

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Oct 2, 2023 thru Oct 6, 2023

MS BIC Breakfast

Generated on: 9/29/2023 4:38:17 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calom (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																
MS BIC Breakfast	Total	1000														
Mini Donuts, Wh Gr Chocolate	1 each	800	300	0	290	3.00	1.08	20.0	100	0.0	20	5.0	39.0	13.0	8.00	0.00
Craisins 2020	servings	700	187	0	2	3.45	0.32	6.1	0	0.12	39	0.04	49.92	0.83	0.06	*N/A*
Craisins 2020	servings	1	187	0	2	3.45	0.32	6.1	0	0.12	39	0.04	49.92	0.83	0.06	*N/A*
MILK, 1% HOLLANDIA 2017	1 EACH	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	500	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			486	9	376	4.82	1.45	320.2	580	1.28	60	13.53	84.19	12.23	7.19	*0.00
% of Calories											49.1%	11.1%	69.3%	22.7%	13.3%	*0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Tue - 10/03/2023																
MS BIC Breakfast	Total	1000														
Muffins, Cherry-Buena Vista 22	1 ea	1000	230	20	240	2.00	1.80	20.0	0	0.0	15	4.0	39.0	7.0	1.00	0.00
GRAPES, Fresh	serving	1000	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
GRAPES, Fresh	serving	1	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
MILK, 1% HOLLANDIA 2017	1 EACH	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	500	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			407	29	384	2.83	2.43	332.9	592	4.88	46	14.08	72.79	8.57	1.85	*0.00
% of Calories											45.2%	13.8%	71.6%	19.0%	4.1%	*0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Wed - 10/04/2023																
MS BIC Breakfast	Total	1000														
Uncrustable, Strw Wh 5.3oz-2015	1 each	700	630	0	620	7.00	1.80	60.0	140	0.0	28	19.0	64.0	33.0	7.00	0.00
BANANAS	1 EACH	700	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
MILK, 1% HOLLANDIA 2017	1 EACH	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	1	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			564	8	510	6.74	1.44	220.8	394	7.36	35	19.58	68.99	24.58	5.73	*0.00
% of Calories											25.0%	13.9%	48.9%	39.2%	9.1%	*0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

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Rialto Unified School District

Oct 2, 2023 thru Oct 6, 2023

Base Menu Spreadsheet

MS BIC Breakfast

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 - 10/05/2023																
MS BIC Breakfast	Total	1000														
Waffles, Vanilla	pkg	1000	271	17	226	2.26	0.00	9.0	0	0.0	14	5.65	37.27	10.17	2.82	0.00
APPLES,Fresh sliced 2017	pkg. (3 oz)	1000	51	0	0	3.00	0.18	10.0	50	185.4	9	0.0	12.0	0.0	0.00	0.00
APPLES,Fresh sliced 2017	pkg. (3 oz)	1	51	0	0	3.00	0.18	10.0	50	185.4	9	0.0	12.0	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	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	500	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			437	25	368	5.26	0.54	319.0	550	186.78	39	15.15	67.28	11.42	3.57	0.00
% of Calories											35.3%	13.9%	61.6%	23.5%	7.4%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Fri - 10/06/2023																
MS BIC Breakfast	Total	1000														
Mini Donuts,WG Powdered Sugar	1 each	1000	280	0	290	2.00	1.08	20.0	110	0.0	22	5.0	42.0	10.0	3.00	0.00
Juice, AppleBerry,8ozHoll-2017	CARTONS	1000	110	0	0	0.00	0.00	0.0	130	0.0	26	0.0	28.0	0.0	0.00	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	1	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			450	8	365	2.00	1.08	195.3	490	1.20	55	10.51	78.02	11.25	3.75	0.00
% of Calories											48.9%	9.3%	69.3%	22.5%	7.5%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Weighted Average			469	15	401	4.33	1.39	277.6	521	40.30	47	14.57	74.26	13.61	4.42	*0.00
											90.0%	12.4%	63.4%	26.1%	8.5%	*0.0%

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Rialto Unified School District

Oct 2, 2023 thru Oct 6, 2023

Base Menu Spreadsheet

MS BIC Breakfast

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size % of Cals	Reimb Qty Weekly Target	Cals (kcal) % of Target	Cholst (mg) Miss Data	Sodm (mg) Shortfall	Fiber (g) Overage	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	469		400 - 550	100%													
Cholesterol (mg)	15																
Sodium (mg)	401		600														
Fiber (g)	4.33																
Iron (mg)	1.39																
Calcium (mg)	277.6																
Vitamin A (IU)	521																
Sugars (g)	47	40.01%															
Vitamin C (mg)	40.30																
Protein (g)	14.57	12.43%															
Carbohydrate (g)	74.26	63.36%															
Total Fat (g)	13.61	26.13%	<=30.00%														
Saturated Fat (g)	4.42	8.48%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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Rialto Unified School District

Oct 9, 2023 thru Oct 13, 2023

Base Menu Spreadsheet

MS BIC Breakfast

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)
Mon - 10/09/2023																
MS BIC Breakfast	Total	1000														
POP TARTS,Wh.Gr Strawberry-2013	PKG. of (2 ea)	1000	360	0	360	6.00	3.60	200.0	1000	0.0	30	4.0	75.0	4.5	2.00	0.00
Crisps, Apple-Strawberry '22	BAG	1000	39	0	0	1.93	0.00	0.0	0	0.0	7	0.0	9.64	0.0	0.00	0.00
Crisps, Apple-Strawberry '22	BAG	1	39	0	0	1.93	0.00	0.0	0	0.0	7	0.0	9.64	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	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	500	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			514	9	503	7.93	3.96	500.0	1500	1.20	53	13.50	102.65	5.75	2.75	0.00
% of Calories											41.1%	10.5%	79.9%	10.1%	4.8%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Tue - 10/10/2023																
MS BIC Breakfast	Total	1000														
FRENCHTOASTMini Choc Chip '23	SERV	600	190	0	210	4.00	3.60	259.7	0	0.0	10	4.0	34.96	4.99	1.50	0.00
GRAPES,Fresh	serving	1000	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
GRAPES,Fresh	serving	1	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	450	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	450	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			279	8	256	3.23	2.75	438.7	542	4.76	35	11.53	52.97	4.44	1.67	*0.00
% of Calories											50.7%	16.5%	75.9%	14.3%	5.4%	*0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Wed - 10/11/2023																
MS BIC Breakfast	Total	500														
Sndwch Pncke, Beef Sausage '22	serving	500	192	16	309	2.06	2.24	27.6	0	0.08	4	10.75	26.34	4.95	1.35	0.00
Juice, apple 8oz. Hollan-2017	CARTONS	500	110	0	25	0.00	0.72	0.0	0	0.0	25	0.0	28.0	0.0	0.00	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	250	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			477	32	551	2.06	3.32	502.6	750	2.48	52	25.75	80.34	7.45	2.85	0.00
% of Calories											43.8%	21.6%	67.3%	14.0%	5.4%	0.0%
Nutrient Guideline			400-550		600									<=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

MS BIC Breakfast

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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																
MS BIC Breakfast	Total	500														
Pan Dulce, Whole Wheat-2013	1 each	500	220	10	200	2.00	1.80	0.0	0	0.0	*N/A*	5.0	34.0	7.0	2.50	0.00
BANANAS	1 EACH	500	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	450	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	450	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			517	25	458	4.63	2.71	545.1	965	10.96	*41	23.20	89.51	9.58	3.96	*0.00
% of Calories											*31.9%	17.9%	69.2%	16.7%	6.9%	*0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Fri - 10/13/2023																
MS BIC Breakfast	Total	500														
Sndwich Chx & Sausage 2020	serving	750	159	26	312	1.40	1.10	110.0	110	0.0	2	9.7	16.0	6.4	2.60	0.00
RAISINS	1 CUP	750	129	0	5	1.59	0.81	21.5	0	0.99	25	1.32	34.05	0.2	0.03	*N/A*
RAISINS	1 CUP	1	129	0	5	1.59	0.81	21.5	0	0.99	25	1.32	34.05	0.2	0.03	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	350	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	350	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	51	675	4.49	3.37	617.3	865	3.17	63	29.83	100.34	11.65	4.99	*0.00
% of Calories											42.7%	20.1%	67.7%	17.7%	7.6%	*0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Weighted Average			476	25	488	4.47	3.22	520.7	924	4.51	*49	20.76	85.16	7.77	3.24	*0.00
											*92.6%	17.4%	71.6%	14.7%	6.1%	*0.0%

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Oct 9, 2023 thru Oct 13, 2023

Base Menu Spreadsheet

MS BIC Breakfast

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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	476		400 - 550	100%													
Cholesterol (mg)	25																
Sodium (mg)	488		600														
Fiber (g)	4.47																
Iron (mg)	3.22																
Calcium (mg)	520.7																
Vitamin A (IU)	924																
Sugars (g)	49	41.16%			Missing												
Vitamin C (mg)	4.51																
Protein (g)	20.76	17.45%															
Carbohydrate (g)	85.16	71.57%															
Total Fat (g)	7.77	14.70%	<=30.00%														
Saturated Fat (g)	3.24	6.13%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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Rialto Unified School District

Oct 16, 2023 thru Oct 20, 2023

Base Menu Spreadsheet

MS BIC Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/16/2023																
MS BIC Breakfast	Total	500														
Cereal Bar, Trix 2019	Package	500	150	0	100	3.00	1.80	250.0	100	1.2	9	2.0	30.0	3.0	0.50	0.00
Juice, AppleBerry, 8oz Holl-2017	CARTONS	500	110	0	0	0.00	0.00	0.0	130	0.0	26	0.0	28.0	0.0	0.00	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	250	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			435	16	318	3.00	2.16	725.0	980	3.60	58	17.00	84.00	5.50	2.00	0.00
% of Calories											53.3%	15.6%	77.2%	11.4%	4.1%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Tue - 10/17/2023																
MS BIC Breakfast	Total	1000														
Cluster Brk, Whole Grain '22	1 EACH	1000	260	0	190	3.00	2.70	80.0	0	0.0	14	5.0	38.0	10.0	2.50	0.00
GRAPES, Fresh	serving	1000	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
GRAPES, Fresh	serving	1	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
MILK, 1% HOLLANDIA 2017	1 EACH	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	500	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			437	9	334	3.83	3.33	392.9	592	4.88	45	15.08	71.79	11.57	3.35	*0.00
% of Calories											41.2%	13.8%	65.8%	23.8%	6.9%	*0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Wed - 10/18/2023																
MS BIC Breakfast	Total	900														
Uncrustable, Grp Wh 5.3oz-2015	1 each	600	590	0	530	7.00	2.00	83.0	0	0.0	30	18.0	64.0	32.0	7.00	0.00
Craisins 2020	servings	900	187	0	2	3.45	0.32	6.1	0	0.12	39	0.04	49.92	0.83	0.06	*N/A*
Craisins 2020	servings	1	187	0	2	3.45	0.32	6.1	0	0.12	39	0.04	49.92	0.83	0.06	*N/A*
MILK, 1% HOLLANDIA 2017	1 EACH	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	1	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			647	8	439	8.13	1.66	256.1	278	1.45	67	18.16	101.55	23.55	5.56	*0.00
% of Calories											41.6%	11.2%	62.8%	32.8%	7.7%	*0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

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Rialto Unified School District

Oct 16, 2023 thru Oct 20, 2023

Base Menu Spreadsheet

MS BIC Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/19/2023																
MS BIC Breakfast	Total	1000														
Pancakes, Confetti Bites 2022	pkg	1800	210	10	210	4.00	3.60	20.0	1000	0.0	11	4.0	36.0	7.0	1.00	0.00
Crisps, Apple-Strawberry '22	BAG	1000	39	0	0	1.93	0.00	0.0	0	0.0	7	0.0	9.64	0.0	0.00	0.00
Crisps, Apple-Strawberry '22	BAG	1	39	0	0	1.93	0.00	0.0	0	0.0	7	0.0	9.64	0.0	0.00	0.00
MILK, 1% HOLLANDIA 2017	1 EACH	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	500	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			532	27	521	9.13	6.84	336.0	2300	1.20	43	16.70	92.45	13.85	2.55	0.00
% of Calories											32.0%	12.6%	69.6%	23.4%	4.3%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Fri - 10/20/2023																
MS BIC Breakfast	Total	500														
Pan Dulce 51% Whole Wheat-2014	1 each	500	180	10	180	2.00	1.44	0.0	35	0.0	7	5.0	31.0	5.5	1.75	0.00
Juice, Orange, 8oz. Hollan-2017	CARTONS	500	110	0	30	0.00	0.00	0.0	140	60.0	28	2.0	28.0	0.0	0.00	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	250	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			465	26	428	2.00	1.80	475.0	925	62.40	58	22.00	85.00	8.00	3.25	0.00
% of Calories											49.9%	18.9%	73.1%	15.5%	6.3%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Weighted Average			503	17	408	5.22	3.16	437.0	1015	14.71	54	17.79	86.96	12.49	3.34	*0.00
											96.9%	14.1%	69.1%	22.4%	6.0%	*0.0%

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Rialto Unified School District

Oct 16, 2023 thru Oct 20, 2023

Base Menu Spreadsheet

MS BIC Breakfast

Portion Values - Detailed

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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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	503		400 - 550	100%													
Cholesterol (mg)	17																
Sodium (mg)	408		600														
Fiber (g)	5.22																
Iron (mg)	3.16																
Calcium (mg)	437.0																
Vitamin A (IU)	1015																
Sugars (g)	54	43.06%															
Vitamin C (mg)	14.71																
Protein (g)	17.79	14.14%															
Carbohydrate (g)	86.96	69.14%															
Total Fat (g)	12.49	22.35%	<=30.00%														
Saturated Fat (g)	3.34	5.98%	<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

Page 1

Oct 23, 2023 thru Oct 27, 2023

MS BIC Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/23/2023																
MS BIC Breakfast	Total	1000														
Muffins, Choc. Chip-Dave's	1 each	1600	227	30	115	3.10	0.90	4.0	44	0.9	18	3.9	39.5	6.0	0.90	0.00
APPLES,Fresh sliced 2017	pkg. (3 oz)	1000	51	0	0	3.00	0.18	10.0	50	185.4	9	0.0	12.0	0.0	0.00	0.00
APPLES,Fresh sliced 2017	pkg. (3 oz)	1	51	0	0	3.00	0.18	10.0	50	185.4	9	0.0	12.0	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	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	500	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			529	56	327	7.96	1.98	316.4	620	188.23	53	15.74	93.21	10.85	2.19	0.00
% of Calories											40.1%	11.9%	70.4%	18.5%	3.7%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Tue - 10/24/2023																
MS BIC Breakfast	Total	1000														
Cinnis, Mini 2.29oz 2017	pkg	1200	240	0	270	2.00	1.44	40.0	75	0.0	15	5.0	39.0	7.0	1.50	0.00
Craisins 2020	servings	900	187	0	2	3.45	0.32	6.1	0	0.12	39	0.04	49.92	0.83	0.06	*N/A*
Craisins 2020	servings	1	187	0	2	3.45	0.32	6.1	0	0.12	39	0.04	49.92	0.83	0.06	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	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	500	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			571	9	468	5.51	2.38	353.5	590	1.31	69	15.54	109.77	10.40	2.60	*0.00
% of Calories											48.7%	10.9%	76.9%	16.4%	4.1%	*0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Wed - 10/25/2023																
MS BIC Breakfast	Total	1000														
BAR, PEACH CHEERIOS 2023	1 EACH	1600	152	0	106	3.04	1.82	202.5	101	4.86	9	2.02	30.37	3.04	0.51	0.00
GRAPES,Fresh	serving	1600	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
GRAPES,Fresh	serving	1	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	600	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	600	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			480	10	344	6.19	3.77	704.6	909	15.11	58	15.57	95.46	6.88	1.87	*0.00
% of Calories											48.1%	13.0%	79.6%	12.9%	3.5%	*0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

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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

MS BIC Breakfast

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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 - 10/26/2023																
MS BIC Breakfast	Total	1000														
FRENCH TST Mini Cinna '23	SERV	500	667	348	1000	9.09	5.45	242.4	585	10.91	24	27.27	90.9	24.24	4.55	0.00
BANANAS	1 EACH	1000	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	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	500	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			538	183	643	7.17	3.35	426.3	857	15.45	40	24.24	86.54	13.70	3.13	*0.00
% of Calories											30.1%	18.0%	64.3%	22.9%	5.2%	*0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Fri - 10/27/2023																
MS BIC Breakfast	Total	500														
Bar, Cinna Toast Crunch '22	Package	700	150	0	115	3.00	1.80	200.0	0	0.0	9	2.0	30.0	3.5	0.50	0.00
Juice, Orange,8oz. Hollan-2017	CARTONS	600	110	0	30	0.00	0.00	0.0	140	60.0	28	2.0	28.0	0.0	0.00	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	250	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			517	16	415	4.20	2.88	755.0	918	74.40	69	20.20	101.60	7.40	2.20	0.00
% of Calories											53.5%	15.6%	78.6%	12.9%	3.8%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Weighted Average			527	55	439	6.21	2.87	511.1	779	58.90	58	18.26	97.32	9.85	2.40	*0.00
											99.0%	13.9%	73.9%	16.8%	4.1%	*0.0%

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Rialto Unified School District

Oct 23, 2023 thru Oct 27, 2023

Base Menu Spreadsheet

MS BIC Breakfast

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	527		400 - 550		100%												
Cholesterol (mg)	55																
Sodium (mg)	439		600														
Fiber (g)	6.21																
Iron (mg)	2.87																
Calcium (mg)	511.1																
Vitamin A (IU)	779																
Sugars (g)	58	44.00%															
Vitamin C (mg)	58.90																
Protein (g)	18.26	13.85%															
Carbohydrate (g)	97.32	73.85%															
Total Fat (g)	9.85	16.81%	<=30.00%														
Saturated Fat (g)	2.40	4.10%	<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

Page 1

Oct 30, 2023 thru Oct 31, 2023

MS BIC Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/30/2023																
MS BIC Breakfast	Total	1000														
Mini Donuts,Wh Gr Chocolate	1 each	800	300	0	290	3.00	1.08	20.0	100	0.0	20	5.0	39.0	13.0	8.00	0.00
Craisins 2020	servings	700	187	0	2	3.45	0.32	6.1	0	0.12	39	0.04	49.92	0.83	0.06	*N/A*
Craisins 2020	servings	1	187	0	2	3.45	0.32	6.1	0	0.12	39	0.04	49.92	0.83	0.06	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	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	500	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			486	9	376	4.82	1.45	320.2	580	1.28	60	13.53	84.19	12.23	7.19	*0.00
% of Calories											49.1%	11.1%	69.3%	22.7%	13.3%	*0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Tue - 10/31/2023																
MS BIC Breakfast	Total	1000														
Muffins, Cherry-Buena Vista 22	1 ea	1000	230	20	240	2.00	1.80	20.0	0	0.0	15	4.0	39.0	7.0	1.00	0.00
GRAPES,Fresh	serving	1000	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
GRAPES,Fresh	serving	1	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	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	500	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			407	29	384	2.83	2.43	332.9	592	4.88	46	14.08	72.79	8.57	1.85	*0.00
% of Calories											45.2%	13.8%	71.6%	19.0%	4.1%	*0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Weighted Average			446	19	380	3.83	1.94	326.6	586	3.08	53	13.80	78.49	10.40	4.52	*0.00
											106.5%	12.4%	70.4%	21.0%	9.1%	*0.0%

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Rialto Unified School District

Oct 30, 2023 thru Oct 31, 2023

Base Menu Spreadsheet

MS BIC Breakfast

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	446		400 - 550														
Cholesterol (mg)	19																
Sodium (mg)	380		600														
Fiber (g)	3.83																
Iron (mg)	1.94																
Calcium (mg)	326.6																
Vitamin A (IU)	586																
Sugars (g)	53	47.32%															
Vitamin C (mg)	3.08																
Protein (g)	13.80	12.37%															
Carbohydrate (g)	78.49	70.35%															
Total Fat (g)	10.40	20.98%	<=30.00%														
Saturated Fat (g)	4.52	9.12%	<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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