

Rialto Unified School District

Feb 3, 2025 thru Feb 7, 2025

Base Menu Spreadsheet

PRESCHOOL

Portion Values - Detailed

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Generated on: 2/4/2025 6:03:17 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 <sup>1</sup> (g)
Mon - 02/03/2025																
PRESCHOOL FISH STICKS, POLLOCK -2013	Total SERV.(4 sticks)	1000														
		1000	210	55	290	3.00	1.44	60.0	0	0.0	0	18.0	23.0	5.0	0.50	0.00
CARROT, Sticks '24	1/2 Cup	1000	25	0	42	1.71	0.18	20.1	10191	3.6	3	0.57	5.84	0.15	0.02	0.00
APPLES,Fresh	1 EACH	1800	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
CATSUP	1 oz	1000	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	1	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK,1% DW 2024	EACH(1/2 pint)	1000	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			518	70	752	10.67	1.92	445.1	10992	17.03	49	28.21	85.49	8.08	2.09	*0.00
											38.2%	21.8%	66.1%	14.0%	3.6%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 02/04/2025																
PRESCHOOL CHICKEN PATTY,WG/HMSTL B UN2015	Total 1 EACH	1000														
		900	334	33	648	5.00	3.80	100.0	95	87.0	3	22.0	42.0	10.0	2.00	0.00
BEANS, BLACK SEASONED-PS 2018	1/4 CUP	900	63	0	162	4.75	1.34	26.0	24	2.08	*0	4.16	11.5	0.21	0.06	*0.00
BANANAS	1 EACH	900	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
CATSUP	1 oz	900	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	900	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			576	43	1105	11.14	4.86	432.9	765	89.88	*32	32.63	89.01	11.74	3.30	*0.00
											*22.5%	22.7%	61.8%	18.3%	5.2%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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

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<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Rialto Unified School District

Feb 3, 2025 thru Feb 7, 2025

Base Menu Spreadsheet

PRESCHOOL

Portion Values - Detailed

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	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 <sup>1</sup> (g)
Wed - 02/05/2025																
PRESCHOOL	Total	720														
Nacho Delx W/ 3bnCHILI, chz '24	SERVING	720	461	30	518	9.27	5.09	313.5	799	3.32	*2	14.99	50.89	21.75	8.04	*0.00
CUCUMBER, SLICED	1/2 Cup	720	8	0	1	0.26	0.15	8.3	55	1.46	1	0.34	1.89	0.06	0.02	0.00
Blueberries, Frozen	Serv(1/2 Cup)	720	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	720	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK,1% DW 2024	EACH(1/2 pint)	720	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			697	51	810	11.65	5.40	697.1	1391	6.87	*24 *13.7%	25.20 14.5%	78.33 45.0%	32.41 41.9%	10.88 14.0%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Thu - 02/06/2025																
PRESCHOOL	Total	720														
Chicken, Tangerine-2024	SERV	720	42	11	83	0.00	0.20	2.8	0	0.0	3	3.06	5.56	0.83	0.00	0.00
Noodles, Chow Mein '23	1/2 Cup	720	167	1	761	3.82	1.38	32.3	2288	8.68	*2	5.53	27.21	5.04	0.79	*0.00
JICAMA STICKS PS	Serving	1400	13	0	0	1.50	0.18	0.0	2	6.0	0	0.0	3.0	0.0	0.00	0.00
FRUIT MIX, Extra Light Syrup PS	serving	1400	40	0	2	0.50	0.00	0.0	100	0.6	8	0.0	9.0	0.0	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	720	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			430	27	999	7.71	1.93	385.1	2987	21.51	*35 *32.2%	17.59 16.3%	70.10 65.2%	8.37 17.5%	2.29 4.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 02/07/2025																
PRESCHOOL	Total	720														
MACARONI AND CHEESE '22	1/2 CUP	720	304	45	1252	0.47	0.50	693.6	2239	0.53	*5	25.1	20.89	13.87	9.08	*0.00
Roll, dinner, wh. wheat Galassos	1 each	720	80	0	149	1.00	1.00	47.8	10	0.0	2	2.99	15.94	1.0	0.00	0.00
SALAD 3/WAY, '23	1 cup	720	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
Pears, In Extra Light Syrup PS	serving	720	30	0	2	1.00	0.00	0.0	30	0.6	6	0.0	8.0	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	1	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK,1% DW 2024	EACH(1/2 pint)	720	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00

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Feb 3, 2025 thru Feb 7, 2025

Base Menu Spreadsheet

PRESCHOOL

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			546	60	1560	2.63	1.77	1094.0	5039	6.96	*27	37.75	61.57	17.39	10.59	*0.00
% of Calories											*20.1%	27.6%	45.1%	28.6%	17.4%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			553	50	1045	8.76	3.18	610.8	4235	28.45	*34	28.28	76.90	15.60	5.83	*0.00
											*54.5%	20.4%	55.6%	25.4%	9.5%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	553		550 - 650	100%				
Cholesterol (mg)	50							
Sodium 1 (mg)	1045		1230	85%				
Sodium 1a (mg)	1045		1110	94%				
Fiber (g)	8.76							
Iron (mg)	3.18							
Calcium (mg)	610.8							
Vitamin A (IU)	4235							
Sugars (g)	34	24.24%			Missing			
Vitamin C (mg)	28.45							
Protein (g)	28.28	20.44%						
Carbohydrate (g)	76.90	55.57%						
Total Fat (g)	15.60	25.36%	<=30.00%					
Saturated Fat (g)	5.83	9.48%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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Rialto Unified School District

Feb 10, 2025 thru Feb 14, 2025

Base Menu Spreadsheet

PRESCHOOL

Portion Values - Detailed

Generated on: 2/4/2025 12:37:37 PM

	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 <sup>1</sup> (g)
Mon - 02/10/2025																
PRESCHOOL HOLIDAY	Total 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 % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 02/11/2025																
PRESCHOOL Meatball Grinder, Beef '24	Total Serving(5 piece	1000 900	699	148	1434	6.39	7.09	464.9	970	17.47	*11	52.45	60.63	29.18	12.09	*0.00
TOMATOES, GRAPE-2023	1/2 CUP	900	13	0	4	0.89	0.20	7.5	621	10.21	2	0.66	2.9	0.15	0.02	0.00
APPLES,Fresh sliced '23 2oz	pkg. (2oz)	900	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
CATSUP	.5 oz	900	17	0	154	0.05	0.06	2.6	90	0.7	4	0.18	4.66	0.02	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	900	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			796	147	1568	8.41	6.78	751.4	2007	136.77	*33 *16.4%	56.05 28.2%	81.17 40.8%	28.66 32.4%	12.25 13.9%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 02/12/2025																
PRESCHOOL Penne, Alfredo, Chicken CK '23	Total 3/4 CUP	1000	201	35	521	6.36	1.19	157.3	90	0.77	*1	15.62	22.56	4.89	1.70	*0.06
SALAD 3/WAY, '23	1 cup	1000	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
GRAPES,Fresh	Serv.(1/2 Cup)	1000	66	0	2	0.89	0.29	13.9	99	3.97	16	0.63	17.02	0.35	0.11	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	1000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK,1% DW 2024	EACH(1/2 pint)	1000	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			469	56	819	7.43	1.77	542.8	2950	10.73	*32 *27.3%	26.46 22.6%	58.43 49.8%	15.36 29.5%	4.59 8.8%	*0.06 *0.1%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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# Rialto Unified School District

Feb 10, 2025 thru Feb 14, 2025

Base Menu Spreadsheet

PRESCHOOL

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 <sup>1</sup> (g)
<b>Thu - 02/13/2025</b>																
PRESCHOOL	Total	720														
Pozole, Red Turkey'22 CK	14 oz	720	157	26	1313	2.22	1.60	19.8	628	2.11	*1	12.02	17.28	3.9	1.57	*0.00
TORTILLA CHIPS-'24EL	Serv.(1oz)	720	140	0	150	1.50	0.20	16.7	2	0.0	0	1.33	15.33	8.0	1.13	0.00
CABBAGE, SHREDDED	Serv(1/2 Cup)	2880	9	0	6	0.88	0.16	14.0	34	12.81	1	0.45	2.03	0.04	0.01	0.00
FRUIT MIX, Extra Light Syrup PS	serving	2880	40	0	2	0.50	0.00	0.0	100	0.6	8	0.0	9.0	0.0	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	720	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			612	41	1649	9.22	2.46	442.5	1667	55.75	*50 *32.5%	24.15 15.8%	90.74 59.3%	14.54 21.4%	4.25 6.3%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
<b>Fri - 02/14/2025</b>																
PRESCHOOL	Total	720														
Chicken, Heart Nuggets '25	Serving (4 ea)	720	180	30	590	3.00	1.80	20.0	100	0.0	2	13.0	16.0	7.0	1.50	0.00
BARBECUE BEANS -2018 PS	Servings	720	97	0	391	3.38	1.03	31.7	153	0.75	*5	4.02	22.75	0.31	0.06	*0.00
GRAPES,Fresh	Serv.(1/2 Cup)	720	66	0	2	0.89	0.29	13.9	99	3.97	16	0.63	17.02	0.35	0.11	0.00
MILK,1% DW 2024	EACH(1/2 pint)	720	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			464	45	1133	7.28	3.12	415.5	852	4.72	*37 *31.7%	26.65 23.0%	69.76 60.2%	10.16 19.7%	3.17 6.2%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Weighted Average			585	72	1292	8.08	3.53	538.1	1869	51.99	*38 *58.1%	33.33 22.8%	75.03 51.3%	17.18 26.4%	6.07 9.3%	*0.01 *0.0%

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# Rialto Unified School District

Feb 17, 2025 thru Feb 21, 2025

## Base Menu Spreadsheet

PRESCHOOL

### 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 <sup>1</sup> (g)
Mon - 02/17/2025																
PRESCHOOL HOLIDAY	Total SERVING	1														
Weighted Daily Average		1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
% of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

	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 <sup>1</sup> (g)
Tue - 02/18/2025																
PRESCHOOL Ch-Burger w/WhWheat Bun-201 5EL	Total 1 EACH	720	295	46	730	3.40	3.23	166.0	163	0.0	5	22.09	31.5	10.3	3.75	*0.00
BARBECUE BEANS -2018 PS	Servings	720	97	0	391	3.38	1.03	31.7	153	0.75	*5	4.02	22.75	0.31	0.06	*0.00
APPLES,Fresh sliced 2017 2oz	pkg. (2oz)	720	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
CATSUP	.5 oz	720	17	0	154	0.05	0.06	2.6	90	0.7	4	0.18	4.66	0.02	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	720	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			563	61	1425	8.83	4.50	560.2	956	125.05	*33	35.29	80.91	13.13	5.31	*0.00
% of Calories											*23.3%	25.1%	57.4%	21.0%	8.5%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

	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 <sup>1</sup> (g)
Wed - 02/19/2025																
PRESCHOOL Popcorn Chicken-Wh.Grain 2021	Total Serving	720	207	47	400	2.00	0.36	160.0	112	1.0	1	14.0	13.0	11.0	2.00	0.00
TOMATOES, GRAPE-2023	1/2 CUP	720	13	0	4	0.89	0.20	7.5	621	10.21	2	0.66	2.9	0.15	0.02	0.00
GRAPES,Fresh	Serv.(1/2 Cup)	720	66	0	2	0.89	0.29	13.9	99	3.97	16	0.63	17.02	0.35	0.11	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	720	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK,1% DW 2024	EACH(1/2 pint)	720	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			476	69	696	3.81	0.87	550.4	1333	15.34	34	24.83	49.03	21.60	4.91	*0.00
% of Calories											28.4%	20.9%	41.2%	40.8%	9.3%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Feb 17, 2025 thru Feb 21, 2025

Base Menu Spreadsheet

PRESCHOOL

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 <sup>1</sup> (g)
Thu - 02/20/2025																
PRESCHOOL	Total	1000														
PIZZA,Chse,Wh.Gr4X6-'23	1 EACH	1000	300	25	440	4.00	2.30	263.0	40	0.0	8	16.0	34.0	11.0	5.00	0.00
SALAD 3/WAY, '23	1 cup	1000	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
Pears, Fresh sliced PS .25 cup	serving	2500	20	0	0	1.09	0.06	3.2	9	1.51	3	0.13	5.33	0.05	0.01	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	500	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK,1% DW 2024	EACH(1/2 pint)	1000	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			517	43	667	6.88	2.74	633.0	2823	9.67	31 24.1%	26.25 20.3%	65.12 50.4%	17.44 30.3%	7.16 12.5%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 02/21/2025																
PRESCHOOL	Total	1000														
RAVIOLI, WG CHEESE-'24	Serving	1000	339	77	856	4.36	3.86	321.1	908	13.06	*6	23.09	44.89	9.37	4.05	*0.00
bread, stick '23	1 each	1000	99	0	94	0.99	1.43	0.0	5	0.0	1	0.99	14.88	2.98	0.50	0.00
BROCCOLI,raw: fresh	Serv. 1/2 c Veg	1000	15	0	15	1.14	0.32	20.7	274	39.25	1	1.24	2.92	0.16	0.05	0.00
APPLES,Fresh sliced 2017 2oz	pkg. (2oz)	1000	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	1000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK,1% DW 2024	EACH(1/2 pint)	1000	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			677	99	1255	8.52	5.81	720.8	1739	176.07	*28 *16.8%	34.88 20.6%	86.81 51.3%	22.62 30.1%	7.37 9.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			558	68	1011	7.01	3.48	616.1	1713	81.53	*32 *50.9%	30.31 21.7%	70.47 50.5%	18.70 30.1%	6.19 10.0%	*0.00 *0.0%
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# Rialto Unified School District

Feb 24, 2025 thru Feb 28, 2025

## Base Menu Spreadsheet

PRESCHOOL

### Portion Values - Detailed

Generated on: 2/4/2025 12:38:09 PM

	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 - 02/24/2025																
PRESCHOOL	Total	1000														
TACO Walkin,Beef,- '24	Serving	1000	498	62	781	4.42	2.51	279.6	1096	6.24	*3	20.84	30.83	32.16	11.21	*0.00
BEANS, PINTO SEASONED-2012	1/2 CUP	1000	84	0	217	3.70	1.31	34.7	145	3.13	*1	5.06	15.21	0.33	0.06	*0.00
APPLES,Fresh sliced '23 2oz	pkg. (2oz)	1000	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)	1000	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			735	77	1148	10.12	4.00	674.3	1792	132.97	*23	34.90	68.04	34.99	12.77	*0.00
% of Calories											*12.7%	19.0%	37.0%	42.8%	15.6%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 02/25/2025																
PRESCHOOL	Total	720														
Gumbo, Chx and Sausage '24	Servings (1/2c)	720	603	48	552	10.08	5.86	113.4	1664	85.33	*5	23.9	78.15	22.72	2.70	*0.06
BROCCOLI,raw: fresh	Serv. 1/2 c Veg	720	15	0	15	1.14	0.32	20.7	274	39.25	1	1.24	2.92	0.16	0.05	0.00
BANANAS	1 EACH	720	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	720	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK,1% DW 2024	EACH(1/2 pint)	720	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			897	69	858	13.87	6.47	508.1	2504	133.53	*33	35.79	120.26	33.32	5.64	*0.06
% of Calories											*14.6%	16.0%	53.6%	33.4%	5.7%	*0.1%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 02/26/2025																
PRESCHOOL	Total	1000														
TERIYAKI BEEF DUNKERS	SERVING (4each)	1100	159	39	382	0.60	1.60	14.0	49	0.0	9	13.6	11.7	6.5	2.60	0.00
RICE, ORIENTAL-BROWN RIC E-2014	1/2 CUP	1000	97	1	133	1.12	0.44	2.9	1	0.44	*0	2.79	19.61	0.98	0.04	0.00
SALAD 3/WAY, '23	1 cup	1300	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
GRAPES,Fresh	Serv.(1/2 Cup)	1300	66	0	2	0.89	0.29	13.9	99	3.97	16	0.63	17.02	0.35	0.11	0.00
MILK,1% DW 2024	EACH(1/2 pint)	1000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00

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Rialto Unified School District

Feb 24, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

PRESCHOOL

Portion Values - Detailed

Generated on: 2/4/2025 12:38:10 PM

	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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			495	59	714	3.15	2.92	389.7	3622	13.17	*45 *36.6%	28.42 23.0%	72.16 58.3%	11.09 20.2%	4.55 8.3%	0.00 0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Thu - 02/27/2025																
PRESCHOOL	Total	720														
ENCHILADA, CHICKEN 2024	Servings	720	309	53	347	4.02	2.13	76.2	527	12.47	*3	16.6	44.32	8.38	1.98	*0.00
CORN,CANNED,YELLOW PS .2	Serving	720	27	0	84	0.82	0.11	1.2	19	0.74	2	0.94	5.88	0.5	0.10	0.00
5 cup																
STRAWBERRIES,FRESH	Serving	720	23	0	1	1.44	0.30	11.5	9	42.34	4	0.48	5.53	0.22	0.01	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	720	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK,1% DW 2024	EACH(1/2 pint)	720	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			548	75	722	6.30	2.56	458.0	1056	55.71	*24 *17.2%	27.57 20.1%	71.85 52.4%	19.21 31.5%	4.86 8.0%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 02/28/2025																
PRESCHOOL	Total	1000														
Bean and cheese Pupusa '24	1 each	1000	290	15	480	4.00	1.08	200.0	5	0.0	1	13.0	35.0	11.0	3.50	0.00
JICAMA STICKS	Serving	1000	25	0	0	3.00	0.36	0.0	5	12.0	1	0.0	6.0	0.0	0.00	0.00
APPLES,Fresh sliced 2017 2oz	pkg. (2oz)	1000	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)	1000	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			469	30	630	9.00	1.62	560.0	560	135.60	22 18.8%	22.00 18.8%	63.00 53.7%	13.50 25.9%	5.00 9.6%	0.00 0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			629	62	814	8.49	3.51	518.0	1907	94.20	*29 *42.0%	29.73 18.9%	79.06 50.3%	22.42 32.1%	6.56 9.4%	*0.01 *0.0%
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