

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Sep 1, 2025 thru Sep 5, 2025

PRE-K LUNCH

Generated on: 9/2/2025 7:25:34 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 LUNCH	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 % 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						0.0%	0.0%	0.0%	<=30.0	<10.00	

Tue - 09/02/2025																
PRE-K LUNCH	Total	720														
TERIYAKI BEEF DUNKERS	SERVING (4each)	1000	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	113	1	133	1.32	0.51	2.9	1	0.44	*0	3.24	22.92	1.12	0.04	0.00
BROCCOLI,Raw:Fresh0.25'C PK '25	Serving 1/4 cup	720	7	0	7	0.57	0.16	10.3	137	19.62	0	0.62	1.46	0.08	0.03	0.00
APPLES,Fresh	1 EACH	720	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	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)	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			626	75	972	6.56	3.27	405.3	782	26.69	*42 *26.8%	33.74 21.6%	84.07 53.8%	18.68 26.9%	6.12 8.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 09/03/2025																
PRE-K LUNCH	Total	720														
CORN DOG, CHX '22	1 EACH	720	239	40	692	2.31	1.41	25.1	120	0.0	8	11.67	27.9	9.23	2.51	0.00
BEANS, BLACK SEASONED-PS 2018	1/4 CUP	720	63	0	162	4.75	1.34	26.0	24	2.08	*0	4.16	11.5	0.21	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
CATSUP	1 oz	720	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
MUSTARD'25 PK 1oz	1. oz	720	18	0	331	1.20	0.48	18.9	33	0.09	0	1.12	1.75	1.0	0.06	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

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2025 thru Sep 5, 2025

PRE-K LUNCH

Generated on: 9/2/2025 7:25:34 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			609	62	1744	9.18	3.54	452.9	944	8.30	*45 *29.9%	27.13 17.8%	82.62 54.3%	20.90 30.9%	5.51 8.2%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Thu - 09/04/2025																
PRE-K LUNCH	Total	720														
Pork Bahn Mi w/ Pkld Veg '25	Serving	720	388	74	202	3.68	2.36	56.2	*3796	*7.91	*6	28.03	36.8	12.97	3.98	*0.00
JICAMA STICKS PS	Serving	1500	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	1500	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			618	89	357	7.84	2.74	406.2	*4509	*21.66	*37 *23.7%	37.03 24.0%	75.80 49.1%	15.47 22.5%	5.48 8.0%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 09/05/2025																
PRE-K LUNCH	Total	1000														
Pizza, Chz Wedge Sicilian '24	1 EACH	1300	334	30	636	1.50	1.58	436.7	462	8.74	*N/A*	17.75	26.26	17.11	7.60	0.00
TOMATOES, GRAPE-PZ	1/4 Cup	1000	7	0	2	0.45	0.10	3.7	310	5.1	1	0.33	1.45	0.07	0.01	0.00
Pears, In Extra Light Syrup PS	serving	1500	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)	1300	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)	1300	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			732	68	1210	3.93	2.18	1051.2	1608	17.58	*29 *15.9%	35.82 19.6%	68.54 37.5%	35.46 43.6%	13.49 16.6%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			646	73	1071	6.88	2.93	578.9	*1961	*18.56	*38 *53.3%	33.43 20.7%	77.75 48.2%	22.63 31.5%	7.65 10.7%	*0.00 *0.0%
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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 8, 2025 thru Sep 12, 2025

PRE-K LUNCH

Generated on: 9/2/2025 7:26:00 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 LUNCH	Total	1000														
FISH STICKS, POLLOCK -2013	SERV.(4 sticks)	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			518	70	752	10.67	1.92	445.1	10992	17.03	49	28.21	85.49	8.08	2.09	*0.00
% of Calories											38.2%	21.8%	66.1%	14.0%	3.6%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 09/09/2025																
PRE-K LUNCH	Total	720														
Chicken Tenders, WG 2017	Serving	720	184	34	383	2.00	2.00	20.0	84	87.0	0	15.0	13.0	8.0	2.00	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
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
CATSUP	1 oz	720	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)	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			524	49	1192	8.01	3.29	406.7	968	98.54	*38	29.12	81.15	11.15	3.67	*0.00
% of Calories											*28.7%	22.2%	61.9%	19.1%	6.3%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 09/10/2025																
PRE-K LUNCH	Total	720														
ITALIAN PASTA BAKE 2021	servings	720	237	35	680	8.89	3.06	149.6	735	11.2	*5	15.87	26.75	7.34	3.08	*0.00
SALAD 3/WAY	1/4 CUP	720	5	0	3	0.27	0.01	0.3	33	0.99	*0	0.27	1.07	0.0	0.00	*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

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Base Menu Spreadsheet

Portion Values - Detailed

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Sep 8, 2025 thru Sep 12, 2025

PRE-K LUNCH

Generated on: 9/2/2025 7:26:00 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)
Weighted Daily Average % of Calories			429	50	834	10.05	3.35	513.8	1368	16.16	*35 *33.0%	25.76 24.0%	58.85 54.9%	10.19 21.4%	4.69 9.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Thu - 09/11/2025																
PRE-K LUNCH	Total	720														
Chicken Fajitas W/Cheese '25PK	1 each	720	370	76	621	2.00	2.83	300.0	335	0.0	*N/A*	22.62	32.53	17.7	5.02	0.00
FRUIT MIX, Extra Light Syt PS	serving	1500	40	0	2	0.50	0.00	0.0	100	0.6	8	0.0	9.0	0.0	0.00	0.00
JICAMA STICKS PS	Serving	1500	13	0	0	1.50	0.18	0.0	2	6.0	0	0.0	3.0	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			600	91	776	6.17	3.20	650.0	1049	13.75	*31 *20.4%	31.62 21.1%	71.53 47.7%	20.20 30.3%	6.52 9.8%	0.00 0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 09/12/2025																
PRE-K LUNCH	Total	1000														
NACHOS,CHEESE / CK '25	1 EACH	1000	436	43	1014	3.00	0.67	481.7	488	0.28	1	10.38	32.73	29.06	9.95	0.49
TOMATOES, GRAPE-PZ	1/4 Cup	1000	7	0	2	0.45	0.10	3.7	310	5.1	1	0.33	1.45	0.07	0.01	0.00
PINEAPPLE, IN JUICE	Serving	1000	54	0	1	1.18	0.25	14.5	45	8.51	13	0.46	14.08	0.1	0.01	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			686	64	1307	4.65	1.04	869.0	1345	14.06	30 17.6%	20.71 12.1%	64.38 37.5%	39.34 51.6%	12.74 16.7%	*0.49 *0.6%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			551	65	972	7.91	2.56	576.9	3144	31.91	*37 *59.8%	27.09 19.7%	72.28 52.4%	17.79 29.0%	5.94 9.7%	*0.10 *0.2%
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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 8, 2025 thru Sep 12, 2025

PRE-K LUNCH

Generated on: 9/2/2025 7:26:01 AM

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	551		550 - 650	100%													
Cholesterol (mg)	65																
Sodium 1 (mg)	972		1230	79%													
Sodium 1a (mg)	972		1110	88%													
Fiber (g)	7.91																
Iron (mg)	2.56																
Calcium (mg)	576.9																
Vitamin A (IU)	3144																
Sugars (g)	37	26.58%				Missing											
Vitamin C (mg)	31.91																
Protein (g)	27.09	19.65%															
Carbohydrate (g)	72.28	52.44%															
Total Fat (g)	17.79	29.04%	<=30.00%														
Saturated Fat (g)	5.94	9.70%	<10.00%														
Trans Fat ¹ (g)	0.10	0.16%				Missing											

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Base Menu Spreadsheet

Portion Values - Detailed

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Sep 15, 2025 thru Sep 19, 2025

PRE-K LUNCH

Generated on: 9/2/2025 7:26:16 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/15/2025																
PRE-K LUNCH	Total	720														
Popcorn Chicken-Wh.Grain 2021	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
CARROT, Sticks '24	1/2 Cup	720	25	0	42	1.71	0.18	20.1	10191	3.6	3	0.57	5.84	0.15	0.02	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)	720	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
CATSUP	1 oz	720	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)	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			484	69	1002	4.74	0.57	549.2	11001	7.36	31 25.9%	24.12 19.9%	51.30 42.4%	21.25 39.5%	4.79 8.9%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 09/16/2025																
PRE-K LUNCH	Total	720														
TACO, TURKEY SOFT	Serving(3.2 oz)	720	375	44	694	4.00	1.80	353.2	77	0.0	4	29.79	37.53	13.17	1.83	0.00
BEANS, PINTO SEAS-PK '25	Serving (1/4 c)	720	42	0	95	1.84	0.65	16.8	16	1.25	*0	2.54	7.64	0.16	0.03	*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
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			627	59	940	8.47	2.71	725.0	658	10.04	*30 *19.4%	42.42 27.1%	82.24 52.5%	16.17 23.2%	3.48 5.0%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Sep 15, 2025 thru Sep 19, 2025

PRE-K LUNCH

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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 - 09/17/2025																
PRE-K LUNCH	Total	720														
ENCHILADA, GREEN CHICKEN 2017	6.25 OUN CE	720	182	44	769	1.10	1.31	83.1	60	5.44	2	10.59	19.83	7.36	1.31	*0.00
SALAD 3/WAY	1/4 CUP	1500	5	0	3	0.27	0.01	0.3	33	0.99	*0	0.27	1.07	0.0	0.00	*0.00
GRAPES, Fresh	Serv.(1/2 Cup)	1500	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)	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
Weighted Daily Average % of Calories			451	59	929	3.52	1.92	462.7	835	15.77	*49 *43.7%	21.45 19.0%	71.52 63.4%	10.59 21.1%	3.05 6.1%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Thu - 09/18/2025																
PRE-K LUNCH	Total	1000														
Ch-Burger w/WhWheat Bun-'24EL	1 EACH	1000	295	46	730	3.40	3.23	166.0	163	0.0	5	22.09	31.5	10.3	3.75	*6.30
JICAMA STICKS PS	Serving	1000	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 Sy PS	serving	1000	40	0	2	0.50	0.00	0.0	100	0.6	8	0.0	9.0	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
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
MUSTARD'25 PK 1oz	1. oz	1000	18	0	331	1.20	0.48	18.9	33	0.09	0	1.12	1.75	1.0	0.06	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			588	67	1621	6.63	3.91	553.9	966	8.85	34 23.3%	32.77 22.3%	69.71 47.4%	21.41 32.8%	6.59 10.1%	*6.30 *9.6%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Sep 15, 2025 thru Sep 19, 2025

Base Menu Spreadsheet

PRE-K LUNCH

Portion Values - Detailed

Page 3

Generated on: 9/2/2025 7:26:16 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 - 09/19/2025																
PRE-K LUNCH	Total	1000														
CH LASAGNA ROLLUP W MARI NARA	SERVING	1000	266	5	669	4.38	3.09	184.8	*761	*13.06	*7	17.45	41.39	3.9	2.05	*0.00
BROCCOLI,Raw,Fresh0.25'C PK '25	Serving 1/4 cup	1000	7	0	7	0.57	0.16	10.3	137	19.62	0	0.62	1.46	0.08	0.03	0.00
PINEAPPLE, IN JUICE PS .25 cup	Serving	1000	29	0	0	0.63	0.14	7.8	24	4.58	7	0.25	7.59	0.05	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			492	27	967	5.61	3.41	571.9	*1424	*37.43	*29	27.87	66.55	14.14	4.86	*0.00
% of Calories											*23.6%	22.7%	54.1%	25.9%	8.9%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			528	56	1092	5.79	2.50	572.5	*2977	*15.89	*35	29.73	68.26	16.71	4.55	*1.26
											*59.3%	22.5%	51.7%	28.5%	7.8%	*2.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	528		550 - 650	96%		22		Correction Required - Calories are Low
Cholesterol (mg)	56							
Sodium 1 (mg)	1092		1230	89%				
Sodium 1a (mg)	1092		1110	98%				
Fiber (g)	5.79							
Iron (mg)	2.50							
Calcium (mg)	572.5							
Vitamin A (IU)	2977							
Sugars (g)	35	26.37%			Missing			
Vitamin C (mg)	15.89				Missing			
Protein (g)	29.73	22.50%			Missing			
Carbohydrate (g)	68.26	51.67%						
Total Fat (g)	16.71	28.46%	<=30.00%					
Saturated Fat (g)	4.55	7.76%	<10.00%					
Trans Fat ¹ (g)	1.26	2.15%			Missing			

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Sep 22, 2025 thru Sep 26, 2025

PRE-K LUNCH

Generated on: 9/2/2025 7:26:36 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 LUNCH	Total	1000														
Nacho,TURKEY TACO, '25	Serving(3 .2 oz)	1000	481	44	784	1.89	226.80	328.8	77	0.0	4	25.89	45.4	24.42	5.64	0.00
BEANS, PINTO SEAS-PK '25	Serving (1/4 c)	1000	42	0	95	1.84	0.65	16.8	16	1.25	*0	2.54	7.64	0.16	0.03	*0.00
APPLES,Fresh	1 EACH	1000	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	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			783	66	1171	7.07	227.63	722.9	670	7.76	*33 *16.9%	38.33 19.6%	88.22 45.0%	34.93 40.1%	8.48 9.7%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Tue - 09/23/2025																
PRE-K LUNCH	Total	720														
Chicken,Orange EL	3.6 OZ	720	150	40	300	0.00	0.72	10.0	0	0.0	11	11.0	20.0	3.0	0.00	0.00
Noodles, Chow Mein '23 OG	1/2 Cup	720	116	0	901	2.61	1.07	27.3	1430	7.02	*2	4.05	19.62	3.1	0.48	*0.00
BROCCOLI,Raw:Fresh0.25'C PK '25	Serving 1/4 cup	720	7	0	7	0.57	0.16	10.3	137	19.62	0	0.62	1.46	0.08	0.03	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
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			483	55	1360	5.81	2.22	402.7	2132	35.43	*40 *33.0%	25.77 21.3%	78.15 64.7%	9.01 16.8%	2.12 3.9%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Sep 22, 2025 thru Sep 26, 2025

PRE-K LUNCH

Generated on: 9/2/2025 7:26:36 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)
Wed - 09/24/2025																
PRE-K LUNCH	Total	720														
Chicken, Shawarma '25	Servings	720	170	*65	98	0.09	0.90	12.9	96	0.7	*0	20.94	0.39	8.88	1.92	*0.00
Rice, Brown, Steamed '24	1/2 cup	720	114	0	4	1.07	0.38	4.9	0	0.0	*0	2.23	22.57	1.51	0.21	*0.00
BROCCOLI,Raw:Fresh0.25'C PK '25	Serving 1/4 cup	720	7	0	7	0.57	0.16	10.3	137	19.62	0	0.62	1.46	0.08	0.03	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			478	*80	261	2.62	1.73	392.0	832	24.29	*31 *25.8%	33.42 28.0%	55.44 46.4%	13.31 25.1%	3.78 7.1%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Thu - 09/25/2025																
PRE-K LUNCH	Total	720														
Pizza, Chz Wedge Sicilian '24	1 EACH	720	334	30	636	1.50	1.58	436.7	462	8.74	*N/A*	17.75	26.26	17.11	7.60	0.00
JICAMA STICKS PS	Serving	720	13	0	0	1.50	0.18	0.0	2	6.0	0	0.0	3.0	0.0	0.00	0.00
STRAWBERRIES: frozen unswtnd.	Serv(1/2 Cup)	720	39	0	2	2.32	0.83	17.7	50	45.53	5	0.48	10.09	0.12	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			574	52	929	5.35	2.61	823.4	1016	60.43	*20 *14.1%	27.78 19.3%	55.47 38.6%	27.34 42.9%	10.38 16.3%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 09/26/2025																
PRE-K LUNCH	Total	1000														
Pupusa, Bean and Cheese '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
SALAD 3/WAY	1/4 CUP	1000	5	0	3	0.27	0.01	0.3	33	0.99	*0	0.27	1.07	0.0	0.00	*0.00
PEACHES, Diced Xtra Lite Syrup	serving	1000	60	0	10	0.00	0.00	0.0	300	1.2	0	0.0	14.0	0.0	0.00	0.00
DRESSING, RANCH 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

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Sep 29, 2025 thru Sep 30, 2025

PRE-K LUNCH

Generated on: 9/2/2025 7:26:54 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 LUNCH	Total	720														
TERIYAKI BEEF DUNKERS	SERVING (4each)	720	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 RICE-2014	1/2 CUP	720	113	1	133	1.32	0.51	2.9	1	0.44	*0	3.24	22.92	1.12	0.04	0.00
BROCCOLI,Raw:Fresh0.25'C PK '25	Serv. 1/2 c Veg	720	7	0	7	0.57	0.16	10.3	137	19.62	0	0.62	1.46	0.08	0.03	0.00
APPLES,Fresh	1 EACH	720	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	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			541	61	814	5.83	2.46	404.5	763	26.57	*39 *28.5%	27.37 20.2%	71.25 52.7%	18.04 30.0%	5.48 9.1%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 09/30/2025																
PRE-K LUNCH	Total	720														
CORN DOG, CHX '22	1 EACH	720	239	40	692	2.31	1.41	25.1	120	0.0	8	11.67	27.9	9.23	2.51	0.00
BEANS, BLACK SEASONED-PS 2018	1/4 CUP	720	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	720	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	720	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)	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			545	55	1272	9.68	3.01	406.1	876	12.87	*41 *29.8%	25.93 19.0%	84.80 62.2%	12.28 20.3%	4.18 6.9%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			543	58	1043	7.75	2.73	405.3	819	19.72	*40 *65.7%	26.65 19.6%	78.03 57.5%	15.16 25.1%	4.83 8.0%	*0.00 *0.0%
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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Sep 29, 2025 thru Sep 30, 2025

PRE-K LUNCH

Generated on: 9/2/2025 7:26:54 AM

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	543		Weekly Target	550 - 650	% of Target*	Miss Data	Shortfall*	Overage*	Error Messages (if any)*								
Cholesterol (mg)	58																
Sodium 1 (mg)	1043			1230													
Sodium 1a (mg)	1043			1110													
Fiber (g)	7.75																
Iron (mg)	2.73																
Calcium (mg)	405.3																
Vitamin A (IU)	819																
Sugars (g)	40	29.19%				Missing											
Vitamin C (mg)	19.72																
Protein (g)	26.65	19.63%															
Carbohydrate (g)	78.03	57.49%															
Total Fat (g)	15.16	25.13%		<=30.00%													
Saturated Fat (g)	4.83	8.00%		<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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