

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 2, 2023 thru Oct 6, 2023

High School Lunch

Generated on: 10/6/2023 11:43:15 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																
High School Lunch	Total	5970														
CHEESEBURGER MINIS-2018	SERVING	1200	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
PROTEIN BOX MIDDLE SCHO	1 EACH	600	568	27	804	5.21	1.35	269.4	902	8.87	*16	17.63	46.84	37.41	9.42	*0.00
OL 2017																
Chicken, Tangerine Sec-'23	SERV	700	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
Pizza, PHut 14"WhWhPepp,slice	serving	1000	290	25	570	3.00	2.00	300.0	400	0.0	1	21.0	29.0	11.0	4.40	0.00
PIZZA,FR.BREAD,CHEESE TO	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
NY'S																
Spicy Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
LA 2020																
SLUSH, COOL TROP PARAD F	container	500	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															
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	1500	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	1500	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			733	68	1216	5648.5	4.77	595.6	4402	42.97	*35	39.78	97.51	23.13	7.01	*0.02
% of Calories											*19.1%	21.7%	53.2%	28.4%	8.6%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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

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

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

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Rialto Unified School District

Oct 2, 2023 thru Oct 6, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 2

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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)
Tue - 10/03/2023																
High School Lunch	Total	5970														
Chicken Tenders, WG 2017	Serving	1200	184	34	383	2.00	2.00	20.0	84	87.0	0	15.0	13.0	8.0	2.00	0.00
Potato Wedges, seasoned	SERVING	1200	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Salad, Southwest Chicken '23	1 each	900	981	120	1711	15.96	7.42	413.6	1407	6.1	*8	40.14	92.7	55.1	14.84	*0.00
Chicken, Tangerine Sec-'23	SERV	1000	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
PIZZA,FR.BREAD,CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
Peach Cup, Froz. 2017	1 each	500	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			787	80	1340	5649.9	5.38	566.4	4304	54.01	*31	40.64	101.82	26.76	7.75	*0.02
% of Calories											*15.7%	20.6%	51.7%	30.6%	8.9%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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

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Rialto Unified School District

Oct 2, 2023 thru Oct 6, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 3

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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)
Wed - 10/04/2023																
High School Lunch	Total	5970														
GRAVY, TURKEY, L/F#2 MS-2017	1 each	700	250	27	865	2.34	1.96	76.6	194	1.72	*3	16.33	29.26	8.5	1.73	*0.00
Wrap, CRUNCHY CHICKEN 2020	EACH	400	452	69	1392	8.32	2.83	307.3	2969	19.9	*8	24.3	50.34	17.46	5.18	*0.00
Chicken, Tangerine Sec-23	SERV	1000	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
Pizza, PHut 14"WhWhPepp,slice	serving	900	290	25	570	3.00	2.00	300.0	400	0.0	1	21.0	29.0	11.0	4.40	0.00
PIZZA,FR.BREAD,CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	1000	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1000	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	800	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	1600	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	1600	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	367	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			743	68	1336	5648.3	4.74	682.5	4416	41.63	*29	39.90	102.86	21.50	6.85	*0.02
% of Calories											*15.8%	21.5%	55.4%	26.0%	8.3%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Oct 2, 2023 thru Oct 6, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 4

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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																
High School Lunch	Total	5970														
Pork and Mac '23	SERVING	1200	589	111	1878	2.93	2.45	754.6	2424	5.14	*11	52.57	51.27	18.71	10.21	*0.02
Salad, Southwest Chicken '23	1 each	800	981	120	1711	15.96	7.42	413.6	1407	6.1	*8	40.14	92.7	55.1	14.84	*0.00
Chicken, Tangerine Sec-23	SERV	700	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
PIZZA,FR.BREAD,CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
Peach Cup, Froz. 2017	1 each	500	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			805	91	1574	5649.1	5.11	706.9	4747	36.73	*32	46.10	99.91	26.98	8.78	*0.02
% of Calories											*16.1%	22.9%	49.7%	30.2%	9.8%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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

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

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Rialto Unified School District

Oct 2, 2023 thru Oct 6, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/06/2023																
High School Lunch	Total	5970														
SANDWICH, CHX PARM '23	1 EACH	1200	437	48	910	6.19	4.80	317.4	676	93.53	*4	29.73	48.7	14.45	5.03	*0.00
Salad, TACO '22	1 each	900	732	91	1476	7.10	4.31	498.4	1772	10.04	*7	28.5	51.67	48.29	15.21	*0.00
Chicken, Tangerine Sec-'23	SERV	1200	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
PIZZA, FR. BREAD, CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
SLUSH, COOL TROP PARAD F RU PUN	container s, 4oz	500	60	0	25	0.00	0.36	0.0	500	60.0	12	0.0	16.0	0.0	0.00	0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS, FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES, FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES, FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK, 1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK, NF Chocolate HOLL. 2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			778	79	1421	5648.8	5.45	638.5	4493	59.90	*32	41.75	98.29	26.69	8.15	*0.02
% of Calories											*16.4%	21.5%	50.5%	30.9%	9.4%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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

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

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

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Rialto Unified School District

Oct 2, 2023 thru Oct 6, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 6

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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 Average			769	77	1377	5648.9	5.09	638.0	4472	47.05	*32	41.63	100.08	25.01	7.71	*0.02
											*37.3%	21.6%	52.0%	29.3%	9.0%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	769		750 - 850	100%				
Cholesterol (mg)	77							
Sodium (mg)	1377		1420					
Fiber (g)	5648.99							
Iron (mg)	5.09							
Calcium (mg)	638.0							
Vitamin A (IU)	4472							
Sugars (g)	32	16.59%			Missing			
Vitamin C (mg)	47.05							
Protein (g)	41.63	21.65%						
Carbohydrate (g)	100.08	52.03%						
Total Fat (g)	25.01	29.26%	<=30.00%					
Saturated Fat (g)	7.71	9.02%	<10.00%					
Trans Fat ¹ (g)	0.02	0.02%			Missing			

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Rialto Unified School District

Oct 9, 2023 thru Oct 13, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/12/2023																
High School Lunch	Total	5970														
Grinder, Deli Turkey & Cheese	1 EACH	1200	366	41	1230	4.00	2.76	237.2	171	0.0	*0	28.32	47.61	9.5	2.79	*0.00
Salad, Southwest Chicken '23	1 each	800	981	120	1711	15.96	7.42	413.6	1407	6.1	*8	40.14	92.7	55.1	14.84	*0.00
Chicken, Tangerine Sec-'23	SERV	700	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
PIZZA,FR.BREAD,CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
Peach Cup, Froz. 2017	1 each	500	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			760	77	1443	5649.3	5.18	602.9	4294	35.70	*30	41.22	99.18	25.13	7.28	*0.02
% of Calories											*15.9%	21.7%	52.2%	29.8%	8.6%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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

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

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Rialto Unified School District

Oct 9, 2023 thru Oct 13, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/13/2023																
High School Lunch	Total	5970														
Chile Verde Bowl High 2012	serving	1200	486	106	1385	4.28	3.79	223.2	502	19.79	*1	41.32	46.01	15.43	3.55	*0.00
Salad, TACO '22	1 each	900	732	91	1476	7.10	4.31	498.4	1772	10.04	*7	28.5	51.67	48.29	15.21	*0.00
Chicken, Tangerine Sec-'23	SERV	1200	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
PIZZA,FR.BREAD,CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
SLUSH, COOL TROP PARAD F RU PUN	container s, 4oz	500	60	0	25	0.00	0.36	0.0	500	60.0	12	0.0	16.0	0.0	0.00	0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	1122.2	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			788	91	1517	5648.4	5.25	619.6	4458	45.08	*31	44.08	97.75	26.89	7.86	*0.02
% of Calories											*15.9%	22.4%	49.6%	30.7%	9.0%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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

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

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Rialto Unified School District

Oct 9, 2023 thru Oct 13, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 6

Generated on: 10/6/2023 11:49:33 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			761	77	1389	5648.8	4.99	632.1	4404	40.51	*31 *37.0%	40.58 21.3%	98.85 52.0%	25.21 29.8%	7.63 9.0%	*0.02 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	761		750 - 850	100%				
Cholesterol (mg)	77							
Sodium (mg)	1389		1420					
Fiber (g)	5648.87							
Iron (mg)	4.99							
Calcium (mg)	632.1							
Vitamin A (IU)	4404							
Sugars (g)	31	16.43%			Missing			
Vitamin C (mg)	40.51							
Protein (g)	40.58	21.33%						
Carbohydrate (g)	98.85	51.96%						
Total Fat (g)	25.21	29.81%	<=30.00%					
Saturated Fat (g)	7.63	9.03%	<10.00%					
Trans Fat ¹ (g)	0.02	0.02%			Missing			

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Rialto Unified School District

Oct 16, 2023 thru Oct 20, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

Generated on: 10/6/2023 11:49:55 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																
High School Lunch	Total	5970														
PRETZEL DOG 2013 WG	1 EACH	1200	300	35	780	5.00	5.00	132.0	55	0.0	6	20.0	41.0	6.5	2.00	0.00
PROTEIN BOX MIDDLE SCHO OL 2017	1 EACH	600	568	27	804	5.21	1.35	269.4	902	8.87	*16	17.63	46.84	37.41	9.42	*0.00
Chicken, Tangerine Sec-'23	SERV	700	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
Pizza, PHut 14"WhWhPepp,slice	serving	1000	290	25	570	3.00	2.00	300.0	400	0.0	1	21.0	29.0	11.0	4.40	0.00
PIZZA,FR.BREAD,CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
SLUSH, COOL TROP PARAD F RU PUN	container s, 4oz	500	60	0	25	0.00	0.36	0.0	500	60.0	12	0.0	16.0	0.0	0.00	0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	1500	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	1500	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			739	66	1301	5649.0	5.22	605.6	4393	42.97	*35	39.84	99.46	22.87	6.83	*0.02
% of Calories											*19.2%	21.6%	53.8%	27.9%	8.3%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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

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Rialto Unified School District

Oct 16, 2023 thru Oct 20, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 2

Generated on: 10/6/2023 11:49:55 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)
Tue - 10/17/2023																
High School Lunch	Total	5970														
CHICKEN,WINGS-GENERAL T	SERVING	600	476	186	730	0.00	0.54	17.8	0	0.0	14	26.75	17.49	32.7	8.92	0.00
SO'S'23																
Potato Wedges, seasoned	SERVING	600	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Biscuit, Whole Grain	1 each	600	190	0	410	2.00	0.72	150.0	10	0.0	2	4.0	24.0	9.0	8.00	0.00
Salad, Southwest Chicken '23	1 each	900	981	120	1711	15.96	7.42	413.6	1407	6.1	*8	40.14	92.7	55.1	14.84	*0.00
Chicken, Tangerine Sec-'23	SERV	1000	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
PIZZA,FR.BREAD,CHEESE TO	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
NY'S																
Spicy Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
LA 2020																
Peach Cup, Froz. 2017	1 each	500	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			801	91	1373	5649.4	5.05	579.2	4288	36.16	*33	40.42	100.36	29.04	8.89	*0.02
% of Calories											*16.3%	20.2%	50.1%	32.6%	10.0%	*0.0%
Nutrient Guideline			750-850		1420									<=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

Page 3

Oct 16, 2023 thru Oct 20, 2023

High School Lunch

Generated on: 10/6/2023 11:49:55 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)
Wed - 10/18/2023																
High School Lunch	Total	5970														
Pozole, Red Turkey/22 SEC	14 oz	700	264	48	1592	3.71	2.71	27.2	1218	3.0	*3	21.76	25.82	7.39	2.75	*0.00
TORTILLA CHIPS-2021	SERVING.	700	280	0	200	6.00	3.60	80.0	200	0.0	*N/A*	4.0	38.0	12.0	2.00	0.00
Wrap, CRUNCHY CHICKEN 2020	EACH	400	452	69	1392	8.32	2.83	307.3	2969	19.9	*8	24.3	50.34	17.46	5.18	*0.00
Chicken,Tangerine Sec-'23	SERV	1000	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
Pizza,PHut 14"WWhPepp,slice	serving	900	290	25	570	3.00	2.00	300.0	400	0.0	1	21.0	29.0	11.0	4.40	0.00
PIZZA,FR.BREAD,CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	1000	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1000	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	800	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	1600	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	1600	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	367	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			778	71	1445	5649.2	5.24	686.1	4560	41.78	*29	41.00	106.91	22.77	7.20	*0.02
% of Calories											*15.1%	21.1%	55.0%	26.4%	8.3%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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

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Rialto Unified School District

Oct 16, 2023 thru Oct 20, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 4

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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																
High School Lunch	Total	5970														
ENCHILADA,SCRATCH,beef24c t'22	1 Ser(25 ct	1200	247	49	381	1.40	1.37	234.3	494	1.58	*1	14.39	15.09	14.32	7.44	*0.27
Salad, Southwest Chicken '23	1 each	800	981	120	1711	15.96	7.42	413.6	1407	6.1	*8	40.14	92.7	55.1	14.84	*0.00
Chicken,Tangerine Sec-'23	SERV	700	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
PIZZA,FR.BREAD,CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
Peach Cup, Froz. 2017	1 each	500	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			736	78	1273	5648.8	4.90	602.3	4359	36.01	*30	38.42	92.64	26.10	8.22	*0.07
% of Calories											*16.5%	20.9%	50.4%	31.9%	10.1%	*0.1%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 5

Oct 16, 2023 thru Oct 20, 2023

High School Lunch

Generated on: 10/6/2023 11:49:55 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)
Fri - 10/20/2023																
High School Lunch	Total	5970														
Chicken & Waffles, WG 2019	Serving	1200	314	34	623	4.00	3.08	40.0	109	87.0	5	19.0	39.0	10.0	2.00	0.00
Salad, TACO '22	1 each	900	732	91	1476	7.10	4.31	498.4	1772	10.04	*7	28.5	51.67	48.29	15.21	*0.00
Chicken,Tangerine Sec-'23	SERV	1200	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
PIZZA,FR.BREAD,CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
SLUSH, COOL TROP PARAD F RU PUN	container s, 4oz	500	60	0	25	0.00	0.36	0.0	500	60.0	12	0.0	16.0	0.0	0.00	0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			753	77	1364	5648.4	5.11	582.8	4379	58.59	*32	39.60	96.34	25.80	7.55	*0.02
% of Calories											*17.1%	21.0%	51.1%	30.8%	9.0%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Rialto Unified School District

Oct 16, 2023 thru Oct 20, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 6

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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 Average			761	77	1351	5649.0	5.10	611.2	4396	43.10	*32 *37.8%	39.86 20.9%	99.14 52.1%	25.32 29.9%	7.74 9.1%	*0.03 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	761		750 - 850	100%				
Cholesterol (mg)	77							
Sodium (mg)	1351		1420					
Fiber (g)	5649.01							
Iron (mg)	5.10							
Calcium (mg)	611.2							
Vitamin A (IU)	4396							
Sugars (g)	32	16.80%			Missing			
Vitamin C (mg)	43.10							
Protein (g)	39.86	20.94%						
Carbohydrate (g)	99.14	52.09%						
Total Fat (g)	25.32	29.93%	<=30.00%					
Saturated Fat (g)	7.74	9.15%	<10.00%					
Trans Fat ¹ (g)	0.03	0.03%			Missing			

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Rialto Unified School District

Oct 9, 2023 thru Oct 13, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

Generated on: 10/6/2023 11:49:32 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																
High School Lunch	Total	5970														
Burrito, Bean & Chz '22	1 each	800	577	60	1278	5.65	4.01	612.4	701	2.48	*1	25.15	59.92	26.12	13.02	*0.00
PROTEIN BOX MIDDLE SCHO OL 2017	1 EACH	600	568	27	804	5.21	1.35	269.4	902	8.87	*16	17.63	46.84	37.41	9.42	*0.00
Chicken, Tangerine Sec-'23	SERV	700	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
Pizza, PHut 14"WhWhPepp,slice	serving	1000	290	25	570	3.00	2.00	300.0	400	0.0	1	21.0	29.0	11.0	4.40	0.00
PIZZA,FR.BREAD,CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
SLUSH, COOL TROP PARAD F RU PUN	container s, 4oz	500	60	0	25	0.00	0.36	0.0	500	60.0	12	0.0	16.0	0.0	0.00	0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	1500	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	1500	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			756	67	1316	5648.8	4.75	661.2	4476	43.30	*34	39.19	99.25	25.07	8.17	*0.02
% of Calories											*18.2%	20.7%	52.5%	29.8%	9.7%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Rialto Unified School District

Oct 9, 2023 thru Oct 13, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 2

Generated on: 10/6/2023 11:49:32 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)
Tue - 10/10/2023																
High School Lunch	Total	5970														
TACO Walkin,Beef,- '22	1.5 oz	600	384	32	693	4.42	2.32	75.1	796	6.24	*3	13.78	30.47	22.76	5.23	*0.00
Salad, Southwest Chicken '23	1 each	900	981	120	1711	15.96	7.42	413.6	1407	6.1	*8	40.14	92.7	55.1	14.84	*0.00
Chicken,Tangerine Sec-'23	SERV	1000	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
PIZZA,FR.BREAD,CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
Peach Cup, Froz. 2017	1 each	500	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			756	76	1323	5649.4	5.11	569.9	4367	36.43	*31	38.41	96.24	26.83	7.57	*0.02
% of Calories											*16.5%	20.3%	50.9%	32.0%	9.0%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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

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

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

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Rialto Unified School District

Oct 9, 2023 thru Oct 13, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/11/2023																
High School Lunch	Total	5970														
ENCHILADA, GREEN CHICKEN 2017	6.25 OUNCE	700	269	67	934	1.10	1.43	283.4	255	5.44	2	17.16	20.35	13.89	5.49	*0.00
Wrap, CRUNCHY CHICKEN 2020	EACH	400	452	69	1392	8.32	2.83	307.3	2969	19.9	*8	24.3	50.34	17.46	5.18	*0.00
Chicken, Tangerine Sec-'23	SERV	1000	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
Pizza, PHut 14"WhWhPepp,slice	serving	900	290	25	570	3.00	2.00	300.0	400	0.0	1	21.0	29.0	11.0	4.40	0.00
PIZZA,FR.BREAD,CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	1000	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1000	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	800	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	1600	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	1600	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	367	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			745	73	1344	5648.2	4.67	706.7	4424	42.06	*29	40.00	101.82	22.13	7.29	*0.02
% of Calories											*15.6%	21.5%	54.6%	26.7%	8.8%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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

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

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Rialto Unified School District

Oct 23, 2023 thru Oct 27, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

Generated on: 10/6/2023 11:50:28 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 - 10/23/2023																
High School Lunch	Total	5970														
CHILI FRIES w/cheese-2021	SERVING,	1200	388	12	677	9.53	3.60	179.4	508	19.14	*3	15.51	59.72	9.99	3.56	*0.00
PROTEIN BOX MIDDLE SCHO	1 EACH	600	568	27	804	5.21	1.35	269.4	902	8.87	*16	17.63	46.84	37.41	9.42	*0.00
OL 2017																
Chicken, Tangerine Sec-'23	SERV	700	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
Pizza, PHut 14"WhWhPepp,slice	serving	1000	290	25	570	3.00	2.00	300.0	400	0.0	1	21.0	29.0	11.0	4.40	0.00
PIZZA,FR.BREAD,CHEESE TO	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
NY'S																
Spicy Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
LA 2020																
SLUSH, COOL TROP PARAD F	container	500	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															
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	1500	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	1500	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			757	62	1280	5649.9	4.94	615.2	4484	46.81	*35	38.94	103.22	23.57	7.14	*0.02
% of Calories											*18.5%	20.6%	54.6%	28.0%	8.5%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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

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

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Rialto Unified School District

Oct 23, 2023 thru Oct 27, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 2

Generated on: 10/6/2023 11:50:28 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)
Tue - 10/24/2023																
High School Lunch	Total	5970														
TACO GRANDE, TURKEY-2022	1 EACH	1200	387	55	786	4.00	*0.72	*0.0	*0	*0.0	*2	17.38	27.49	23.93	8.24	0.00
Salad, Southwest Chicken '23	1 each	900	981	120	1711	15.96	7.42	413.6	1407	6.1	*8	40.14	92.7	55.1	14.84	*0.00
Chicken, Tangerine Sec-'23	SERV	1000	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
PIZZA, FR. BREAD, CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
Peach Cup, Froz. 2017	1 each	500	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS, FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES, FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES, FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK, 1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK, NF Chocolate HOLL. 2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			795	84	1411	5649.7	*5.02	*562.3	*4287	*35.80	*31	40.52	98.70	29.36	8.70	*0.02
% of Calories											*15.8%	20.4%	49.7%	33.2%	9.8%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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

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

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Rialto Unified School District

Oct 23, 2023 thru Oct 27, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 3

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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)
Wed - 10/25/2023																
High School Lunch	Total	5970														
Penne, Alfredo, Chicken CK '23	3/4 CUP	700	201	35	503	6.36	1.22	173.9	83	0.77	*1	16.27	21.93	4.94	1.83	*0.00
Bread Stk, chs,Maxstickw/sauce	1 EACH	700	185	7	370	1.54	2.12	135.3	442	5.53	*3	9.64	20.78	7.4	2.62	*N/A*
Wrap, CRUNCHY CHICKEN 2020	EACH	400	452	69	1392	8.32	2.83	307.3	2969	19.9	*8	24.3	50.34	17.46	5.18	*0.00
Chicken,Tangerine Sec-'23	SERV	1000	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
Pizza,PHut 14"WhWhPepp,slice	serving	900	290	25	570	3.00	2.00	300.0	400	0.0	1	21.0	29.0	11.0	4.40	0.00
PIZZA,FR.BREAD,CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	1000	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1000	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	800	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	1600	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	1600	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	367	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			759	70	1337	5649.0	4.90	709.8	4455	42.16	*29	41.02	104.44	21.95	7.17	*0.02
% of Calories											*15.5%	21.6%	55.0%	26.0%	8.5%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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

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Rialto Unified School District

Oct 23, 2023 thru Oct 27, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 4

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	Portion Size	Reimb Qty	Cals (kcal)	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)
Thu - 10/26/2023																
High School Lunch	Total	5970														
Penne Pasta W/Marinara & Ch2018	SERVING	1200	388	35	421	16.38	2.24	440.0	436	2.28	*3	20.88	44.21	13.53	8.01	*0.00
Salad, Southwest Chicken '23	1 each	800	981	120	1711	15.96	7.42	413.6	1407	6.1	*8	40.14	92.7	55.1	14.84	*0.00
Chicken, Tangerine Sec-'23	SERV	700	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
PIZZA, FR. BREAD, CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
Peach Cup, Froz. 2017	1 each	500	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS, FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES, FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES, FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK, 1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK, NF Chocolate HOLL. 2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			764	76	1281	5651.8	5.07	643.6	4348	36.16	*31	39.73	98.50	25.94	8.33	*0.02
% of Calories											*16.1%	20.8%	51.6%	30.6%	9.8%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Rialto Unified School District

Oct 23, 2023 thru Oct 27, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 5

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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)
Fri - 10/27/2023																
High School Lunch	Total	5970														
CALZONE WG PEPPERONI 2014	1 EACH	1200	380	35	760	5.00	2.70	350.0	750	108.0	4	21.0	49.0	13.0	5.00	0.00
Salad, TACO '22	1 each	900	732	91	1476	7.10	4.31	498.4	1772	10.04	*7	28.5	51.67	48.29	15.21	*0.00
Chicken, Tangerine Sec-'23	SERV	1200	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
PIZZA,FR.BREAD,CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
SLUSH, COOL TROP PARAD F RU PUN	container s, 4oz	500	60	0	25	0.00	0.36	0.0	500	60.0	12	0.0	16.0	0.0	0.00	0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			767	77	1391	5648.6	5.03	645.1	4508	62.81	*32	40.00	98.35	26.40	8.15	*0.02
% of Calories											*16.7%	20.9%	51.3%	31.0%	9.6%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Rialto Unified School District

Oct 23, 2023 thru Oct 27, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 6

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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 Average			768	74	1340	5649.8	*4.99	*635.2	*4416	*44.75	*32 *37.1%	40.04 20.8%	100.64 52.4%	25.44 29.8%	7.90 9.3%	*0.02 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	768		750 - 850	100%				
Cholesterol (mg)	74							
Sodium (mg)	1340		1420					
Fiber (g)	5649.86							
Iron (mg)	4.99				Missing			
Calcium (mg)	635.2				Missing			
Vitamin A (IU)	4416				Missing			
Sugars (g)	32	16.49%			Missing			
Vitamin C (mg)	44.75				Missing			
Protein (g)	40.04	20.85%						
Carbohydrate (g)	100.64	52.39%						
Total Fat (g)	25.44	29.80%	<=30.00%					
Saturated Fat (g)	7.90	9.25%	<10.00%					
Trans Fat ¹ (g)	0.02	0.02%			Missing			

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Rialto Unified School District

Oct 30, 2023 thru Oct 31, 2023

Base Menu Spreadsheet

High School Lunch

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 - 10/30/2023																
High School Lunch	Total	5970														
PRETZEL DOG 2013 WG	1 EACH	1200	300	35	780	5.00	5.00	132.0	55	0.0	6	20.0	41.0	6.5	2.00	0.00
PROTEIN BOX MIDDLE SCHO	1 EACH	600	568	27	804	5.21	1.35	269.4	902	8.87	*16	17.63	46.84	37.41	9.42	*0.00
OL 2017																
Chicken,Tangerine Sec-'23	SERV	700	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
Pizza,PHut 14"WhWhPepp,slice	serving	1000	290	25	570	3.00	2.00	300.0	400	0.0	1	21.0	29.0	11.0	4.40	0.00
PIZZA,FR.BREAD,CHEESE TO	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
NY'S																
Spicy Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
LA 2020																
SLUSH, COOL TROP PARAD F	container	500	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															
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS,FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES,FRESH	1 EACH	1500	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES,FRESH	1 EACH	1500	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			739	66	1301	5649.0	5.22	605.6	4393	42.97	*35	39.84	99.46	22.87	6.83	*0.02
% of Calories											*19.2%	21.6%	53.8%	27.9%	8.3%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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

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Rialto Unified School District

Oct 30, 2023 thru Oct 31, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 2

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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)
Tue - 10/31/2023																
High School Lunch	Total	5970														
Chicken, Spicy Sichuan, Ling's	SERV	1200	77	38	371	0.00	0.64	0.0	59	0.0	*N/A*	10.61	3.54	1.77	0.59	*N/A*
Salad, Southwest Chicken '23	1 each	900	981	120	1711	15.96	7.42	413.6	1407	6.1	*8	40.14	92.7	55.1	14.84	*0.00
Chicken, Tangerine Sec-'23	SERV	1000	293	45	571	2.61	2.50	4.5	65	0.0	13	16.38	40.08	7.97	1.40	0.00
PIZZA, FR. BREAD, CHEESE TO NY'S	1 EACH	900	330	25	710	3.00	0.00	350.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	1400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Ch-Burger w/White G Bun-2015MS	1 EACH	1400	340	47	644	3.87	4.01	180.0	2785	3.9	5	26.1	32.31	12.77	4.67	*0.00
Burrito, Grande, chicken, lg	1 each	400	830	105	1685	9.04	7.69	547.9	1458	4.59	*1	37.45	96.35	33.92	12.53	*0.00
YOGURT PARFAIT W/ GRANO LA 2020	serving	400	348	12	174	3.05	1.35	445.9	170	30.13	*4	14.34	65.0	4.82	2.17	*0.00
Peach Cup, Froz. 2017	1 each	500	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
BEANS, Great Northern BBQ	1/2 CUP	100	195	0	282	6.96	2.30	81.6	64	2.79	*8	10.58	38.24	0.6	0.18	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	*0.00
VEGGIE CUP, FRESH	SERVING	800	42	0	58	3.03	0.65	49.5	7569	54.79	*3	2.22	9.02	0.36	0.05	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
BANANAS	1 EACH	734	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
PLUMS, FRESH	1 EACH	1502	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	*N/A*
PEACHES, FRESH	1 EACH	367	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.01	*N/A*
NECTARINES, FRESH	1 EACH	367	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	*N/A*
Fruit, Oranges RAW-2017	1/2 CUP	1500	59	0	0	3.03	0.11	48.4	278	58.69	*N/A*	1.26	14.39	0.36	0.04	*N/A*
MILK, 1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK, NF Chocolate HOLL. 2017	1 EACH	3970	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
CATSUP-VARIETY 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			733	80	1328	5648.9	5.00	562.3	4298	35.80	*31	39.16	93.89	24.90	7.16	*0.02
% of Calories											*16.9%	21.4%	51.3%	30.6%	8.8%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Rialto Unified School District

Oct 30, 2023 thru Oct 31, 2023

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 3

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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 Average			736	73	1315	5649.0	5.11	584.0	4346	39.38	*33 *40.6%	39.50 21.5%	96.67 52.5%	23.89 29.2%	6.99 8.6%	*0.02 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target*	Miss Data	Shortfall*	Overage*	Error Messages (if any)*
Calories	736		750 - 850					
Cholesterol (mg)	73							
Sodium (mg)	1315		1420					
Fiber (g)	5649.02							
Iron (mg)	5.11							
Calcium (mg)	584.0							
Vitamin A (IU)	4346							
Sugars (g)	33	18.05%			Missing			
Vitamin C (mg)	39.38							
Protein (g)	39.50	21.47%						
Carbohydrate (g)	96.67	52.55%						
Total Fat (g)	23.89	29.21%	<=30.00%					
Saturated Fat (g)	6.99	8.55%	<10.00%					
Trans Fat ¹ (g)	0.02	0.02%			Missing			

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

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