

Rialto Unified School District

Apr 1, 2024 thru Apr 5, 2024

Base Menu Spreadsheet

PRESCHOOL

Portion Values - Detailed

Page 1

Generated on: 3/20/2024 9:52:21 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 - 04/01/2024 | | | | | | | | | | | | | | | | |
| PRESCHOOL | Total | 900 | | | | | | | | | | | | | | |
| 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 |
| Waffles, Eggoji (Lunch) '24 | Waffle | 900 | 90 | 3 | 105 | 1.00 | 1.80 | 130.0 | 500 | 0.0 | 2 | 2.0 | 15.0 | 3.0 | 1.00 | 0.00 |
| MIXED VEGETABLES:frozen,boiled | Serving | 500 | 89 | 0 | 48 | 6.01 | 1.12 | 34.1 | 5838 | 4.37 | 4 | 3.9 | 17.87 | 0.2 | 0.04 | 0.00 |
| PEACHES, Diced XtraLite Syp PS | serving | 500 | 30 | 0 | 5 | 0.00 | 0.00 | 0.0 | 150 | 0.6 | 0 | 0.0 | 7.0 | 0.0 | 0.00 | 0.00 |
| SYRUP | 1 OZ | 300 | 66 | 0 | 23 | 0.00 | 0.01 | 0.9 | 0 | 0.0 | 6 | 0.0 | 17.43 | 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 | | | 602 | 62 | 1544 | 4.81 | 2.93 | 1192.8 | 6565 | 5.69 | *26 | 40.27 | 71.51 | 19.48 | 11.61 | *0.00 |
| % of Calories | | | | | | | | | | | *17.0% | 26.8% | 47.5% | 29.1% | 17.4% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|-------------------------------|----------|-----|---------|----|------|------|------|-------|-----|-------|--------|-------|-------|--------|--------|-------|
| Tue - 04/02/2024 | | | | | | | | | | | | | | | | |
| PRESCHOOL | Total | 900 | | | | | | | | | | | | | | |
| Popcorn Chicken-Wh.Grain 2021 | Serving | 900 | 207 | 47 | 400 | 2.00 | 0.36 | 160.0 | 112 | 1.0 | 1 | 14.0 | 13.0 | 11.0 | 2.00 | 0.00 |
| BROCCOLI,raw: fresh | Serving | 500 | 15 | 0 | 15 | 1.18 | 0.33 | 21.4 | 283 | 40.59 | 1 | 1.28 | 3.02 | 0.17 | 0.05 | 0.00 |
| BANANAS | EACH | 900 | 90 | 0 | 1 | 2.63 | 0.26 | 5.1 | 65 | 8.79 | 12 | 1.1 | 23.07 | 0.33 | 0.11 | 0.00 |
| 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 |
| CATSUP | .5 oz | 100 | 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 | | | 460 | 65 | 639 | 5.30 | 0.82 | 535.8 | 835 | 34.81 | *28 | 27.07 | 55.11 | 17.48 | 4.24 | *0.00 |
| % of Calories | | | | | | | | | | | *24.5% | 23.6% | 48.0% | 34.2% | 8.3% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|-------------------------|----------|------|---------|----|------|------|------|-------|------|-------|--------|-------|-------|--------|--------|-------|
| Wed - 04/03/2024 | | | | | | | | | | | | | | | | |
| PRESCHOOL | Total | 1000 | | | | | | | | | | | | | | |
| TACO Beef Crumbles- '24 | Servings | 1000 | 318 | 32 | 603 | 4.42 | 3.72 | 135.1 | 796 | 6.24 | *3 | 17.78 | 36.47 | 11.76 | 3.23 | *0.00 |
| LETTUCE, SHREDDED | Serving | 900 | 10 | 0 | 7 | 0.86 | 0.30 | 13.0 | 361 | 2.02 | 1 | 0.65 | 2.14 | 0.1 | 0.01 | 0.00 |
| GRAPES,FreshPS | Serving | 900 | 15 | 0 | 0 | 0.21 | 0.07 | 3.2 | 23 | 0.92 | 4 | 0.14 | 3.94 | 0.08 | 0.03 | 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 | | | 461 | 47 | 760 | 5.39 | 4.04 | 499.7 | 1642 | 11.28 | *21 | 29.49 | 57.94 | 14.43 | 4.77 | *0.00 |
| % of Calories | | | | | | | | | | | *18.4% | 25.6% | 50.3% | 28.2% | 9.3% | *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

¹ - 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

Page 2

Apr 1, 2024 thru Apr 5, 2024

PRESCHOOL

Generated on: 3/20/2024 9:52:21 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 04/04/2024 | | | | | | | | | | | | | | | | |
| PRESCHOOL | Total | 1000 | | | | | | | | | | | | | | |
| BURRITO,TKY BEAN & CHSE-2 017 | SERVING | 1000 | 453 | 25 | 609 | 10.87 | *3.62 | *299.7 | 273 | *1.58 | *4 | 21.95 | 58.45 | 15.36 | 4.93 | *0.00 |
| CARROT PS, sticks | Serving | 1000 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| STRAWBERRIES: frozen unswtnd. | serving | 1000 | 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 .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 | 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 | | | 644 | 43 | 826 | 13.20 | *4.46 | *676.2 | 824 | *49.58 | *24 | 33.68 | 85.53 | 21.53 | 7.03 | *0.00 |
| % of Calories | | | | | | | | | | | *14.7% | 20.9% | 53.2% | 30.1% | 9.8% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------------------|-----------------|------|---------|----|------|------|------|-------|-----|--------|-------|-------|-------|--------|--------|------|
| Fri - 04/05/2024 | | | | | | | | | | | | | | | | |
| 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 sliced 2017 2oz | pkg. (2oz) | 1000 | 34 | 0 | 0 | 2.00 | 0.18 | 10.0 | 50 | 123.6 | 6 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| 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 | | | 517 | 70 | 747 | 6.00 | 2.34 | 420.0 | 717 | 128.00 | 27 | 31.00 | 75.34 | 11.00 | 2.50 | 0.00 |
| % of Calories | | | | | | | | | | | 20.6% | 24.0% | 58.2% | 19.1% | 4.3% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------|--|--|-----|----|-----|------|-------|--------|------|--------|--------|-------|-------|-------|-------|-------|
| Weighted Average | | | 537 | 58 | 903 | 6.94 | *2.92 | *664.9 | 2117 | *45.87 | *25 | 32.30 | 69.09 | 16.78 | 6.03 | *0.00 |
| | | | | | | | | | | | *42.0% | 24.1% | 51.5% | 28.1% | 10.1% | *0.0% |

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

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

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

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Rialto Unified School District

Apr 8, 2024 thru Apr 12, 2024

Base Menu Spreadsheet

PRESCHOOL

Portion Values - Detailed

Page 1

Generated on: 3/20/2024 10:02:42 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 - 04/08/2024 | | | | | | | | | | | | | | | | |
| PRESCHOOL | Total | 1000 | | | | | | | | | | | | | | |
| NACHOS, Queso Blanco '23 | 1 EACH | 650 | 462 | 42 | 521 | 6.10 | 3.70 | 385.6 | 201 | 0.0 | *0 | 13.96 | 40.22 | 26.08 | 10.08 | 0.00 |
| BEANS, BLACK SEASONED-PS 2018 | 1/4 CUP | 2600 | 63 | 0 | 162 | 4.75 | 1.34 | 26.0 | 24 | 2.08 | *0 | 4.16 | 11.5 | 0.21 | 0.06 | *0.00 |
| Pears, Fresh sliced PS .25 cup | serving | 2600 | 20 | 0 | 0 | 1.09 | 0.06 | 3.2 | 9 | 1.51 | 3 | 0.13 | 5.33 | 0.05 | 0.01 | 0.00 |
| 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 | | | 660 | 45 | 940 | 19.13 | 6.06 | 746.4 | 816 | 12.19 | *26 | 33.41 | 89.09 | 20.64 | 8.52 | *0.00 |
| % of Calories | | | | | | | | | | | *15.6% | 20.3% | 54.0% | 28.1% | 11.6% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------|---------|------|---------|----|------|-------|------|-------|------|-------|--------|-------|--------|--------|--------|-------|
| Tue - 04/09/2024 | | | | | | | | | | | | | | | | |
| PRESCHOOL | Total | 1000 | | | | | | | | | | | | | | |
| Penne, Alfredo, Chicken CK '23 | 3/4 CUP | 1800 | 201 | 35 | 521 | 6.38 | 1.19 | 157.3 | 90 | 0.77 | *1 | 15.62 | 22.56 | 4.89 | 1.70 | *0.06 |
| CELERY STICKS | serving | 1800 | 10 | 0 | 59 | 1.19 | 0.15 | 29.7 | 333 | 2.3 | 1 | 0.51 | 2.21 | 0.13 | 0.03 | 0.00 |
| BANANAS | 1 EACH | 1800 | 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% 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 | | | 674 | 79 | 1212 | 18.31 | 2.88 | 730.8 | 1428 | 23.98 | *41 | 43.13 | 103.71 | 12.38 | 4.97 | *0.10 |
| % of Calories | | | | | | | | | | | *24.3% | 25.6% | 61.6% | 16.5% | 6.6% | *0.1% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|---------------------------------|-----------------|------|---------|----|------|------|------|-------|-----|-------|--------|-------|-------|--------|--------|-------|
| Wed - 04/10/2024 | | | | | | | | | | | | | | | | |
| PRESCHOOL | Total | 1000 | | | | | | | | | | | | | | |
| TERIYAKI BEEF DUNKERS | SERVING (4each) | 1100 | 159 | 39 | 382 | 0.60 | 1.60 | 14.0 | 49 | 0.0 | 9 | 13.6 | 11.7 | 6.5 | 2.60 | 0.00 |
| RICE, ORIENTAL-BROWN RIC E-2014 | 1/2 CUP | 1000 | 97 | 1 | 133 | 1.12 | 0.44 | 2.9 | 1 | 0.44 | *0 | 2.79 | 19.61 | 0.98 | 0.04 | 0.00 |
| BROCCOLI, raw: fresh | Serving | 1300 | 15 | 0 | 15 | 1.18 | 0.33 | 21.4 | 283 | 40.59 | 1 | 1.28 | 3.02 | 0.17 | 0.05 | 0.00 |
| APPLESAUCE, UNSWEETNED PS | serving | 1300 | 26 | 0 | 1 | 0.67 | 0.14 | 2.4 | 18 | 0.61 | 6 | 0.1 | 6.87 | 0.06 | 0.00 | 0.00 |
| 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 | 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 | | | 478 | 62 | 790 | 4.21 | 2.82 | 408.1 | 947 | 56.47 | *33 | 30.80 | 62.33 | 14.47 | 5.07 | *0.00 |
| % of Calories | | | | | | | | | | | *27.5% | 25.8% | 52.2% | 27.3% | 9.5% | *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

Apr 8, 2024 thru Apr 12, 2024

Base Menu Spreadsheet

PRESCHOOL

Portion Values - Detailed

Page 2

Generated on: 3/20/2024 10:02:43 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 04/11/2024 | | | | | | | | | | | | | | | | |
| PRESCHOOL | Total | 1000 | | | | | | | | | | | | | | |
| Pozole, Green Chicken 2022 | 14 oz | 1000 | 255 | 70 | 1519 | 2.26 | 1.52 | 147.5 | 154 | 15.97 | *5 | 19.2 | 27.77 | 6.64 | 2.83 | *0.00 |
| TORTILLA CHIPS-'24 | SERVING. | 1000 | 210 | 0 | 225 | 2.25 | 0.30 | 25.0 | 3 | 0.0 | 0 | 2.0 | 23.0 | 12.0 | 1.70 | 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 | 0.00 |
| PEACHES, Diced XtraLite Syp PS | serving | 1000 | 30 | 0 | 5 | 0.00 | 0.00 | 0.0 | 150 | 0.6 | 0 | 0.0 | 7.0 | 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 | | | 628 | 85 | 1908 | 5.83 | 2.07 | 543.5 | 858 | 38.19 | *21 | 32.87 | 76.82 | 21.19 | 6.04 | *0.00 |
| % of Calories | | | | | | | | | | | *13.2% | 20.9% | 48.9% | 30.4% | 8.7% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|----------------------------|-----------------|------|---------|----|------|------|------|-------|-----|-------|-------|-------|-------|--------|--------|------|
| Fri - 04/12/2024 | | | | | | | | | | | | | | | | |
| 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 |
| GRAPES,Fresh | serving | 1800 | 62 | 0 | 2 | 0.83 | 0.27 | 12.9 | 92 | 3.68 | 15 | 0.58 | 15.78 | 0.32 | 0.10 | 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 | | | 594 | 70 | 750 | 5.49 | 2.64 | 433.2 | 832 | 11.02 | 48 | 32.04 | 95.74 | 11.58 | 2.69 | 0.00 |
| % of Calories | | | | | | | | | | | 32.0% | 21.6% | 64.4% | 17.5% | 4.1% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------|--|--|-----|----|------|-------|------|-------|-----|-------|--------|-------|-------|-------|------|-------|
| Weighted Average | | | 607 | 68 | 1120 | 10.59 | 3.29 | 572.4 | 976 | 28.37 | *34 | 34.45 | 85.54 | 16.05 | 5.46 | *0.02 |
| | | | | | | | | | | | *49.8% | 22.7% | 56.4% | 23.8% | 8.1% | *0.0% |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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Rialto Unified School District

Apr 15, 2024 thru Apr 19, 2024

Base Menu Spreadsheet

PRESCHOOL

Portion Values - Detailed

Page 1

Generated on: 3/20/2024 10:02:57 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 - 04/15/2024 | | | | | | | | | | | | | | | | |
| PRESCHOOL | Total | 1000 | | | | | | | | | | | | | | |
| QUESADILLA,CHEESE, '23 | 1 EACH | 500 | 316 | 47 | 452 | 0.00 | 1.34 | 471.0 | 431 | 0.0 | *0 | 16.75 | 21.75 | 18.5 | 11.00 | 0.00 |
| BEANS, PINTO SEASONED-2017 | 1/2 CUP | 2700 | 83 | 0 | 189 | 3.65 | 1.28 | 33.3 | 32 | 2.48 | *1 | 5.02 | 15.13 | 0.32 | 0.06 | *0.00 |
| FRUIT MIX, Extra Light Syp PS | serving | 2700 | 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% 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 | | | 610 | 39 | 892 | 11.20 | 4.12 | 675.4 | 1073 | 10.71 | *36 | 32.93 | 92.03 | 12.62 | 7.15 | *0.00 |
| % of Calories | | | | | | | | | | | *23.7% | 21.6% | 60.3% | 18.6% | 10.5% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|---------------------------------|---------|------|---------|----|------|------|------|-------|------|-------|-------|-------|-------|--------|--------|------|
| Tue - 04/16/2024 | | | | | | | | | | | | | | | | |
| PRESCHOOL | Total | 1000 | | | | | | | | | | | | | | |
| CHICKEN PATTY,WG/HMSTL B UN2015 | 1 EACH | 900 | 334 | 33 | 648 | 5.00 | 3.80 | 100.0 | 95 | 87.0 | 3 | 22.0 | 42.0 | 10.0 | 2.00 | 0.00 |
| CELERY STICKS | serving | 900 | 10 | 0 | 59 | 1.19 | 0.15 | 29.7 | 333 | 2.3 | 1 | 0.51 | 2.21 | 0.13 | 0.03 | 0.00 |
| BANANAS | 1 EACH | 900 | 90 | 0 | 1 | 2.63 | 0.26 | 5.1 | 65 | 8.79 | 12 | 1.1 | 23.07 | 0.33 | 0.11 | 0.00 |
| CATSUP | 1 oz | 900 | 33 | 0 | 267 | 0.00 | 0.00 | 0.0 | 167 | 2.0 | 7 | 0.0 | 8.34 | 0.0 | 0.00 | 0.00 |
| MILK,1% 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 | | | 529 | 43 | 1013 | 7.93 | 3.79 | 436.3 | 1044 | 92.24 | 33 | 31.15 | 82.45 | 11.66 | 3.28 | 0.00 |
| % of Calories | | | | | | | | | | | 25.2% | 23.6% | 62.4% | 19.8% | 5.6% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------|----------|------|---------|----|------|------|------|-------|------|-------|--------|-------|-------|--------|--------|-------|
| Wed - 04/17/2024 | | | | | | | | | | | | | | | | |
| PRESCHOOL | Total | 1000 | | | | | | | | | | | | | | |
| Spagh.w/Meat &Noodle '23 | 3/4 CUP | 900 | 304 | 47 | 778 | 7.22 | 4.25 | 49.2 | 615 | 10.57 | *4 | 21.47 | 38.34 | 8.95 | 2.98 | *0.00 |
| SALAD 3/WAY, '23 | servings | 900 | 12 | 0 | 9 | 0.31 | 0.22 | 3.9 | 2949 | 4.17 | 1 | 0.55 | 2.69 | 0.03 | 0.00 | 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 | 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 | | | 477 | 58 | 904 | 7.53 | 4.27 | 382.5 | 3741 | 18.80 | *31 | 30.47 | 66.42 | 13.81 | 4.66 | *0.00 |
| % of Calories | | | | | | | | | | | *25.8% | 25.5% | 55.7% | 26.0% | 8.8% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | <=30.0 | <10.00 | |

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

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Rialto Unified School District

Apr 15, 2024 thru Apr 19, 2024

Base Menu Spreadsheet

PRESCHOOL

Portion Values - Detailed

Page 2

Generated on: 3/20/2024 10:02:57 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 04/18/2024 | | | | | | | | | | | | | | | | |
| PRESCHOOL | Total | 1000 | | | | | | | | | | | | | | |
| PIZZA, Chse, Wh. Gr4X6-'23 | 1 EACH | 1000 | 300 | 25 | 440 | 4.00 | 2.30 | 263.0 | 40 | 0.0 | 8 | 16.0 | 34.0 | 11.0 | 5.00 | 0.00 |
| FRUIT MIX, Extra Light Syt 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 |
| CARROT PS, sticks | Serving | 2500 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| DRESSING, RANCH .50oz | Servings | 500 | 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 | 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 | | | 476 | 42 | 625 | 4.51 | 2.31 | 617.4 | 640 | 3.04 | 30 | 27.13 | 59.49 | 15.28 | 6.80 | *0.00 |
| % of Calories | | | | | | | | | | | 24.9% | 22.8% | 50.0% | 28.9% | 12.8% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------|-------------|------|---------|----|------|-------|------|-------|------|--------|--------|-------|-------|--------|--------|-------|
| Fri - 04/19/2024 | | | | | | | | | | | | | | | | |
| PRESCHOOL | Total | 1000 | | | | | | | | | | | | | | |
| Grinder, turkey&cheese-EI-2017 | 1 EACH | 1000 | 296 | 42 | 1147 | 3.00 | 1.89 | 248.1 | 175 | 0.0 | *3 | 26.08 | 34.09 | 8.47 | 2.56 | *0.16 |
| SALAD 3/WAY, '23 | servings | 2600 | 12 | 0 | 9 | 0.31 | 0.22 | 3.9 | 2949 | 4.17 | 1 | 0.55 | 2.69 | 0.03 | 0.00 | 0.00 |
| APPLES, Fresh sliced 2017 | pkg. (3 oz) | 2600 | 51 | 0 | 0 | 3.00 | 0.18 | 10.0 | 50 | 185.4 | 9 | 0.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| 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 | 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 | | | 613 | 60 | 1387 | 11.61 | 2.93 | 643.3 | 8473 | 495.36 | *42 | 38.76 | 89.28 | 14.59 | 4.66 | *0.16 |
| % of Calories | | | | | | | | | | | *27.7% | 25.3% | 58.2% | 21.4% | 6.8% | *0.2% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------|--|--|-----|----|-----|------|------|-------|------|--------|--------|-------|-------|-------|------|-------|
| Weighted Average | | | 541 | 48 | 964 | 8.56 | 3.48 | 551.0 | 2994 | 124.03 | *34 | 32.09 | 77.93 | 13.59 | 5.31 | *0.03 |
| | | | | | | | | | | | *57.3% | 23.7% | 57.6% | 22.6% | 8.8% | *0.1% |

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Rialto Unified School District

Apr 22, 2024 thru Apr 26, 2024

Base Menu Spreadsheet

PRESCHOOL

Portion Values - Detailed

Page 1

Generated on: 3/20/2024 10:03:09 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 - 04/22/2024 | | | | | | | | | | | | | | | | |
| PRESCHOOL | Total | 720 | | | | | | | | | | | | | | |
| Nacho Delx W/ 3bnCHILI, chz '24 | SERVING | 720 | 461 | 30 | 518 | 9.27 | 5.09 | 313.5 | 799 | 3.32 | *2 | 14.99 | 50.89 | 21.75 | 8.04 | *0.00 |
| CELERY STICKS | serving | 720 | 10 | 0 | 59 | 1.19 | 0.15 | 29.7 | 333 | 2.3 | 1 | 0.51 | 2.21 | 0.13 | 0.03 | 0.00 |
| PEACHES, Diced XtraLite SyP PS | serving | 720 | 30 | 0 | 5 | 0.00 | 0.00 | 0.0 | 150 | 0.6 | 0 | 0.0 | 7.0 | 0.0 | 0.00 | 0.00 |
| DRESSING, RANCH .50oz | Servings | 720 | 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 | 720 | 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 | | | 653 | 48 | 798 | 10.47 | 5.25 | 702.1 | 1783 | 8.69 | *17 | 26.76 | 77.09 | 27.93 | 10.17 | *0.00 |
| % of Calories | | | | | | | | | | | *10.4% | 16.4% | 47.2% | 38.5% | 14.0% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|-------------------------------|-------------|-----|---------|----|------|------|------|-------|------|-------|-------|-------|-------|--------|--------|-------|
| Tue - 04/23/2024 | | | | | | | | | | | | | | | | |
| PRESCHOOL | 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, '23 | servings | 720 | 12 | 0 | 9 | 0.31 | 0.22 | 3.9 | 2949 | 4.17 | 1 | 0.55 | 2.69 | 0.03 | 0.00 | 0.00 |
| BANANAS | 1 EACH | 720 | 90 | 0 | 1 | 2.63 | 0.26 | 5.1 | 65 | 8.79 | 12 | 1.1 | 23.07 | 0.33 | 0.11 | 0.00 |
| DRESSING, RANCH .50oz | Servings | 720 | 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 | 720 | 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 | | | 436 | 62 | 995 | 4.05 | 1.79 | 451.0 | 3574 | 20.88 | 29 | 23.50 | 62.58 | 13.76 | 3.52 | *0.00 |
| % of Calories | | | | | | | | | | | 26.5% | 21.6% | 57.4% | 28.4% | 7.3% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|-------------------------------|----------|-----|---------|----|------|------|------|-------|------|-------|-------|-------|-------|--------|--------|--------|
| Wed - 04/24/2024 | | | | | | | | | | | | | | | | |
| PRESCHOOL | Total | 720 | | | | | | | | | | | | | | |
| Ch-Burger w/WhWheat Bun-'24EL | 1 EACH | 720 | 295 | 46 | 730 | 3.40 | 3.23 | 166.0 | 163 | 0.0 | 5 | 22.09 | 31.5 | 10.3 | 3.75 | *6.30 |
| TOMATOES, GRAPE-2023 | 1/2 CUP | 720 | 13 | 0 | 4 | 0.89 | 0.20 | 7.5 | 621 | 10.21 | 2 | 0.66 | 2.9 | 0.15 | 0.02 | 0.00 |
| APPLESAUCE, UNSWEETNED PS | serving | 720 | 26 | 0 | 1 | 0.67 | 0.14 | 2.4 | 18 | 0.61 | 6 | 0.1 | 6.87 | 0.06 | 0.00 | 0.00 |
| DRESSING, RANCH .50oz | Servings | 720 | 32 | 3 | 65 | 0.01 | 0.01 | 8.9 | 1 | 0.08 | 0 | 0.26 | 0.99 | 3.55 | 0.59 | *0.00 |
| CATSUP | .5 oz | 720 | 17 | 0 | 154 | 0.05 | 0.06 | 2.6 | 90 | 0.7 | 4 | 0.18 | 4.66 | 0.02 | 0.00 | 0.00 |
| MILK, 1% HOLLANDIA 2017 | 1 EACH | 720 | 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 | | | 503 | 64 | 1105 | 5.03 | 3.64 | 537.3 | 1391 | 13.99 | 30 | 34.29 | 62.92 | 16.58 | 5.88 | *6.30 |
| % of Calories | | | | | | | | | | | 24.0% | 27.2% | 50.0% | 29.6% | 10.5% | *11.3% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | <=30.0 | <10.00 | |

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Rialto Unified School District

Apr 22, 2024 thru Apr 26, 2024

Base Menu Spreadsheet

PRESCHOOL

Portion Values - Detailed

Page 2

Generated on: 3/20/2024 10:03:09 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|----------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 04/25/2024 | | | | | | | | | | | | | | | | |
| PRESCHOOL | Total | 720 | | | | | | | | | | | | | | |
| TURKEY GRAVY -2022 | 3/8 CUP | 720 | 148 | 45 | 755 | 0.04 | 1.41 | 15.6 | 3 | 0.6 | *0 | 18.21 | 6.29 | 5.02 | 1.65 | *0.00 |
| Roll, dinner, white Galassos | 1 each | 720 | 150 | 0 | 270 | 3.00 | 1.80 | 80.0 | 15 | 0.0 | 3 | 7.0 | 29.0 | 2.0 | 0.00 | 0.00 |
| POTATO, MASHED, IDAHO REA L 2020 | Servings | 720 | 23 | 0 | 91 | 0.26 | 0.08 | 8.6 | 1 | 0.0 | 0 | 0.52 | 4.65 | 0.13 | 0.00 | 0.00 |
| Raisels, Variety | servings | 720 | 140 | 0 | 2 | 1.00 | 0.81 | 19.3 | 137 | 74.33 | 27 | 1.0 | 34.67 | 0.0 | 0.00 | 0.00 |
| MILK, 1% HOLLANDIA 2017 | 1 EACH | 720 | 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 | | | 581 | 60 | 1268 | 4.30 | 4.10 | 473.6 | 655 | 77.33 | *45 | 37.72 | 90.61 | 9.65 | 3.15 | *0.00 |
| % of Calories | | | | | | | | | | | *30.9% | 26.0% | 62.3% | 14.9% | 4.9% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|-------------------------------|------------|-----|---------|----|------|------|------|-------|-----|--------|-------|-------|-------|--------|--------|-------|
| Fri - 04/26/2024 | | | | | | | | | | | | | | | | |
| PRESCHOOL | Total | 720 | | | | | | | | | | | | | | |
| PRETZEL DOG 2013 WG | 1 EACH | 720 | 300 | 35 | 780 | 5.00 | 5.00 | 132.0 | 55 | 0.0 | 6 | 20.0 | 41.0 | 6.5 | 2.00 | 0.00 |
| CARROT, sticks | Serving | 720 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| APPLES, Fresh sliced 2017 2oz | pkg. (2oz) | 720 | 34 | 0 | 0 | 2.00 | 0.18 | 10.0 | 50 | 123.6 | 6 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| DRESSING, RANCH .50oz | Servings | 720 | 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 | 720 | 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 | | | 486 | 53 | 995 | 7.01 | 5.19 | 500.9 | 606 | 126.08 | 26 | 31.26 | 65.99 | 12.55 | 4.09 | *0.00 |
| % of Calories | | | | | | | | | | | 21.7% | 25.7% | 54.3% | 23.2% | 7.6% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------|--|--|-----|----|------|------|------|-------|------|-------|--------|-------|-------|-------|------|-------|
| Weighted Average | | | 532 | 57 | 1032 | 6.17 | 4.00 | 533.0 | 1602 | 49.39 | *29 | 30.70 | 71.84 | 16.09 | 5.36 | *1.26 |
| | | | | | | | | | | | *49.8% | 23.1% | 54.0% | 27.2% | 9.1% | *2.1% |

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Rialto Unified School District

Apr 29, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

PRESCHOOL

Portion Values - Detailed

Page 1

Generated on: 3/20/2024 10:03:23 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 - 04/29/2024 | | | | | | | | | | | | | | | | |
| PRESCHOOL | Total | 720 | | | | | | | | | | | | | | |
| MACARONI AND CHEESE '22 | 1/2 CUP | 720 | 304 | 45 | 1252 | 0.47 | 0.50 | 693.6 | 2239 | 0.53 | *5 | 25.1 | 20.89 | 13.87 | 9.08 | *0.00 |
| Roll, dinner,wh.wheat Galassos | 1 each | 720 | 80 | 0 | 149 | 1.00 | 1.00 | 47.8 | 10 | 0.0 | 2 | 2.99 | 15.94 | 1.0 | 0.00 | 0.00 |
| CELERY STICKS 2021 | serving | 720 | 16 | 0 | 89 | 1.78 | 0.22 | 44.6 | 500 | 3.45 | 1 | 0.77 | 3.31 | 0.19 | 0.05 | 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 .50oz | Servings | 200 | 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 | 720 | 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 | | | 558 | 60 | 1661 | 4.25 | 1.72 | 1138.4 | 3279 | 7.00 | *29 | 39.93 | 64.41 | 18.54 | 10.80 | *0.00 |
| % of Calories | | | | | | | | | | | *20.6% | 28.6% | 46.2% | 29.9% | 17.4% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | <=30.0 | <10.00 | |
| Tue - 04/30/2024 | | | | | | | | | | | | | | | | |
| PRESCHOOL | Total | 720 | | | | | | | | | | | | | | |
| Chicken,Tangerine-2014 | SERV | 720 | 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 '23 | 1/2 Cup | 720 | 108 | 1 | 554 | 2.49 | 0.93 | 24.6 | 18 | 9.09 | *2 | 3.69 | 17.97 | 3.14 | 0.50 | *0.00 |
| BROCCOLI,raw: fresh | Serving | 720 | 15 | 0 | 15 | 1.18 | 0.33 | 21.4 | 283 | 40.59 | 1 | 1.28 | 3.02 | 0.17 | 0.05 | 0.00 |
| Pears, Fresh sliced PS .25 cup | serving | 720 | 20 | 0 | 0 | 1.09 | 0.06 | 3.2 | 9 | 1.51 | 3 | 0.13 | 5.33 | 0.05 | 0.01 | 0.00 |
| DRESSING, RANCH 1oz. '23 | ounces | 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% HOLLANDIA 2017 | 1 EACH | 720 | 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 | | | 523 | 67 | 1239 | 6.79 | 2.79 | 418.2 | 876 | 53.74 | *34 | 30.65 | 69.44 | 17.47 | 4.33 | *0.00 |
| % of Calories | | | | | | | | | | | *25.7% | 23.4% | 53.1% | 30.1% | 7.5% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | <=30.0 | <10.00 | |
| Weighted Average | | | | | | | | | | | | | | | | |
| | | | 540 | 64 | 1450 | 5.52 | 2.26 | 778.3 | 2078 | 30.37 | *31 | 35.29 | 66.93 | 18.00 | 7.56 | *0.00 |
| | | | | | | | | | | | *51.9% | 26.1% | 49.5% | 30.0% | 12.6% | *0.0% |

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Rialto Unified School District

Apr 29, 2024 thru Apr 30, 2024

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) | CalcM (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|----------------------------|----------|--------------|---------------|--------------|-------------|------------|-----------|--------------------------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| | | % of Cals | Weekly Target | % of Target* | Miss Data | Shortfall* | Overage* | Error Messages (if any)* | | | | | | | | | |
| Calories | 540 | | 550 - 650 | | | | | | | | | | | | | | |
| Cholesterol (mg) | 64 | | | | | | | | | | | | | | | | |
| Sodium 1 (mg) | 1450 | | 1230 | | | | | | | | | | | | | | |
| Sodium 1a (mg) | 1450 | | 1110 | | | | | | | | | | | | | | |
| Fiber (g) | 5.52 | | | | | | | | | | | | | | | | |
| Iron (mg) | 2.28 | | | | | | | | | | | | | | | | |
| Calcium (mg) | 778.3 | | | | | | | | | | | | | | | | |
| Vitamin A (IU) | 2078 | | | | | | | | | | | | | | | | |
| Sugars (g) | 31 | 23.08% | | | Missing | | | | | | | | | | | | |
| Vitamin C (mg) | 30.37 | | | | | | | | | | | | | | | | |
| Protein (g) | 35.29 | 26.11% | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 66.93 | 49.53% | | | | | | | | | | | | | | | |
| Total Fat (g) | 18.00 | 29.98% | <=30.00% | | | | | | | | | | | | | | |
| Saturated Fat (g) | 7.56 | 12.59% | <10.00% | | | | | | | | | | | | | | |
| Trans Fat ¹ (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

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

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