

# Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2023 thru Sep 1, 2023

PRESCHOOL

Generated on: 8/31/2023 6:20:11 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 <sup>1</sup> (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 09/01/2023               |              |           |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| PRESCHOOL                      | Total        | 1000      |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| TURKEY GRAVY -2022             | 3/8 CUP      | 1000      | 148         | 45          | 755       | 0.04      | 1.41      | 15.6      | 3          | 0.6        | *0         | 18.21     | 6.29     | 5.02      | 1.65      | *0.00                   |
| POTATO,MASHED,IDAHO REA L 2020 | Servings     | 1000      | 23          | 0           | 91        | 0.26      | 0.08      | 8.6       | 0          | 0.0        | 0          | 0.52      | 4.65     | 0.13      | 0.00      | *0.00                   |
| Roll, dinner,wh.wheat Galassos | 1 each       | 1         | 90          | 0           | 170       | 2.00      | 1.08      | 40.0      | 10         | 0.0        | 2          | 5.0       | 17.0     | 1.5       | 0.00      | 0.00                    |
| SALAD 3/WAY, side,2021         | servings     | 1100      | 18          | 0           | 13        | 1.00      | 0.10      | 6.5       | 1853       | 4.22       | *1         | 0.78      | 3.89     | 0.06      | 0.01      | *0.00                   |
| Pears, In Extra Light Syrup    | serving      | 1100      | 60          | 0           | 5         | 2.00      | 0.00      | 0.0       | 60         | 1.2        | 12         | 0.0       | 16.0     | 0.0       | 0.00      | 0.00                    |
| DRESSING, RANCH                | 1 oz         | 1100      | 65          | 6           | 150       | 0.03      | 0.02      | 18.0      | 1          | 0.16       | *1         | 0.52      | 2.01     | 7.1       | 1.19      | *0.00                   |
| MILK,1% HOLLANDIA 2017         | 1 EACH       | 1100      | 120         | 15          | 150       | 0.00      | 0.00      | 350.0     | 500        | 2.4        | 14         | 11.0      | 16.0     | 2.5       | 1.50      | 0.00                    |
| Weighted Daily Average         |              |           | 461         | 68          | 1196      | 3.64      | 1.62      | 436.3     | 2658       | 9.38       | *31        | 32.26     | 52.64    | 15.77     | 4.62      | *0.00                   |
| % of Calories                  |              |           |             |             |           |           |           |           |            |            | *26.7%     | 28.0%     | 45.7%    | 30.8%     | 9.0%      | *0.0%                   |
| Nutrient Guideline             |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          | <=30.0    | <10.00    |                         |

|                  |  |  |     |    |      |      |      |       |      |      |        |       |       |       |      |       |
|------------------|--|--|-----|----|------|------|------|-------|------|------|--------|-------|-------|-------|------|-------|
| Weighted Average |  |  | 461 | 68 | 1196 | 3.64 | 1.62 | 436.3 | 2658 | 9.38 | *31    | 32.26 | 52.64 | 15.77 | 4.62 | *0.00 |
|                  |  |  |     |    |      |      |      |       |      |      | *60.0% | 28.0% | 45.7% | 30.8% | 9.0% | *0.0% |

| Nutrient                   | Menu AVG | % of Cals | Weekly Target | % of Target* | Miss Data | Shortfall* | Overage* | Error Messages (if any)* |
|----------------------------|----------|-----------|---------------|--------------|-----------|------------|----------|--------------------------|
| Calories                   | 461      |           | 550 - 650     |              |           |            |          |                          |
| Cholesterol (mg)           | 68       |           |               |              |           |            |          |                          |
| Sodium (mg)                | 1196     |           | 1230          |              |           |            |          |                          |
| Fiber (g)                  | 3.64     |           |               |              |           |            |          |                          |
| Iron (mg)                  | 1.62     |           |               |              |           |            |          |                          |
| Calcium (mg)               | 436.3    |           |               |              |           |            |          |                          |
| Vitamin A (IU)             | 2658     |           |               |              |           |            |          |                          |
| Sugars (g)                 | 31       | 26.68%    |               |              | Missing   |            |          |                          |
| Vitamin C (mg)             | 9.38     |           |               |              |           |            |          |                          |
| Protein (g)                | 32.26    | 28.02%    |               |              |           |            |          |                          |
| Carbohydrate (g)           | 52.64    | 45.72%    |               |              |           |            |          |                          |
| Total Fat (g)              | 15.77    | 30.82%    | <=30.00%      |              |           |            |          |                          |
| Saturated Fat (g)          | 4.62     | 9.02%     | <10.00%       |              |           |            |          |                          |
| Trans Fat <sup>1</sup> (g) | 0.00     | 0.00%     |               |              | Missing   |            |          |                          |

\*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

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

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# Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 4, 2023 thru Sep 8, 2023

PRESCHOOL

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|                                         | Portion<br>Size  | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calc<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|-----------------------------------------|------------------|--------------|----------------|----------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Mon - 09/04/2023                        |                  |              |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| PRESCHOOL<br>HOLIDAY                    | Total<br>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<br>% 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 - 09/05/2023                        |                  |      |         |    |      |       |      |       |     |      |               |                |                |                |              |                |
| PRESCHOOL<br>CORN DOG, MINI             | Total<br>SERVING | 1000 | 260     | 40 | 410  | 2.00  | 1.44 | 20.0  | 0   | 0.0  | 5             | 11.0           | 22.0           | 14.0           | 3.00         | 0.00           |
| BEANS, BLACK SEASONED-2012              | 1/2 CUP          | 900  | 126     | 0  | 323  | 9.50  | 2.68 | 52.0  | 48  | 4.15 | *0            | 8.32           | 22.99          | 0.43           | 0.11         | *0.00          |
| FRUIT MIX, Extra Light Sy PS            | serving          | 900  | 40      | 0  | 2    | 0.50  | 0.00 | 0.0   | 100 | 0.6  | 8             | 0.0            | 9.0            | 0.0            | 0.00         | 0.00           |
| CATSUP                                  | .5 oz            | 900  | 17      | 0  | 125  | 0.00  | 0.00 | 0.0   | 0   | 0.0  | *N/A*         | 0.0            | 3.34           | 0.0            | 0.00         | *N/A*          |
| MILK, 1% HOLLANDIA 2017                 | 1 EACH           | 900  | 120     | 15 | 150  | 0.00  | 0.00 | 350.0 | 500 | 2.4  | 14            | 11.0           | 16.0           | 2.5            | 1.50         | 0.00           |
| Weighted Daily Average<br>% of Calories |                  |      | 532     | 53 | 951  | 11.00 | 3.86 | 381.8 | 583 | 6.44 | *24<br>*18.3% | 28.38<br>21.3% | 68.19<br>51.2% | 16.63<br>28.1% | 4.45<br>7.5% | *0.00<br>*0.0% |
| Nutrient Guideline                      |                  |      | 550-650 |    | 1230 |       |      |       |     |      |               |                |                | <=30.0         | <10.00       |                |

|                                         |                    |      |         |    |      |      |      |       |     |       |               |                |                |                |              |                |
|-----------------------------------------|--------------------|------|---------|----|------|------|------|-------|-----|-------|---------------|----------------|----------------|----------------|--------------|----------------|
| Wed - 09/06/2023                        |                    |      |         |    |      |      |      |       |     |       |               |                |                |                |              |                |
| PRESCHOOL<br>TERIYAKI BEEF DUNKERS      | Total<br>SERVING   | 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<br>E-2014      | (4each)<br>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          |
| BROCCOLI, raw: fresh                    | Serving            | 1000 | 15      | 0  | 15   | 1.18 | 0.33 | 21.4  | 283 | 40.59 | 1             | 1.28           | 3.02           | 0.17           | 0.01         | *N/A*          |
| 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*          |
| DRESSING, RANCH                         | 1 oz               | 1000 | 65      | 6  | 150  | 0.03 | 0.02 | 18.0  | 1   | 0.16  | *1            | 0.52           | 2.01           | 7.1            | 1.19         | *0.00          |
| MILK, 1% HOLLANDIA 2017                 | 1 EACH             | 1000 | 120     | 15 | 150  | 0.00 | 0.00 | 350.0 | 500 | 2.4   | 14            | 11.0           | 16.0           | 2.5            | 1.50         | 0.00           |
| Weighted Daily Average<br>% of Calories |                    |      | 562     | 65 | 869  | 5.62 | 2.81 | 412.7 | 904 | 52.37 | *38<br>*26.9% | 31.65<br>22.5% | 76.58<br>54.5% | 18.23<br>29.2% | 5.71<br>9.1% | *0.00<br>*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  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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# Rialto Unified School District

Sep 4, 2023 thru Sep 8, 2023

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 - 09/07/2023           |              |           |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| PRESCHOOL                  | Total        | 1000      |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Pozole, Green Chicken 2022 | 14 oz        | 600       | 245         | 70          | 1669      | 2.26      | 1.52      | 147.5     | 135        | 15.97      | *6         | 19.2      | 25.89    | 6.64      | 2.83      | *0.00                   |
| TORTILLA CHIPS-2021        | SERVING.     | 1000      | 280         | 0           | 200       | 6.00      | 3.60      | 80.0      | 200        | 0.0        | *N/A*      | 4.0       | 38.0     | 12.0      | 2.00      | 0.00                    |
| CABBAGE, SHREDDED          | Serving      | 1000      | 13          | 0           | 9         | 1.31      | 0.25      | 21.0      | 51         | 19.22      | 2          | 0.67      | 3.05     | 0.05      | 0.02      | *N/A*                   |
| 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*                   |
| MILK, 1% HOLLANDIA 2017    | 1 EACH       | 1100      | 120         | 15          | 150       | 0.00      | 0.00      | 350.0     | 500        | 2.4        | 14         | 11.0      | 16.0     | 2.5       | 1.50      | 0.00                    |
| Weighted Daily Average     |              |           | 634         | 58          | 1378      | 9.50      | 5.03      | 587.4     | 974        | 35.12      | *36        | 28.87     | 89.96    | 19.11     | 5.46      | *0.00                   |
| % of Calories              |              |           |             |             |           |           |           |           |            |            | *22.7%     | 18.2%     | 56.8%    | 27.1%     | 7.8%      | *0.0%                   |
| Nutrient Guideline         |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          | <=30.0    | <10.00    |                         |

|                            |                 |      |         |    |      |      |      |       |     |       |       |       |       |        |        |       |
|----------------------------|-----------------|------|---------|----|------|------|------|-------|-----|-------|-------|-------|-------|--------|--------|-------|
| Fri - 09/08/2023           |                 |      |         |    |      |      |      |       |     |       |       |       |       |        |        |       |
| PRESCHOOL                  | 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  |
| POTATO FROZEN, FRNCH-2021  | SERVING         | 1000 | 120     | 0  | 40   | 1.00 | 0.72 | 0.0   | 0   | 0.0   | 0     | 2.0   | 20.0  | 3.5    | 0.50   | 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   | *N/A* |
| 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  |
| MILK, 1% HOLLANDIA 2017    | 1 EACH          | 1000 | 120     | 15 | 150  | 0.00 | 0.00 | 350.0 | 500 | 2.4   | 14    | 11.0  | 16.0  | 2.5    | 1.50   | 0.00  |
| Weighted Daily Average     |                 |      | 555     | 70 | 748  | 7.31 | 2.33 | 418.3 | 741 | 10.75 | 35    | 31.36 | 86.40 | 11.23  | 2.54   | *0.00 |
| % of Calories              |                 |      |         |    |      |      |      |       |     |       | 25.2% | 22.6% | 62.3% | 18.2%  | 4.1%   | *0.0% |
| Nutrient Guideline         |                 |      | 550-650 |    | 1230 |      |      |       |     |       |       |       |       | <=30.0 | <10.00 |       |

|                  |  |  |     |    |     |      |      |       |     |       |        |       |       |       |      |       |
|------------------|--|--|-----|----|-----|------|------|-------|-----|-------|--------|-------|-------|-------|------|-------|
| Weighted Average |  |  | 571 | 62 | 987 | 8.36 | 3.51 | 450.0 | 801 | 26.17 | *33    | 30.07 | 80.28 | 16.30 | 4.54 | *0.00 |
|                  |  |  |     |    |     |      |      |       |     |       | *52.5% | 21.1% | 56.3% | 25.7% | 7.2% | *0.0% |

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# Rialto Unified School District

Sep 4, 2023 thru Sep 8, 2023

Base Menu Spreadsheet

PRESCHOOL

Portion Values - Detailed

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| Nutrient                   | Menu AVG | Portion Size<br>% of Cals | Reimb Qty<br>Weekly Target | Cals (kcal)<br>% 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 <sup>1</sup> (g) |
|----------------------------|----------|---------------------------|----------------------------|----------------------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Calories                   | 571      |                           | 550 - 650                  | 100%                       |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Cholesterol (mg)           | 62       |                           |                            |                            |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Sodium (mg)                | 987      |                           | 1230                       |                            |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Fiber (g)                  | 8.36     |                           |                            |                            |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Iron (mg)                  | 3.51     |                           |                            |                            |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Calcium (mg)               | 450.0    |                           |                            |                            |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Vitamin A (IU)             | 801      |                           |                            |                            |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Sugars (g)                 | 33       | 23.32%                    |                            |                            |             | Missing   |           |           |           |            |            |            |           |          |           |           |                         |
| Vitamin C (mg)             | 26.17    |                           |                            |                            |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Protein (g)                | 30.07    | 21.07%                    |                            |                            |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Carbohydrate (g)           | 80.28    | 56.25%                    |                            |                            |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Total Fat (g)              | 16.30    | 25.70%                    | <=30.00%                   |                            |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Saturated Fat (g)          | 4.54     | 7.16%                     | <10.00%                    |                            |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Trans Fat <sup>1</sup> (g) | 0.00     | 0.00%                     |                            |                            |             | Missing   |           |           |           |            |            |            |           |          |           |           |                         |

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

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# Rialto Unified School District

Sep 11, 2023 thru Sep 15, 2023

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 - 09/11/2023            |              |           |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| PRESCHOOL                   | Total        | 1000      |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| MACARONI AND CHEESE '22     | 1/2 CUP      | 900       | 304         | 45          | 1252      | 0.47      | 0.50      | 693.6     | 2239       | 0.53       | *5         | 25.1      | 20.89    | 13.87     | 9.08      | *0.00                   |
| SALAD 3/WAY, side,2021      | servings     | 900       | 18          | 0           | 13        | 1.00      | 0.10      | 6.5       | 1853       | 4.22       | *1         | 0.78      | 3.89     | 0.06      | 0.01      | *0.00                   |
| Pears, In Extra Light Syrup | serving      | 900       | 60          | 0           | 5         | 2.00      | 0.00      | 0.0       | 60         | 1.2        | 12         | 0.0       | 16.0     | 0.0       | 0.00      | 0.00                    |
| DRESSING, RANCH             | 1 oz         | 900       | 65          | 6           | 150       | 0.03      | 0.02      | 18.0      | 1          | 0.16       | *1         | 0.52      | 2.01     | 7.1       | 1.19      | *0.00                   |
| MILK,1% HOLLANDIA 2017      | 1 EACH       | 900       | 120         | 15          | 150       | 0.00      | 0.00      | 350.0     | 500        | 2.4        | 14         | 11.0      | 16.0     | 2.5       | 1.50      | 0.00                    |
| Weighted Daily Average      |              |           | 510         | 59          | 1412      | 3.15      | 0.56      | 961.3     | 4188       | 7.66       | *29        | 33.66     | 52.91    | 21.18     | 10.60     | *0.00                   |
| % of Calories               |              |           |             |             |           |           |           |           |            |            | *23.0%     | 26.4%     | 41.5%    | 37.4%     | 18.7%     | *0.0%                   |
| Nutrient Guideline          |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          | <=30.0    | <10.00    |                         |

|                                 |          |      |         |    |      |      |      |       |     |      |        |       |       |        |        |       |
|---------------------------------|----------|------|---------|----|------|------|------|-------|-----|------|--------|-------|-------|--------|--------|-------|
| Tue - 09/12/2023                |          |      |         |    |      |      |      |       |     |      |        |       |       |        |        |       |
| PRESCHOOL                       | Total    | 1000 |         |    |      |      |      |       |     |      |        |       |       |        |        |       |
| CHICKEN PATTY,WG/HMSTL B UN2015 | 1 EACH   | 900  | 338     | 50 | 666  | 5.00 | 2.16 | 300.0 | 142 | 1.0  | 3      | 22.0  | 43.0  | 10.0   | 2.00   | 0.00  |
| BARBECUE BEANS -2018 PS         | Servings | 900  | 99      | 0  | 391  | 3.38 | 1.04 | 31.8  | 151 | 0.75 | *5     | 4.05  | 22.6  | 0.32   | 0.06   | *0.00 |
| GRAPES,Fresh                    | serving  | 900  | 62      | 0  | 2    | 0.83 | 0.27 | 12.9  | 92  | 3.68 | 15     | 0.58  | 15.78 | 0.32   | 0.10   | *N/A* |
| 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% HOLLANDIA 2017          | 1 EACH   | 900  | 120     | 15 | 150  | 0.00 | 0.00 | 350.0 | 500 | 2.4  | 14     | 11.0  | 16.0  | 2.5    | 1.50   | 0.00  |
| Weighted Daily Average          |          |      | 586     | 59 | 1328 | 8.29 | 3.12 | 625.2 | 947 | 8.85 | *39    | 33.87 | 95.15 | 11.83  | 3.30   | *0.00 |
| % of Calories                   |          |      |         |    |      |      |      |       |     |      | *26.6% | 23.1% | 64.9% | 18.2%  | 5.1%   | *0.0% |
| Nutrient Guideline              |          |      | 550-650 |    | 1230 |      |      |       |     |      |        |       |       | <=30.0 | <10.00 |       |

|                         |          |      |         |    |      |       |      |       |      |       |        |       |       |        |        |       |
|-------------------------|----------|------|---------|----|------|-------|------|-------|------|-------|--------|-------|-------|--------|--------|-------|
| Wed - 09/13/2023        |          |      |         |    |      |       |      |       |      |       |        |       |       |        |        |       |
| PRESCHOOL               | Total    | 1000 |         |    |      |       |      |       |      |       |        |       |       |        |        |       |
| ITALIAN PASTA BAKE 2018 | servings | 900  | 297     | 44 | 843  | 11.12 | 3.77 | 186.1 | 900  | 13.71 | *6     | 19.88 | 33.36 | 9.22   | 3.86   | *0.00 |
| SALAD 3/WAY, side,2021  | servings | 900  | 18      | 0  | 13   | 1.00  | 0.10 | 6.5   | 1853 | 4.22  | *1     | 0.78  | 3.89  | 0.06   | 0.01   | *0.00 |
| APPLESAUCE              | 1 CUP    | 900  | 238     | 0  | 0    | 2.00  | 0.00 | 0.0   | 0    | 2.4   | *N/A*  | 0.0   | 53.92 | 0.0    | 0.00   | *N/A* |
| DRESSING, RANCH         | 1 oz     | 900  | 65      | 6  | 150  | 0.03  | 0.02 | 18.0  | 1    | 0.16  | *1     | 0.52  | 2.01  | 7.1    | 1.19   | *0.00 |
| MILK,1% HOLLANDIA 2017  | 1 EACH   | 900  | 120     | 15 | 150  | 0.00  | 0.00 | 350.0 | 500  | 2.4   | 14     | 11.0  | 16.0  | 2.5    | 1.50   | 0.00  |
| Weighted Daily Average  |          |      | 664     | 59 | 1040 | 12.73 | 3.50 | 504.5 | 2929 | 20.60 | *20    | 28.96 | 98.25 | 16.99  | 5.91   | *0.00 |
| % of Calories           |          |      |         |    |      |       |      |       |      |       | *11.8% | 17.5% | 59.2% | 23.0%  | 8.0%   | *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  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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PRESCHOOL

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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 - 09/14/2023         |              |           |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| PRESCHOOL                | Total        | 1000      |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Grinder, ham&cheese-2021 | 1 EACH       | 900       | 286         | 38          | 1518      | 3.00      | 1.86      | 187.2     | 199        | 0.0        | *5         | 20.9      | 34.67    | 8.87      | 2.79      | *0.00                   |
| TOMATOES, CHERRY-PS 2018 | Serving      | 900       | 7           | 0           | 2         | 0.45      | 0.10      | 3.7       | 310        | 5.1        | 1          | 0.33      | 1.45     | 0.07      | 0.01      | *N/A*                   |
| ORANGES                  | 1 EACH       | 900       | 45          | 0           | 0         | 2.30      | 0.10      | 38.4      | 216        | 51.07      | 9          | 0.9       | 11.28    | 0.12      | 0.02      | *N/A*                   |
| MILK,1% HOLLANDIA 2017   | 1 EACH       | 900       | 120         | 15          | 150       | 0.00      | 0.00      | 350.0     | 500        | 2.4        | 14         | 11.0      | 16.0     | 2.5       | 1.50      | 0.00                    |
| Weighted Daily Average   |              |           | 412         | 48          | 1502      | 5.18      | 1.85      | 521.4     | 1102       | 52.72      | *26        | 29.82     | 57.06    | 10.40     | 3.89      | *0.00                   |
| % of Calories            |              |           |             |             |           |           |           |           |            |            | *25.7%     | 28.9%     | 55.3%    | 22.7%     | 8.5%      | *0.0%                   |
| Nutrient Guideline       |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          | <=30.0    | <10.00    |                         |

|                                |         |      |         |    |      |      |      |       |      |       |        |       |       |        |        |       |
|--------------------------------|---------|------|---------|----|------|------|------|-------|------|-------|--------|-------|-------|--------|--------|-------|
| Fri - 09/15/2023               |         |      |         |    |      |      |      |       |      |       |        |       |       |        |        |       |
| PRESCHOOL                      | Total   | 1000 |         |    |      |      |      |       |      |       |        |       |       |        |        |       |
| BURRITO,TKY BEAN & CHSE-2017   | SERVING | 1000 | 434     | 27 | 452  | 8.27 | 4.30 | 175.0 | 362  | 2.03  | *2     | 19.21 | 59.25 | 14.21  | 3.87   | *0.00 |
| 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  |
| 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  |
| MILK,1% HOLLANDIA 2017         | 1 EACH  | 1000 | 120     | 15 | 150  | 0.00 | 0.00 | 350.0 | 500  | 2.4   | 14     | 11.0  | 16.0  | 2.5    | 1.50   | 0.00  |
| Weighted Daily Average         |         |      | 627     | 42 | 612  | 9.77 | 4.48 | 525.0 | 1164 | 11.63 | *16    | 30.21 | 92.25 | 16.71  | 5.36   | *0.00 |
| % of Calories                  |         |      |         |    |      |      |      |       |      |       | *10.2% | 19.3% | 58.9% | 24.0%  | 7.7%   | *0.0% |
| Nutrient Guideline             |         |      | 550-650 |    | 1230 |      |      |       |      |       |        |       |       | <=30.0 | <10.00 |       |

|                  |  |  |     |    |      |      |      |       |      |       |        |       |       |       |      |       |
|------------------|--|--|-----|----|------|------|------|-------|------|-------|--------|-------|-------|-------|------|-------|
| Weighted Average |  |  | 560 | 53 | 1179 | 7.82 | 2.70 | 627.5 | 2066 | 20.29 | *26    | 31.30 | 79.12 | 15.42 | 5.81 | *0.00 |
|                  |  |  |     |    |      |      |      |       |      |       | *41.9% | 22.4% | 56.5% | 24.8% | 9.3% | *0.0% |

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# Rialto Unified School District

Sep 11, 2023 thru Sep 15, 2023

Base Menu Spreadsheet

PRESCHOOL

Portion Values - Detailed

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| Nutrient                   | Menu AVG | Portion Size<br>% of Cals | Reimb Qty<br>Weekly Target | Cals (kcal)<br>% of Target | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcium (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|----------------------------|----------|---------------------------|----------------------------|----------------------------|-------------|-----------|-----------|-----------|--------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Calories                   | 560      |                           | 550 - 650                  | 100%                       |             |           |           |           |              |            |            |            |           |          |           |           |                         |
| Cholesterol (mg)           | 53       |                           |                            |                            |             |           |           |           |              |            |            |            |           |          |           |           |                         |
| Sodium (mg)                | 1179     |                           | 1230                       |                            |             |           |           |           |              |            |            |            |           |          |           |           |                         |
| Fiber (g)                  | 7.82     |                           |                            |                            |             |           |           |           |              |            |            |            |           |          |           |           |                         |
| Iron (mg)                  | 2.70     |                           |                            |                            |             |           |           |           |              |            |            |            |           |          |           |           |                         |
| Calcium (mg)               | 627.5    |                           |                            |                            |             |           |           |           |              |            |            |            |           |          |           |           |                         |
| Vitamin A (IU)             | 2066     |                           |                            |                            |             |           |           |           |              |            |            |            |           |          |           |           |                         |
| Sugars (g)                 | 26       | 18.64%                    |                            |                            |             | Missing   |           |           |              |            |            |            |           |          |           |           |                         |
| Vitamin C (mg)             | 20.29    |                           |                            |                            |             |           |           |           |              |            |            |            |           |          |           |           |                         |
| Protein (g)                | 31.30    | 22.36%                    |                            |                            |             |           |           |           |              |            |            |            |           |          |           |           |                         |
| Carbohydrate (g)           | 79.12    | 56.53%                    |                            |                            |             |           |           |           |              |            |            |            |           |          |           |           |                         |
| Total Fat (g)              | 15.42    | 24.79%                    | <=30.00%                   |                            |             |           |           |           |              |            |            |            |           |          |           |           |                         |
| Saturated Fat (g)          | 5.81     | 9.34%                     | <10.00%                    |                            |             |           |           |           |              |            |            |            |           |          |           |           |                         |
| Trans Fat <sup>1</sup> (g) | 0.00     | 0.00%                     |                            |                            |             | Missing   |           |           |              |            |            |            |           |          |           |           |                         |

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# Rialto Unified School District

Sep 18, 2023 thru Sep 22, 2023

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) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 09/18/2023              |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| PRESCHOOL                     | Total        | 1000      |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Ch-Burger w/Wheat Bun-201 5EL | 1 EACH       | 1000      | 295         | 46          | 730       | 3.40      | 3.23      | 166.0      | 163        | 0.0        | 5          | 22.09     | 31.5     | 10.3      | 3.75      | *0.00                   |
| CELERY STICKS 2021            | serving      | 1000      | 18          | 0           | 89        | 1.78      | 0.22      | 44.6       | 500        | 3.45       | 2          | 0.77      | 3.31     | 0.19      | 0.04      | *N/A*                   |
| APPLESAUCE                    | 1 CUP        | 1000      | 238         | 0           | 0         | 2.00      | 0.00      | 0.0        | 0          | 2.4        | *N/A*      | 0.0       | 53.92    | 0.0       | 0.00      | *N/A*                   |
| DRESSING, RANCH .50oz         | Servings     | 1000      | 32          | 3           | 65        | 0.01      | 0.01      | 8.9        | 1          | 0.08       | 0          | 0.26      | 0.99     | 3.55      | 0.59      | *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                    |
| MILK,1% HOLLANDIA 2017        | 1 EACH       | 1000      | 120         | 15          | 150       | 0.00      | 0.00      | 350.0      | 500        | 2.4        | 14         | 11.0      | 16.0     | 2.5       | 1.50      | 0.00                    |
| Weighted Daily Average        |              |           | 736         | 64          | 1302      | 7.19      | 3.46      | 569.4      | 1331       | 10.33      | *28        | 34.12     | 114.06   | 16.54     | 5.89      | *0.00                   |
| % of Calories                 |              |           |             |             |           |           |           |            |            |            | *15.0%     | 18.5%     | 62.0%    | 20.2%     | 7.2%      | *0.0%                   |
| Nutrient Guideline            |              |           | 550-650     |             | 1230      |           |           |            |            |            |            |           |          | <=30.0    | <10.00    |                         |

|                                 |          |      |         |    |      |      |      |       |      |       |        |       |       |        |        |       |
|---------------------------------|----------|------|---------|----|------|------|------|-------|------|-------|--------|-------|-------|--------|--------|-------|
| Tue - 09/19/2023                |          |      |         |    |      |      |      |       |      |       |        |       |       |        |        |       |
| PRESCHOOL                       | Total    | 1000 |         |    |      |      |      |       |      |       |        |       |       |        |        |       |
| Nacho Delx W/ 3bnCHILI, chz2023 | SERVING  | 600  | 461     | 30 | 523  | 9.22 | 5.07 | 311.5 | 802  | 3.57  | *2     | 14.75 | 51.05 | 21.82  | 8.04   | *0.00 |
| SALAD 3/WAY, side,2021          | servings | 2000 | 18      | 0  | 13   | 1.00 | 0.10 | 6.5   | 1853 | 4.22  | *1     | 0.78  | 3.89  | 0.06   | 0.01   | *0.00 |
| GRAPES,Fresh                    | serving  | 2000 | 62      | 0  | 2    | 0.83 | 0.27 | 12.9  | 92   | 3.68  | 15     | 0.58  | 15.78 | 0.32   | 0.10   | *N/A* |
| DRESSING, RANCH .50oz           | Servings | 600  | 32      | 3  | 65   | 0.01 | 0.01 | 8.9   | 1    | 0.08  | 0      | 0.26  | 0.99  | 3.55   | 0.59   | *0.00 |
| 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  |
| Weighted Daily Average          |          |      | 528     | 29 | 473  | 9.20 | 3.78 | 441.0 | 4672 | 19.43 | *41    | 18.33 | 80.15 | 17.49  | 6.31   | *0.00 |
| % of Calories                   |          |      |         |    |      |      |      |       |      |       | *31.0% | 13.9% | 60.8% | 29.8%  | 10.8%  | *0.0% |
| Nutrient Guideline              |          |      | 550-650 |    | 1230 |      |      |       |      |       |        |       |       | <=30.0 | <10.00 |       |

|                                |             |      |         |    |      |       |      |       |      |       |        |       |       |        |        |       |
|--------------------------------|-------------|------|---------|----|------|-------|------|-------|------|-------|--------|-------|-------|--------|--------|-------|
| Wed - 09/20/2023               |             |      |         |    |      |       |      |       |      |       |        |       |       |        |        |       |
| PRESCHOOL                      | Total       | 1000 |         |    |      |       |      |       |      |       |        |       |       |        |        |       |
| ENCHILADA,SCRATCH,beef24c t'22 | 1 Ser(25 ct | 750  | 247     | 49 | 381  | 1.40  | 1.37 | 234.3 | 494  | 1.58  | *1     | 14.39 | 15.09 | 14.32  | 7.44   | *0.27 |
| TOMATOES, GRAPE-2023           | 3/4 CUP     | 2500 | 20      | 0  | 6    | 1.34  | 0.30 | 11.2  | 931  | 15.31 | 3      | 0.98  | 4.35  | 0.22   | 0.03   | *N/A* |
| BANANAS                        | 1 EACH      | 2500 | 90      | 0  | 1    | 2.63  | 0.26 | 5.1   | 65   | 8.79  | 12     | 1.1   | 23.07 | 0.33   | 0.11   | *N/A* |
| DRESSING, RANCH                | 1 oz        | 500  | 65      | 6  | 150  | 0.03  | 0.02 | 18.0  | 1    | 0.16  | *1     | 0.52  | 2.01  | 7.1    | 1.19   | *0.00 |
| MILK,1% HOLLANDIA 2017         | 1 EACH      | 1000 | 120     | 15 | 150  | 0.00  | 0.00 | 350.0 | 500  | 2.4   | 14     | 11.0  | 16.0  | 2.5    | 1.50   | 0.00  |
| Weighted Daily Average         |             |      | 612     | 55 | 527  | 10.99 | 2.45 | 575.3 | 3360 | 63.90 | *53    | 27.26 | 96.86 | 18.18  | 8.03   | *0.20 |
| % of Calories                  |             |      |         |    |      |       |      |       |      |       | *34.8% | 17.8% | 63.3% | 26.7%  | 11.8%  | *0.3% |
| Nutrient Guideline             |             |      | 550-650 |    | 1230 |       |      |       |      |       |        |       |       | <=30.0 | <10.00 |       |

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# Rialto Unified School District

Sep 18, 2023 thru Sep 22, 2023

Base Menu Spreadsheet

PRESCHOOL

Portion Values - Detailed

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|                                | Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|--------------------------------|-----------------|--------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Thu - 09/21/2023               |                 |              |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| PRESCHOOL                      | Total           | 1000         |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| CHICKEN,OVEN ROASTED           | 2 OZ            | 1000         | 136            | 50             | 56           | 0.02         | 0.72         | 8.7           | 91            | 0.03          | *0            | 15.51        | 0.15        | 7.71         | 2.15         | *0.00                      |
| POTATO,MASHED,IDAHO REA        | Servings        | 1000         | 23             | 0              | 91           | 0.26         | 0.08         | 8.6           | 0             | 0.0           | 0             | 0.52         | 4.65        | 0.13         | 0.00         | *0.00                      |
| L 2020                         |                 |              |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| Roll, dinner,wh.wheat Galassos | 1 each          | 1000         | 90             | 0              | 170          | 2.00         | 1.08         | 40.0          | 10            | 0.0           | 2             | 5.0          | 17.0        | 1.5          | 0.00         | 0.00                       |
| SALAD 3/WAY, side,2021         | servings        | 1100         | 18             | 0              | 13           | 1.00         | 0.10         | 6.5           | 1853          | 4.22          | *1            | 0.78         | 3.89        | 0.06         | 0.01         | *0.00                      |
| APPLES,Fresh                   | 1 EACH          | 1100         | 72             | 0              | 1            | 3.31         | 0.17         | 8.3           | 75            | 6.35          | 14            | 0.36         | 19.06       | 0.23         | 0.04         | *N/A*                      |
| DRESSING, RANCH                | 1 oz            | 1100         | 65             | 6              | 150          | 0.03         | 0.02         | 18.0          | 1             | 0.16          | *1            | 0.52         | 2.01        | 7.1          | 1.19         | *0.00                      |
| MILK,1% HOLLANDIA 2017         | 1 EACH          | 1100         | 120            | 15             | 150          | 0.00         | 0.00         | 350.0         | 500           | 2.4           | 14            | 11.0         | 16.0        | 2.5          | 1.50         | 0.00                       |
| Weighted Daily Average         |                 |              | 551            | 73             | 663          | 7.06         | 2.19         | 478.5         | 2773          | 14.48         | *35           | 34.95        | 66.85       | 20.23        | 5.16         | *0.00                      |
| % of Calories                  |                 |              |                |                |              |              |              |               |               |               | *25.4%        | 25.4%        | 48.5%       | 33.0%        | 8.4%         | *0.0%                      |
| Nutrient Guideline             |                 |              | 550-650        |                | 1230         |              |              |               |               |               |               |              |             | <=30.0       | <10.00       |                            |
| Fri - 09/22/2023               |                 |              |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| PRESCHOOL                      | Total           | 1000         |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| Chicken Tenders, WG 2017       | Serving         | 900          | 184            | 34             | 383          | 2.00         | 2.00         | 20.0          | 84            | 87.0          | 0             | 15.0         | 13.0        | 8.0          | 2.00         | 0.00                       |
| CARROT, sticks '22             | Serving         | 1100         | 54             | 0              | 91           | 3.69         | 0.40         | 43.5          | 22161         | 7.78          | 6             | 1.23         | 12.63       | 0.32         | 0.05         | 0.00                       |
| Pears, In Extra Light Syrup PS | serving         | 1100         | 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                | 1 oz            | 900          | 65             | 6              | 150          | 0.03         | 0.02         | 18.0          | 1             | 0.16          | *1            | 0.52         | 2.01        | 7.1          | 1.19         | *0.00                      |
| MILK,1% HOLLANDIA 2017         | 1 EACH          | 900          | 120            | 15             | 150          | 0.00         | 0.00         | 350.0         | 500           | 2.4           | 14            | 11.0         | 16.0        | 2.5          | 1.50         | 0.00                       |
| Weighted Daily Average         |                 |              | 424            | 50             | 717          | 6.99         | 2.26         | 397.1         | 24937         | 89.82         | *27           | 25.21        | 50.60       | 16.19        | 4.28         | *0.00                      |
| % of Calories                  |                 |              |                |                |              |              |              |               |               |               | *25.2%        | 23.8%        | 47.7%       | 34.3%        | 9.1%         | *0.0%                      |
| Nutrient Guideline             |                 |              | 550-650        |                | 1230         |              |              |               |               |               |               |              |             | <=30.0       | <10.00       |                            |
| Weighted Average               |                 |              |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
|                                |                 |              | 570            | 54             | 736          | 8.28         | 2.83         | 492.3         | 7415          | 39.59         | *37           | 27.98        | 81.70       | 17.72        | 5.93         | *0.04                      |
|                                |                 |              |                |                |              |              |              |               |               |               | *57.9%        | 19.6%        | 57.3%       | 28.0%        | 9.4%         | *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

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# Rialto Unified School District

Sep 18, 2023 thru Sep 22, 2023

Base Menu Spreadsheet

PRESCHOOL

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 <sup>1</sup> (g) |
|----------------------------|----------|--------------|---------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Calories                   | 570      |              | Weekly Target | 550 - 650   | 100%        |           |           |           |           |            |            |            |           |          |           |           |                         |
| Cholesterol (mg)           | 54       |              |               |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Sodium (mg)                | 736      |              |               | 1230        |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Fiber (g)                  | 8.28     |              |               |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Iron (mg)                  | 2.83     |              |               |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Calcium (mg)               | 492.3    |              |               |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Vitamin A (IU)             | 7415     |              |               |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Sugars (g)                 | 37       | 25.74%       |               |             |             | Missing   |           |           |           |            |            |            |           |          |           |           |                         |
| Vitamin C (mg)             | 39.59    |              |               |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Protein (g)                | 27.98    | 19.62%       |               |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Carbohydrate (g)           | 81.70    | 57.30%       |               |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Total Fat (g)              | 17.72    | 27.97%       |               | <=30.00%    |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Saturated Fat (g)          | 5.93     | 9.36%        |               | <10.00%     |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Trans Fat <sup>1</sup> (g) | 0.04     | 0.06%        |               |             |             | Missing   |           |           |           |            |            |            |           |          |           |           |                         |

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# Rialto Unified School District

Sep 25, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

PRESCHOOL

Portion Values - Detailed

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|                            | Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calc<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|----------------------------|-----------------|--------------|----------------|----------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Mon - 09/25/2023           |                 |              |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| PRESCHOOL                  | Total           | 1000         |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| QUESADILLA,CHEESE, 2022    | 1 EACH          | 600          | 427            | 48             | 950          | 1.00         | 2.06         | 556.1        | 724           | 0.0           | *0            | 18.94        | 33.15       | 23.97        | 12.38        | *0.00                      |
| BEANS, PINTO SEASONED-2017 | 1/2 CUP         | 1200         | 83             | 0              | 189          | 3.65         | 1.28         | 33.3         | 32            | 2.48          | *1            | 5.02         | 15.13       | 0.32         | 0.06         | *0.00                      |
| GRAPES,Fresh               | serving         | 1200         | 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          | 1200         | 120            | 15             | 150          | 0.00         | 0.00         | 350.0        | 500           | 2.4           | 14            | 11.0         | 16.0        | 2.5          | 1.50         | 0.00                       |
| Weighted Daily Average     |                 |              | 574            | 47             | 979          | 5.97         | 3.09         | 809.1        | 1183          | 10.27         | *36           | 31.28        | 76.18       | 18.15        | 9.41         | *0.00                      |
| % of Calories              |                 |              |                |                |              |              |              |              |               |               | *25.0%        | 21.8%        | 53.1%       | 28.5%        | 14.8%        | *0.0%                      |
| Nutrient Guideline         |                 |              | 550-650        |                | 1230         |              |              |              |               |               |               |              |             | <=30.0       | <10.00       |                            |

|                                |          |      |         |    |      |       |      |       |     |       |       |       |       |        |        |       |
|--------------------------------|----------|------|---------|----|------|-------|------|-------|-----|-------|-------|-------|-------|--------|--------|-------|
| Tue - 09/26/2023               |          |      |         |    |      |       |      |       |     |       |       |       |       |        |        |       |
| PRESCHOOL                      | Total    | 1000 |         |    |      |       |      |       |     |       |       |       |       |        |        |       |
| Chicken,Tangerine-2014         | SERV     | 1000 | 190     | 45 | 380  | 2.00  | 1.44 | 0.0   | 65  | 0.0   | 13    | 14.0  | 25.0  | 4.0    | 1.00   | 0.00  |
| Noodles,Chow mein, Ling's 2015 | 1 CUP    | 1000 | 170     | 0  | 360  | 6.00  | 1.44 | 0.0   | 15  | 0.0   | 3     | 6.0   | 35.0  | 0.0    | 0.00   | 0.00  |
| BROCCOLI,raw: fresh            | Serving  | 900  | 15      | 0  | 15   | 1.18  | 0.33 | 21.4  | 283 | 40.59 | 1     | 1.28  | 3.02  | 0.17   | 0.01   | *N/A* |
| Pears, In Extra Light Syrup    | serving  | 900  | 60      | 0  | 5    | 2.00  | 0.00 | 0.0   | 60  | 1.2   | 12    | 0.0   | 16.0  | 0.0    | 0.00   | 0.00  |
| DRESSING, RANCH .50oz          | Servings | 900  | 32      | 3  | 65   | 0.01  | 0.01 | 8.9   | 1   | 0.08  | 0     | 0.26  | 0.99  | 3.55   | 0.59   | *0.00 |
| MILK,1% HOLLANDIA 2017         | 1 EACH   | 900  | 120     | 15 | 150  | 0.00  | 0.00 | 350.0 | 500 | 2.4   | 14    | 11.0  | 16.0  | 2.5    | 1.50   | 0.00  |
| Weighted Daily Average         |          |      | 565     | 61 | 952  | 10.88 | 3.19 | 342.2 | 840 | 39.84 | 40    | 31.29 | 92.41 | 9.60   | 2.90   | *0.00 |
| % of Calories                  |          |      |         |    |      |       |      |       |     |       | 28.6% | 22.2% | 65.4% | 15.3%  | 4.6%   | *0.0% |
| Nutrient Guideline             |          |      | 550-650 |    | 1230 |       |      |       |     |       |       |       |       | <=30.0 | <10.00 |       |

|                               |          |      |         |    |      |      |      |       |      |       |        |       |        |        |        |       |
|-------------------------------|----------|------|---------|----|------|------|------|-------|------|-------|--------|-------|--------|--------|--------|-------|
| Wed - 09/27/2023              |          |      |         |    |      |      |      |       |      |       |        |       |        |        |        |       |
| PRESCHOOL                     | Total    | 1000 |         |    |      |      |      |       |      |       |        |       |        |        |        |       |
| TACO Beef Crumbles- '22       | 1.5 oz.  | 600  | 144     | 32 | 443  | 2.42 | 1.92 | 35.1  | 796  | 6.24  | *3     | 11.78 | 6.47   | 7.76   | 3.23   | *0.00 |
| Tortilla, Ultra Grain 6"-2014 | 1 Each   | 600  | 90      | 0  | 84   | 2.00 | 0.90 | 50.0  | 0    | 0.0   | 0      | 3.0   | 15.0   | 2.0    | 0.00   | 0.00  |
| SALAD 3/WAY, side,2021        | servings | 2000 | 18      | 0  | 13   | 1.00 | 0.10 | 6.5   | 1853 | 4.22  | *1     | 0.78  | 3.89   | 0.06   | 0.01   | *0.00 |
| BANANAS                       | 1 EACH   | 2000 | 90      | 0  | 1    | 2.63 | 0.26 | 5.1   | 65   | 8.79  | 12     | 1.1   | 23.07  | 0.33   | 0.11   | *N/A* |
| DRESSING, RANCH               | 1 oz     | 600  | 65      | 6  | 150  | 0.03 | 0.02 | 18.0  | 1    | 0.16  | *1     | 0.52  | 2.01   | 7.1    | 1.19   | *0.00 |
| MILK,1% HOLLANDIA 2017        | 1 EACH   | 2000 | 120     | 15 | 150  | 0.00 | 0.00 | 350.0 | 500  | 2.4   | 14     | 11.0  | 16.0   | 2.5    | 1.50   | 0.00  |
| Weighted Daily Average        |          |      | 635     | 53 | 734  | 9.93 | 2.42 | 785.0 | 5314 | 34.66 | *56    | 34.95 | 100.00 | 15.90  | 5.89   | *0.00 |
| % of Calories                 |          |      |         |    |      |      |      |       |      |       | *35.3% | 22.0% | 63.0%  | 22.5%  | 8.4%   | *0.0% |
| Nutrient Guideline            |          |      | 550-650 |    | 1230 |      |      |       |      |       |        |       |        | <=30.0 | <10.00 |       |

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# Rialto Unified School District

Sep 25, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

PRESCHOOL

Portion Values - Detailed

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|                                         | Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calc<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g)   | Carb<br>(g)    | T-Fat<br>(g)   | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|-----------------------------------------|-----------------|--------------|----------------|----------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|----------------|----------------|----------------|--------------|----------------------------|
| Thu - 09/28/2023                        |                 |              |                |                |              |              |              |              |               |               |               |                |                |                |              |                            |
| PRESCHOOL                               | Total           | 1000         |                |                |              |              |              |              |               |               |               |                |                |                |              |                            |
| PIZZA, Chse, Wh, Gr4X6-2013             | 1 EACH          | 400          | 323            | 36             | 608          | 3.58         | 1.37         | 503.6        | 490           | 12.65         | 5             | 18.63          | 31.91          | 13.78          | 6.23         | 0.00                       |
| CARROT PS, sticks                       | Serving         | 2600         | 18             | 0              | 30           | 1.23         | 0.13         | 14.5         | 7387          | 2.59          | 2             | 0.41           | 4.21           | 0.11           | 0.02         | 0.00                       |
| APPLES, Fresh                           | 1 EACH          | 2600         | 72             | 0              | 1            | 3.31         | 0.17         | 8.3          | 75            | 6.35          | 14            | 0.36           | 19.06          | 0.23           | 0.04         | *N/A*                      |
| DRESSING, RANCH .50oz                   | Servings        | 1000         | 32             | 3              | 65           | 0.01         | 0.01         | 8.9          | 1             | 0.08          | 0             | 0.26           | 0.99           | 3.55           | 0.59         | *0.00                      |
| MILK, 1% HOLLANDIA 2017                 | 1 EACH          | 1300         | 120            | 15             | 150          | 0.00         | 0.00         | 350.0        | 500           | 2.4           | 14            | 11.0           | 16.0           | 2.5            | 1.50         | 0.00                       |
| Weighted Daily Average<br>% of Calories |                 |              | 551            | 37             | 586          | 13.25        | 1.33         | 724.6        | 20247         | 31.50         | 63<br>45.8%   | 24.00<br>17.4% | 95.05<br>69.0% | 13.20<br>21.6% | 5.19<br>8.5% | *0.00<br>*0.0%             |
| Nutrient Guideline                      |                 |              | 550-650        |                | 1230         |              |              |              |               |               |               |                |                | <=30.0         | <10.00       |                            |

|                                         |          |      |         |    |      |       |      |       |      |      |               |                |                |                |              |                |
|-----------------------------------------|----------|------|---------|----|------|-------|------|-------|------|------|---------------|----------------|----------------|----------------|--------------|----------------|
| Fri - 09/29/2023                        |          |      |         |    |      |       |      |       |      |      |               |                |                |                |              |                |
| PRESCHOOL                               | Total    | 1000 |         |    |      |       |      |       |      |      |               |                |                |                |              |                |
| Penne, Alfredo, Chicken CK '23          | 3/4 CUP  | 1500 | 201     | 35 | 503  | 6.36  | 1.22 | 173.9 | 83   | 0.77 | *1            | 16.27          | 21.93          | 4.94           | 1.83         | *0.00          |
| SALAD 3/WAY, side, 2021                 | servings | 900  | 18      | 0  | 13   | 1.00  | 0.10 | 6.5   | 1853 | 4.22 | *1            | 0.78           | 3.89           | 0.06           | 0.01         | *0.00          |
| Pears, In Extra Light Syrup             | serving  | 900  | 60      | 0  | 5    | 2.00  | 0.00 | 0.0   | 60   | 1.2  | 12            | 0.0            | 16.0           | 0.0            | 0.00         | 0.00           |
| DRESSING, RANCH                         | 1 oz     | 900  | 65      | 6  | 150  | 0.03  | 0.02 | 18.0  | 1    | 0.16 | *1            | 0.52           | 2.01           | 7.1            | 1.19         | *0.00          |
| MILK, 1% HOLLANDIA 2017                 | 1 EACH   | 900  | 120     | 15 | 150  | 0.00  | 0.00 | 350.0 | 500  | 2.4  | 14            | 11.0           | 16.0           | 2.5            | 1.50         | 0.00           |
| Weighted Daily Average<br>% of Calories |          |      | 539     | 71 | 1041 | 12.26 | 1.93 | 597.9 | 2297 | 8.34 | *26<br>*19.3% | 35.48<br>26.3% | 66.99<br>49.7% | 16.11<br>26.9% | 5.17<br>8.6% | *0.00<br>*0.0% |
| Nutrient Guideline                      |          |      | 550-650 |    | 1230 |       |      |       |      |      |               |                |                | <=30.0         | <10.00       |                |

|                  |  |  |     |    |     |       |      |       |      |       |               |                |                |                |              |                |
|------------------|--|--|-----|----|-----|-------|------|-------|------|-------|---------------|----------------|----------------|----------------|--------------|----------------|
| Weighted Average |  |  | 573 | 54 | 858 | 10.46 | 2.39 | 651.8 | 5976 | 24.92 | *44<br>*69.6% | 31.40<br>21.9% | 86.13<br>60.2% | 14.59<br>22.9% | 5.71<br>9.0% | *0.00<br>*0.0% |
|------------------|--|--|-----|----|-----|-------|------|-------|------|-------|---------------|----------------|----------------|----------------|--------------|----------------|

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# Rialto Unified School District

Sep 25, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

PRESCHOOL

Portion Values - Detailed

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| Nutrient                   | Menu AVG | Portion Size | Reimb Qty     | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcium (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|----------------------------|----------|--------------|---------------|-------------|-------------|-----------|-----------|-----------|--------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Calories                   | 573      |              | Weekly Target | 550 - 650   | 100%        |           |           |           |              |            |            |            |           |          |           |           |                         |
| Cholesterol (mg)           | 54       |              |               |             |             |           |           |           |              |            |            |            |           |          |           |           |                         |
| Sodium (mg)                | 858      |              |               | 1230        |             |           |           |           |              |            |            |            |           |          |           |           |                         |
| Fiber (g)                  | 10.46    |              |               |             |             |           |           |           |              |            |            |            |           |          |           |           |                         |
| Iron (mg)                  | 2.39     |              |               |             |             |           |           |           |              |            |            |            |           |          |           |           |                         |
| Calcium (mg)               | 651.8    |              |               |             |             |           |           |           |              |            |            |            |           |          |           |           |                         |
| Vitamin A (IU)             | 5976     |              |               |             |             |           |           |           |              |            |            |            |           |          |           |           |                         |
| Sugars (g)                 | 44       | 30.93%       |               |             |             | Missing   |           |           |              |            |            |            |           |          |           |           |                         |
| Vitamin C (mg)             | 24.92    |              |               |             |             |           |           |           |              |            |            |            |           |          |           |           |                         |
| Protein (g)                | 31.40    | 21.93%       |               |             |             |           |           |           |              |            |            |            |           |          |           |           |                         |
| Carbohydrate (g)           | 86.13    | 60.16%       |               |             |             |           |           |           |              |            |            |            |           |          |           |           |                         |
| Total Fat (g)              | 14.59    | 22.93%       |               |             |             |           |           |           |              |            |            |            |           |          |           |           |                         |
| Saturated Fat (g)          | 5.71     | 8.98%        |               |             |             |           |           |           |              |            |            |            |           |          |           |           |                         |
| Trans Fat <sup>1</sup> (g) | 0.00     | 0.00%        |               |             |             |           |           |           |              |            |            |            |           |          |           |           |                         |

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