/2 CUP	5000	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	5000	90	0	170	2.00	1.08	40.0	10	0.0	2	5.0	17.0	1.5	0.00	0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	500	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	500	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	500	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	500	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, side,2021	servings	5500	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
CELERY STICKS 2021	serving	5000	18	0	89	1.78	0.22	44.6	500	3.45	2	0.77	3.31	0.19	0.04	*N/A*
GRAPES,Fresh	serving	6500	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	1 oz	6225	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	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	6225	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			572	39	1280	4.91	2.91	845.3	4092	8.86	*44	31.30	79.02	17.80	7.51	*0.00
% of Calories											*30.9%	21.9%	55.2%	28.0%	11.8%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 10/17/2023																
ELEMENTARY LUNCH, CH	Total	8225														
ENCHILADA, GREEN CHICKEN 2017	6.25 OUN CE	7225	269	67	934	1.10	1.43	283.4	255	5.44	2	17.16	20.35	13.89	5.49	*0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	300	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	300	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	300	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	300	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
BEANS, BLACK SEASONED-2012	1/2 CUP	6000	126	0	323	9.50	2.68	52.0	48	4.15	*0	8.32	22.99	0.43	0.11	*0.00
SALAD 3/WAY, side,2021	servings	6500	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	1 EACH	5000	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
DRESSING, RANCH	1 oz	6225	65	6	150	0.03	0.02	18.0	1	0.16	*1	0.52	2.01	7.1	1.19	*0.00
Salsa, Low Sodium 2oz	serving	5000	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	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	6225	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 16, 2023 thru Oct 20, 2023

ELEMENTARY LUNCH, CHOICES

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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 % of Calories			620	70	1418	11.80	5.31	630.8	2824	17.10	*34 *21.8%	33.08 21.4%	83.28 53.8%	19.99 29.0%	6.58 9.6%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 10/18/2023																
ELEMENTARY LUNCH, CH	Total	9572														
Ch-Burger w/WhWheat Bun-201	1 EACH	4000	295	46	730	3.40	3.23	166.0	163	0.0	5	22.09	31.5	10.3	3.75	*0.00
5EL																
YOGURT,Hollan,Ras,w/crack-2017	1 each	600	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2	1 each	600	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
017																
YOGURT,Strawberry W/Crack-2	1 each	600	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
017																
YOGURT,Strw-Ban,W/Crack-2017	1 each	600	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, side,2021	servings	6000	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
TOMATOES, GRAPE-2023	3/4 CUP	6000	20	0	6	1.34	0.30	11.2	931	15.31	3	0.98	4.35	0.22	0.03	*N/A*
BANANAS	1 EACH	6000	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	6000	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	6000	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
MUSTARD	.5 oz	1200	10	0	177	0.51	0.23	9.0	11	0.23	0	0.68	0.83	0.62	0.04	0.00
MILK,1% HOLLANDIA 2017	1 EACH	1200	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	8372	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 % of Calories			460	27	787	5.61	3.43	424.8	3087	19.38	*43 *37.3%	22.16 19.3%	77.16 67.1%	9.44 18.5%	2.86 5.6%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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ELEMENTARY LUNCH, CHOICES

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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																
ELEMENTARY LUNCH, CH	Total	9000														
TURKEY GRAVY -2022	3/8 CUP	7000	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	Servings	9000	23	0	91	0.26	0.08	8.6	0	0.0	0	0.52	4.65	0.13	0.00	*0.00
L 2020																
Roll, dinner,whte.wht Galassos	1 each	9000	150	0	270	3.00	1.80	80.0	15	0.0	3	7.0	29.0	2.0	0.00	0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	400	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2	SERVING	400	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
017																
YOGURT,Strawberry W/Crack-2	SERVING	400	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
017																
YOGURT,Strw-Ban,W/Crack-2017	SERVING	400	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, side,2021	servings	3500	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
Raisels, Variety	servings	5500	140	0	2	1.00	0.81	19.3	137	74.33	27	1.0	34.67	0.0	0.00	0.00
DRESSING, RANCH	1 oz	7500	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	3000	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	5750	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			618	48	1288	5.03	4.70	457.6	1753	48.47	*44	33.58	94.44	14.32	3.22	*0.00
% of Calories											*28.3%	21.7%	61.1%	20.8%	4.7%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 10/20/2023																
ELEMENTARY LUNCH, CH	Total	9000														
Chicken & Waffles, WG 2019	Serving	7000	314	34	623	4.00	3.08	40.0	109	87.0	5	19.0	39.0	10.0	2.00	0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	400	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2	SERVING	400	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
017																
YOGURT,Strawberry W/Crack-2	SERVING	400	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
017																
YOGURT,Strw-Ban,W/Crack-2017	SERVING	400	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, side,2021	servings	3500	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
CARROT, sticks '22	Serving	5500	54	0	91	3.69	0.40	43.5	22161	7.78	6	1.23	12.63	0.32	0.05	0.00
APPLES,Fresh	1 EACH	5500	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
SYRUP	1 OZ	500	66	0	23	0.00	0.01	0.9	0	0.0	6	0.0	17.43	0.0	0.00	*N/A*
DRESSING, RANCH	1 oz	3000	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	3000	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	5750	110	2	135	0.00	0.72	250.0	500	0.0	18	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

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 16, 2023 thru Oct 20, 2023

ELEMENTARY LUNCH, CHOICES

Generated on: 9/11/2023 8:54:11 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)
Weighted Daily Average % of Calories			537	37	806	8.50	3.95	398.8	15325	78.79	*40 *29.8%	26.78 20.0%	84.38 62.9%	12.85 21.6%	2.96 5.0%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			561	44	1116	7.17	4.06	551.5	5416	34.52	*41 *65.6%	29.38 20.9%	83.66 59.6%	14.88 23.9%	4.62 7.4%	*0.00 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	561		550 - 650	100%				
Cholesterol (mg)	44							
Sodium (mg)	1116		1230					
Fiber (g)	7.17							
Iron (mg)	4.06							
Calcium (mg)	551.5							
Vitamin A (IU)	5416							
Sugars (g)	41	29.15%			Missing			
Vitamin C (mg)	34.52							
Protein (g)	29.38	20.94%						
Carbohydrate (g)	83.66	59.62%						
Total Fat (g)	14.88	23.86%	<=30.00%					
Saturated Fat (g)	4.62	7.42%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 23, 2023 thru Oct 27, 2023

ELEMENTARY LUNCH, CHOICES

Generated on: 9/11/2023 8:59:47 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																
ELEMENTARY LUNCH, CH	Total	7000														
QUESADILLA,CHEESE, 2022	1 EACH	3000	427	48	950	1.00	2.06	556.1	724	0.0	*0	18.94	33.15	23.97	12.38	*0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	500	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	500	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	500	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	500	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
BEANS, PINTO SEASONED-2017	1/2 CUP	3000	83	0	189	3.65	1.28	33.3	32	2.48	*1	5.02	15.13	0.32	0.06	*0.00
SALAD 3/WAY, side,2021	servings	6000	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	1 EACH	6500	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
DRESSING, RANCH	1 oz	6225	65	6	150	0.03	0.02	18.0	1	0.16	*1	0.52	2.01	7.1	1.19	*0.00
Salsa, LaVictoria 2017 2oz	Serving	6225	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	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	6225	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			624	35	1216	7.09	3.47	686.2	3285	17.46	*47	24.85	90.79	20.14	7.58	*0.00
% of Calories											*30.2%	15.9%	58.2%	29.0%	10.9%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 10/24/2023																
ELEMENTARY LUNCH, CH	Total	9572														
Chicken,Tangerine-2014	SERV	8375	190	45	380	2.00	1.44	0.0	65	0.0	13	14.0	25.0	4.0	1.00	0.00
Noodles, Chow Mein '23	1/2 Cup	8375	108	1	554	2.49	0.93	24.6	18	9.09	*2	3.69	17.97	3.14	0.50	*0.00
YOGURT,Hollan,Ras,w/crack-2017	1 each	800	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	1 each	800	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	1 each	800	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	1 each	800	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, side,2021	servings	3756	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
BROCCOLI,raw: fresh	Serving	6903	15	0	15	1.18	0.33	21.4	283	40.59	1	1.28	3.02	0.17	0.01	*N/A*
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	*N/A*
Pears, In Extra Light Syrup	serving	2000	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 .50oz	Servings	3000	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	1200	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	8372	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 23, 2023 thru Oct 27, 2023

ELEMENTARY LUNCH, CHOICES

Generated on: 9/11/2023 8:59:47 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)
Weighted Daily Average % of Calories			573	48	1129	7.97	4.37	403.4	2376	41.44	*50 *35.2%	28.62 20.0%	95.66 66.8%	10.74 16.9%	2.55 4.0%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 10/25/2023																
ELEMENTARY LUNCH, CH	Total	8225														
SLOPPY JOE on Wheat Bun-2015	SERVINGS	5000	421	57	578	4.93	4.81	132.4	400	5.34	*9	25.93	47.96	15.46	4.96	*0.78
YOGURT,Hollan,Ras,w/crack-2017	SERVING	600	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	600	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	600	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	600	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, side,2021	servings	6000	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
BANANAS	1 EACH	6000	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PEACHES, Diced Xtra Lite Syrup	serving	6500	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	1 oz	6225	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	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	6225	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 % of Calories			663	47	741	6.83	4.92	460.6	3109	14.39	*43 *26.1%	29.18 17.6%	102.45 61.8%	18.15 24.6%	5.10 6.9%	*0.47 *0.6%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Oct 23, 2023 thru Oct 27, 2023

ELEMENTARY LUNCH, CHOICES

Generated on: 9/11/2023 8:59:47 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 - 10/26/2023																
ELEMENTARY LUNCH, CH	Total	7500														
PRETZEL DOG 2013 WG	1 EACH	6500	300	35	780	5.00	5.00	132.0	55	0.0	6	20.0	41.0	6.5	2.00	0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	500	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	500	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	500	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	500	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, side,2021	servings	5000	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
Carrot Nibbles 2022	1/2 Cup	6500	25	0	42	1.71	0.18	20.1	10255	3.6	3	0.57	5.84	0.15	0.02	0.00
ORANGES	1 EACH	5000	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 .50oz	Servings	2000	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	2000	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	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	7500	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			593	40	1094	9.09	6.41	584.0	11659	41.18	*47	32.62	97.59	9.76	3.00	*0.00
% of Calories											*32.0%	22.0%	65.9%	14.8%	4.6%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 10/27/2023																
ELEMENTARY LUNCH, CH	Total	8225														
Penne, Alfredo, Chicken '23	3/4 CUP	6000	213	49	179	6.29	1.38	121.7	76	0.31	*1	19.88	18.93	5.82	1.91	*0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	500	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	500	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	500	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	500	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
CAKE, CHOCOLATE, WHT FR OST	1 EACH	6000	259	0	164	2.11	1.12	11.3	102	0.01	*26	2.61	40.3	10.86	2.27	*0.00
SALAD 3/WAY, side,2021	servings	6000	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
SLUSH, COOL TROP PARAD F RU PUN	container s, 4oz	6000	60	0	25	0.00	0.36	0.0	500	60.0	12	0.0	16.0	0.0	0.00	0.00
DRESSING, RANCH	1 oz	6225	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	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	6225	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 4

Oct 23, 2023 thru Oct 27, 2023

ELEMENTARY LUNCH, CHOICES

Generated on: 9/11/2023 8:59:47 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)
Weighted Daily Average			662	48	629	7.86	3.69	459.5	2956	47.79	*55	28.53	96.61	20.26	4.93	*0.00
% of Calories											*33.4%	17.2%	58.3%	27.5%	6.7%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			623	44	962	7.77	4.57	518.8	4677	32.45	*49	28.76	96.62	15.81	4.63	*0.09
											*70.3%	18.5%	62.0%	22.8%	6.7%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	623		550 - 650	100%				
Cholesterol (mg)	44							
Sodium (mg)	962		1230					
Fiber (g)	7.77							
Iron (mg)	4.57							
Calcium (mg)	518.8							
Vitamin A (IU)	4677							
Sugars (g)	49	31.26%			Missing			
Vitamin C (mg)	32.45							
Protein (g)	28.76	18.46%						
Carbohydrate (g)	96.62	62.03%						
Total Fat (g)	15.81	22.83%	<=30.00%					
Saturated Fat (g)	4.63	6.69%	<10.00%					
Trans Fat ¹ (g)	0.09	0.14%			Missing			

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Oct 30, 2023 thru Oct 31, 2023

ELEMENTARY LUNCH, CHOICES

Generated on: 9/11/2023 9:00:42 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																
ELEMENTARY LUNCH, CH	Total	9572														
Burrito, Bean & Chz '22	1 each	9000	577	60	1278	5.65	4.01	612.4	701	2.48	*1	25.15	59.92	26.12	13.02	*0.00
YOGURT, Hollan, Ras, w/crack-2017	1 each	500	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT, Hollan Peachw/crack-2017	1 each	400	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT, Strawberry W/Crack-2017	1 each	454	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT, Strw-Ban, W/Crack-2017	1 each	570	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, side, 2021	servings	9570	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
GRAPES, Fresh	serving	6168	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
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
Salsa, LaVictoria 2017 2oz	Serving	5000	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	1 oz	9275	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	1200	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	8372	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			898	68	1760	8.72	5.49	928.3	3606	13.56	*44	35.69	117.35	33.73	14.16	*0.00
% of Calories											*19.6%	15.9%	52.3%	33.8%	14.2%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 10/31/2023																
ELEMENTARY LUNCH, CH	Total	9000														
TACO Walkin, Beef, - '22	1.5 oz	7000	384	32	693	4.42	2.32	75.1	796	6.24	*3	13.78	30.47	22.76	5.23	*0.00
YOGURT, Hollan, Ras, w/crack-2017	SERVING	600	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT, Hollan Peachw/crack-2017	SERVING	600	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT, Strawberry W/Crack-2017	SERVING	600	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT, Strw-Ban, W/Crack-2017	SERVING	600	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
BEANS, BLACK SEASONED-2012	1/2 CUP	5000	126	0	323	9.50	2.68	52.0	48	4.15	*0	8.32	22.99	0.43	0.11	*0.00
LETTUCE, SHREDDED	Serving	5000	10	0	7	0.86	0.30	13.0	361	2.02	1	0.65	2.14	0.1	0.01	*N/A*
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	*N/A*
Salsa, LaVictoria 2017 2oz	Serving	5000	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	1000	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	7500	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			639	31	1150	12.10	5.22	422.9	2027	15.85	*38	26.45	88.92	20.67	4.99	*0.00
% of Calories											*23.8%	16.6%	55.7%	29.1%	7.0%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Oct 30, 2023 thru Oct 31, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Page 2

Generated on: 9/11/2023 9:00:42 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)
Weighted Average			768	49	1455	10.41	5.35	675.6	2817	14.71	*41 *48.0%	31.07 16.2%	103.14 53.7%	27.20 31.9%	9.57 11.2%	*0.00 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target*	Miss Data	Shortfall*	Overage*	Error Messages (if any)*
Calories	768		550 - 650					
Cholesterol (mg)	49							
Sodium (mg)	1455		1230					
Fiber (g)	10.41							
Iron (mg)	5.35							
Calcium (mg)	675.6							
Vitamin A (IU)	2817							
Sugars (g)	41	21.35%			Missing			
Vitamin C (mg)	14.71							
Protein (g)	31.07	16.18%						
Carbohydrate (g)	103.14	53.70%						
Total Fat (g)	27.20	31.86%	<=30.00%					
Saturated Fat (g)	9.57	11.22%	<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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