

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Sep 1, 2025 thru Sep 5, 2025

PRE-K BIC # 1

Generated on: 9/2/2025 7:42:31 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 - 09/01/2025																
PRE-K BIC # 1	Total	1														
HOLIDAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Tue - 09/02/2025																
PRE-K BIC # 1	Total	300														
Muffins, Blue-Buena Vista 22	1 ea	300	230	25	240	2.00	1.80	20.0	85	0.0	17	4.0	39.0	7.0	1.00	0.00
GRAPES,Fresh PKG '23	serv.(1/2 cup)	1	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
GRAPES,Fresh PKG '23	serv.(1/2 cup)	299	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
MILK,1% DW 2024	EACH(1/2 pint)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			381	40	391	2.41	1.93	376.4	631	1.84	38	13.29	60.89	9.66	2.55	0.00
% of Calories											40.4%	14.0%	64.0%	22.8%	6.0%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Wed - 09/03/2025																
PRE-K BIC # 1	Total	300														
CEREAL,MULTI-GRAIN CHEER IOS'24	Bowl (28 Grams)	300	110	0	105	2.00	12.60	100.0	300	3.6	6	2.0	23.0	1.0	0.00	0.00
Crisps, Apple-Strawberry '22	BAG (0.3 4 oz)	1	39	0	0	1.93	0.00	0.0	34	0.0	7	0.0	9.64	0.0	0.00	0.00
Crisps, Apple-Strawberry '22	BAG (0.3 4 oz)	299	39	0	0	1.93	0.00	0.0	34	0.0	7	0.0	9.64	0.0	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			269	15	255	3.93	12.60	450.0	834	3.60	27	11.00	46.64	3.50	1.50	0.00
% of Calories											39.8%	16.4%	69.5%	11.7%	5.0%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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

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

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

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

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Sep 1, 2025 thru Sep 5, 2025

PRE-K BIC # 1

Generated on: 9/2/2025 7:42:31 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/04/2025																
PRE-K BIC # 1	Total	300														
PIZZA,Bkft Bagel '22	1 EACH	300	240	15	340	3.00	2.00	196.0	55	2.0	4	11.0	31.0	8.0	2.50	0.00
APPLES,Fresh sliced 2017 2oz	pkg. (2oz)	1	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh sliced 2017 2oz	pkg. (2oz)	299	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			394	30	490	5.00	2.18	556.0	605	125.60	24	20.00	53.00	10.50	4.00	0.00
% of Calories											24.4%	20.3%	53.8%	24.0%	9.1%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Fri - 09/05/2025																
PRE-K BIC # 1	Total	300														
Oats, Overnight Berry	1 Cup	300	195	4	52	3.44	1.45	220.8	88	7.48	*10	7.98	33.01	2.37	0.58	*0.00
Orange juice, DW, 4oz.2024	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Orange juice, DW, 4oz.2024	1 EACH	299	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			370	19	216	3.44	1.45	580.8	688	37.47	*38	17.98	61.01	4.87	2.08	*0.00
% of Calories											*41.5%	19.4%	65.9%	11.8%	5.1%	*0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Weighted Average			353	26	338	3.70	4.54	490.8	689	42.13	*32	15.57	55.38	7.13	2.53	*0.00
											*81.2%	17.6%	62.7%	18.2%	6.5%	*0.0%

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.

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

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Sep 1, 2025 thru Sep 5, 2025

PRE-K BIC # 1

Generated on: 9/2/2025 7:42:31 AM

Nutrient	Menu AVG	Portion Size % of Cals	Reimb Qty Weekly Target	Cals (kcal) % of Target	Cholst (mg) Miss Data	Sodm (mg) Shortfall	Fiber (g) Overage	Iron (mg)	Calcmm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	353		350 - 500	100%													
Cholesterol (mg)	26																
Sodium 1 (mg)	338		540	63%													
Fiber (g)	3.70																
Iron (mg)	4.54																
Calcium (mg)	490.8																
Vitamin A (IU)	689																
Sugars (g)	32	36.10%			Missing												
Vitamin C (mg)	42.13																
Protein (g)	15.57	17.62%															
Carbohydrate (g)	55.38	62.69%															
Total Fat (g)	7.13	18.17%	<=30.00%														
Saturated Fat (g)	2.53	6.45%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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.

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

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Sep 8, 2025 thru Sep 12, 2025

PRE-K BIC # 1

Generated on: 9/2/2025 7:42:52 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 - 09/08/2025																
PRE-K BIC # 1	Total	300														
Pudding, Rice and Shine	1/2 Cup	300	149	6	90	0.57	0.28	271.9	250	1.48	*5	6.91	25.87	1.91	0.98	*0.00
Craisins	1/4 Cup	1	93	0	2	1.61	0.12	2.7	14	0.06	22	0.05	25.09	0.33	0.03	0.00
Craisins	1/4 Cup	299	93	0	2	1.61	0.12	2.7	14	0.06	22	0.05	25.09	0.33	0.03	0.00
MILK,1% DW 2024	EACH(1/2 pint)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			362	21	242	2.17	0.40	624.6	764	1.54	*41 *45.0%	15.96 17.6%	64.96 71.8%	4.74 11.8%	2.51 6.2%	*0.00 *0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Tue - 09/09/2025																
PRE-K BIC # 1	Total	300														
Muffins, Apple Cinn-Dave's	1 each	300	246	30	115	0.80	1.20	11.0	52	1.2	18	3.2	42.0	7.2	0.90	0.00
GRAPES,Fresh PKG '23	serv.(1/2 cup)	1	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
GRAPES,Fresh PKG '23	serv.(1/2 cup)	299	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
MILK,1% DW 2024	EACH(1/2 pint)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			397	45	266	1.21	1.33	367.4	598	3.04	40 40.3%	12.49 12.6%	63.89 64.4%	9.86 22.4%	2.45 5.6%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Wed - 09/10/2025																
PRE-K BIC # 1	Total	300														
Snack'n Waffles, Maple	pkg	300	250	44	290	2.00	1.44	30.0	75	0.0	15	6.0	37.0	9.0	4.00	0.00
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	0.00
BANANAS	1 EACH	299	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
MILK,1% DW 2024	EACH(1/2 pint)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			460	59	441	4.63	1.70	385.1	640	8.79	41 36.0%	16.10 14.0%	74.07 64.4%	11.83 23.2%	5.61 11.0%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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

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

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

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

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Sep 8, 2025 thru Sep 12, 2025

PRE-K BIC # 1

Generated on: 9/2/2025 7:42:53 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/11/2025																
PRE-K BIC # 1	Total	300														
Snack'n Waffles, Maple	pkg	300	250	44	290	2.00	1.44	30.0	75	0.0	15	6.0	37.0	9.0	4.00	0.00
APPLES, Fresh sliced	pkg. (2oz)	1	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
APPLES, Fresh sliced	pkg. (2oz)	299	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
MILK, 1% DW 2024	EACH (1/2 pint)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			404	59	440	4.00	1.62	390.0	625	123.60	35	15.00	59.00	11.50	5.50	0.00
% of Calories											34.7%	14.9%	58.4%	25.6%	12.2%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Fri - 09/12/2025																
PRE-K BIC # 1	Total	300														
Yogurt, Straww/crack-DW '24PSBK	SERVING	300	290	5	245	2.00	2.00	585.0	30	0.0	35	7.0	59.0	3.0	0.50	0.00
Crisps, Apple-Strawberry '22	BAG (0.3 4 oz)	1	39	0	0	1.93	0.00	0.0	34	0.0	7	0.0	9.64	0.0	0.00	0.00
Crisps, Apple-Strawberry '22	BAG (0.3 4 oz)	299	39	0	0	1.93	0.00	0.0	34	0.0	7	0.0	9.64	0.0	0.00	0.00
MILK, 1% DW 2024	EACH (1/2 pint)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			449	20	395	3.93	2.00	935.0	564	0.00	56	16.00	82.64	5.50	2.00	0.00
% of Calories											49.7%	14.3%	73.7%	11.0%	4.0%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Weighted Average			414	41	357	3.19	1.41	540.4	638	27.39	*43 *92.5%	15.11 14.6%	68.91 66.5%	8.69 18.9%	3.61 7.9%	*0.00 *0.0%
------------------	--	--	-----	----	-----	------	------	-------	-----	-------	---------------	----------------	----------------	---------------	--------------	----------------

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.

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

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Sep 8, 2025 thru Sep 12, 2025

PRE-K BIC # 1

Generated on: 9/2/2025 7:42:53 AM

Nutrient	Menu AVG	Portion Size % of Cals	Reimb Qty Weekly Target	Cals (kcal) % of Target	Cholst (mg) Miss Data	Sodm (mg) Shortfall	Fiber (g) Overage	Iron (mg) Error Messages (if any)	Calcmm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	414		350 - 500	100%													
Cholesterol (mg)	41																
Sodium 1 (mg)	357		540	66%													
Fiber (g)	3.19																
Iron (mg)	1.41																
Calcium (mg)	540.4																
Vitamin A (IU)	638																
Sugars (g)	43	41.09%			Missing												
Vitamin C (mg)	27.39																
Protein (g)	15.11	14.59%															
Carbohydrate (g)	68.91	66.54%															
Total Fat (g)	8.69	18.87%	<=30.00%														
Saturated Fat (g)	3.61	7.85%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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.

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

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Sep 15, 2025 thru Sep 19, 2025

PRE-K BIC # 1

Generated on: 9/2/2025 7:43:12 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcsm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/15/2025																
PRE-K BIC # 1	Total	300														
Croissant,Sausage & Cheese '25	1 Each	300	222	35	406	2.20	1.61	154.3	182	0.0	3	12.14	18.28	11.3	5.43	0.16
Craisins	1/4 Cup	1	93	0	2	1.61	0.12	2.7	14	0.06	22	0.05	25.09	0.33	0.03	0.00
Craisins	1/4 Cup	299	93	0	2	1.61	0.12	2.7	14	0.06	22	0.05	25.09	0.33	0.03	0.00
MILK,1% DW 2024	EACH(1/2 pint)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			436	50	558	3.81	1.73	507.0	696	0.06	39	21.19	57.37	14.13	6.95	0.16
% of Calories											35.4%	19.5%	52.7%	29.2%	14.4%	0.3%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Tue - 09/16/2025																
PRE-K BIC # 1	Total	300														
Muffins, Choc.-20th Cent '24	1 ea	300	230	60	370	3.00	1.00	21.4	0	0.0	17	5.0	34.0	8.0	2.00	0.00
GRAPES,Fresh PKG '23	serv.(1/2 cup)	1	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
GRAPES,Fresh PKG '23	serv.(1/2 cup)	299	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
MILK,1% DW 2024	EACH(1/2 pint)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			381	75	521	3.41	1.13	377.8	546	1.84	38	14.29	55.89	10.66	3.55	0.00
% of Calories											40.4%	15.0%	58.7%	25.2%	8.4%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Wed - 09/17/2025																
PRE-K BIC # 1	Total	300														
Muffins, Banana-Buena Vista 22	1 ea	300	230	20	200	2.00	1.80	20.0	80	0.0	16	4.0	39.0	7.0	1.00	0.00
Crisps, Apple-Strawberry '22	BAG (0.3 4 oz)	1	39	0	0	1.93	0.00	0.0	34	0.0	7	0.0	9.64	0.0	0.00	0.00
Crisps, Apple-Strawberry '22	BAG (0.3 4 oz)	299	39	0	0	1.93	0.00	0.0	34	0.0	7	0.0	9.64	0.0	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			389	35	350	3.93	1.80	370.0	614	0.00	37	13.00	62.64	9.50	2.50	0.00
% of Calories											37.8%	13.4%	64.5%	22.0%	5.8%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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

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

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

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

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Sep 15, 2025 thru Sep 19, 2025

PRE-K BIC # 1

Generated on: 9/2/2025 7:43:13 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcim (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/18/2025																
PRE-K BIC # 1	Total	300														
Waffles, Fun N Fruti '24	pkg	300	210	35	290	2.00	1.08	8.0	0	0.0	10	5.0	31.0	8.0	1.50	0.00
APPLES,Fresh sliced	pkg. (2oz)	1	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh sliced	pkg. (2oz)	299	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			364	50	440	4.00	1.26	368.0	550	123.60	30 33.0%	14.00 15.4%	53.00 58.2%	10.50 26.0%	3.00 7.4%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	
Fri - 09/19/2025																
PRE-K BIC # 1	Total	300														
CROISSANT W/ CHOC SPREA D 25'	SVG	300	358	0	339	4.21	3.21	93.2	*N/A*	*N/A*	12	10.54	45.61	16.07	3.66	0.00
Orange juice, DW, 4oz.2024	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Orange juice, DW, 4oz.2024	1 EACH	299	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			533	15	503	4.21	3.21	453.2	*600	*30.00	40 29.9%	20.54 15.4%	73.61 55.2%	18.57 31.3%	5.16 8.7%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	
Weighted Average			420	45	474	3.87	1.83	415.2	*601	*31.10	37 78.6%	16.60 15.8%	60.50 57.6%	12.67 27.1%	4.23 9.1%	0.03 0.1%

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.

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

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Sep 15, 2025 thru Sep 19, 2025

PRE-K BIC # 1

Generated on: 9/2/2025 7:43:13 AM

Nutrient	Menu AVG	Portion Size % of Cals	Reimb Qty Weekly Target	Cals (kcal) % of Target	Cholst (mg) Miss Data	Sodm (mg) Shortfall	Fiber (g) Overage	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	420		350 - 500	100%													
Cholesterol (mg)	45																
Sodium 1 (mg)	474		540	88%													
Fiber (g)	3.87																
Iron (mg)	1.83																
Calcium (mg)	415.2																
Vitamin A (IU)	601																
Sugars (g)	37	34.93%			Missing												
Vitamin C (mg)	31.10				Missing												
Protein (g)	16.60	15.80%															
Carbohydrate (g)	60.50	57.56%															
Total Fat (g)	12.67	27.13%	<=30.00%														
Saturated Fat (g)	4.23	9.06%	<10.00%														
Trans Fat ¹ (g)	0.03	0.07%															

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.

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

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Sep 22, 2025 thru Sep 26, 2025

PRE-K BIC # 1

Generated on: 9/2/2025 7:43:36 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 - 09/22/2025																
PRE-K BIC # 1	Total	300														
Snack'n Waffles, Cinnamon	pkg	300	250	44	290	2.00	1.44	30.0	75	0.0	15	6.0	37.0	9.0	4.00	0.00
Craisins	1/4 Cup	1	93	0	2	1.61	0.12	2.7	14	0.06	22	0.05	25.09	0.33	0.03	0.00
Craisins	1/4 Cup	299	93	0	2	1.61	0.12	2.7	14	0.06	22	0.05	25.09	0.33	0.03	0.00
MILK,1% DW 2024	EACH(1/2 pint)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			463	59	442	3.61	1.56	382.7	589	0.06	51 44.0%	15.05 13.0%	76.09 65.7%	11.83 23.0%	5.53 10.7%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Tue - 09/23/2025																
PRE-K BIC # 1	Total	300														
Muffins, DBL ChocBuena Vista	1 ea	300	350	35	390	3.96	6.30	60.4	*N/A*	*N/A*	31	6.0	59.0	10.99	3.00	0.00
GRAPES,Fresh PKG '23	serv.(1/2 cup)	1	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
GRAPES,Fresh PKG '23	serv.(1/2 cup)	299	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
MILK,1% DW 2024	EACH(1/2 pint)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			501	50	541	4.37	6.43	416.8	*546	*1.84	52 41.9%	15.29 12.2%	80.89 64.5%	13.65 24.5%	4.55 8.2%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Wed - 09/24/2025																
PRE-K BIC # 1	Total	300														
BAGEL W/ CREAM CHEESE, P S 25'	SERVING	300	233	20	290	3.30	1.80	37.0	*N/A*	*N/A*	4	7.9	36.5	6.61	4.06	0.00
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	0.00
BANANAS	1 EACH	299	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
MILK,1% DW 2024	EACH(1/2 pint)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			443	35	441	5.93	2.06	392.1	*565	*8.79	30 27.4%	18.00 16.3%	73.57 66.4%	9.44 19.2%	5.67 11.5%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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

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

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

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

Rialto Unified School District

Sep 22, 2025 thru Sep 26, 2025

Base Menu Spreadsheet

PRE-K BIC # 1

Portion Values - Detailed

Page 2

Generated on: 9/2/2025 7:43:36 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/25/2025																
PRE-K BIC # 1	Total	300														
CEREAL,MALT-O, SCOOTERS'25	BOWL	300	156	0	260	3.90	11.69	129.9	650	19.49	*N/A*	5.2	29.89	2.6	0.00	0.00
APPLES,Fresh sliced	pkg. (2oz)	1	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh sliced	pkg. (2oz)	299	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			310	15	410	5.90	11.87	489.9	1200	143.09	*20 *25.8%	14.20 18.3%	51.89 67.0%	5.10 14.8%	1.50 4.4%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	
Fri - 09/26/2025																
PRE-K BIC # 1	Total	300														
BREAD,BANANA K-5	1/2 Slice	300	311	31	166	3.43	1.02	26.2	70	2.94	*27	3.96	45.76	14.21	1.30	*0.00
Juice, apple 4oz. DW-2024	1 EACH	1	55	0	15	0.00	0.00	0.0	0	30.0	15	0.0	15.0	0.0	0.00	0.00
Juice, apple 4oz. DW-2024	1 EACH	299	55	0	15	0.00	0.00	0.0	0	30.0	15	0.0	15.0	0.0	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			486	46	331	3.43	1.02	376.2	570	32.94	*56 *46.4%	12.96 10.7%	74.76 61.5%	16.71 30.9%	2.80 5.2%	*0.00 *0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	
Weighted Average			441	41	433	4.65	4.59	411.5	*694	*37.34	*42 *85.9%	15.10 13.7%	71.44 64.8%	11.35 23.2%	4.01 8.2%	*0.00 *0.0%

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.

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

Rialto Unified School District

Sep 22, 2025 thru Sep 26, 2025

Base Menu Spreadsheet

PRE-K BIC # 1

Portion Values - Detailed

Page 3

Generated on: 9/2/2025 7:43:36 AM

Nutrient	Menu AVG	Portion Size % of Cals	Reimb Qty Weekly Target	Cals (kcal) % of Target	Cholst (mg) Miss Data	Sodm (mg) Shortfall	Fiber (g) Overage	Iron (mg)	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	441		350 - 500	100%													
Cholesterol (mg)	41																
Sodium 1 (mg)	433		540	80%													
Fiber (g)	4.85																
Iron (mg)	4.59																
Calcium (mg)	411.5																
Vitamin A (IU)	694																
Sugars (g)	42	38.16%			Missing												
Vitamin C (mg)	37.34				Missing												
Protein (g)	15.10	13.70%			Missing												
Carbohydrate (g)	71.44	64.84%															
Total Fat (g)	11.35	23.17%	<=30.00%														
Saturated Fat (g)	4.01	8.19%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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.

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

Rialto Unified School District

Sep 29, 2025 thru Sep 30, 2025

Base Menu Spreadsheet

PRE-K BIC # 1

Portion Values - Detailed

Page 1

Generated on: 9/2/2025 7:44:10 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 - 09/29/2025																
PRE-K BIC # 1	Total	300														
Muffins, Blue-Buena Vista 22	1 ea	300	230	25	240	2.00	1.80	20.0	85	0.0	17	4.0	39.0	7.0	1.00	0.00
Craisins	1/4 Cup	1	93	0	2	1.61	0.12	2.7	14	0.06	22	0.05	25.09	0.33	0.03	0.00
Craisins	1/4 Cup	299	93	0	2	1.61	0.12	2.7	14	0.06	22	0.05	25.09	0.33	0.03	0.00
MILK,1% DW 2024	EACH(1/2 pint)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			443	40	392	3.61	1.92	372.7	599	0.06	53	13.05	78.09	9.83	2.53	0.00
% of Calories											47.8%	11.8%	70.5%	20.0%	5.1%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Tue - 09/30/2025																
PRE-K BIC # 1	Total	300														
Croissant, Ham & Swiss '25	serving	300	300	22	580	0.00	6.00	155.0	0	0.0	4	13.0	27.0	15.0	9.00	0.00
GRAPES,Fresh PKG '23	serv.(1/2 cup)	1	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
GRAPES,Fresh PKG '23	serv.(1/2 cup)	299	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
MILK,1% DW 2024	EACH(1/2 pint)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			451	37	731	0.41	6.13	511.4	546	1.84	25	22.29	48.89	17.66	10.55	0.00
% of Calories											22.6%	19.8%	43.4%	35.3%	21.1%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Weighted Average			447	39	561	2.01	4.03	442.1	572	0.95	39	17.67	63.49	13.75	6.54	0.00
											79.0%	15.8%	56.8%	27.7%	13.2%	0.0%

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.

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

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Sep 29, 2025 thru Sep 30, 2025

PRE-K BIC # 1

Generated on: 9/2/2025 7:44:10 AM

Nutrient	Menu AVG	Portion Size % of Cals	Reimb Qty Weekly Target	Cals (kcal) % of Target*	Cholst (mg) Miss Data	Sodm (mg) Shortfall*	Fiber (g) Overage*	Iron (mg) Error Messages (if any)*	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	447		350 - 500														
Cholesterol (mg)	39																
Sodium 1 (mg)	561		540														
Fiber (g)	2.01																
Iron (mg)	4.03																
Calcium (mg)	442.1																
Vitamin A (IU)	572																
Sugars (g)	39	35.10%															
Vitamin C (mg)	0.95																
Protein (g)	17.67	15.81%															
Carbohydrate (g)	63.49	56.80%															
Total Fat (g)	13.75	27.67%	<=30.00%														
Saturated Fat (g)	6.54	13.16%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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

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.

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