

Rialto Unified School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Milor High School Lunch

Portion Values - Detailed

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Generated on: 2/6/2024 7:25:35 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 - 02/01/2024																
Milor High School Lunch	Total	3195														
SANDWICH, CHX PARM '23	1 EACH	600	437	48	910	6.19	4.80	317.4	676	93.53	*4	29.73	48.7	14.45	5.03	*0.00
Chef Salad 2017	1 EACH	200	502	134	975	4.26	1.60	195.6	1519	8.97	*19	18.01	47.66	28.54	7.37	*0.00
Chicken, teriyaki, Fried R.2017	serving	295	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
PEPRONI PIZZA WEDGE ROS E&SHORE	1 EACH	600	350	35	590	4.00	1.44	350.0	500	3.6	4	18.0	31.0	17.0	8.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	600	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
CHEESEBURGER,W/ HIVE '23	1 EACH	200	285	14	870	4.12	2.39	248.2	2880	11.15	*11	11.74	42.94	10.05	3.69	*0.16
Burrito Chicken Grande 2017	1 each	300	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANO LA 2024	serving	400	351	12	179	3.33	1.47	443.4	305	48.09	*5	14.24	65.41	4.7	2.15	*0.00
Peach Cup, Froz. 2017	1 each	100	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	150	90	0	0	2.00	0.00	0.0	80	0.0	16	0.0	20.0	0.0	0.00	0.00
APRICOT CUP	1 EACH	100	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Strawberry Cup, Froz. - 2017	1 each	150	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Beans, Great North, Seas-'24	1/2 CUP	100	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Asian Pears, Fresh 2017	serving	1502	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	367	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
GRAPES,Fresh PKG '23	serving	367	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	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
MILK,NF Chocolate HOLL.2017	1 EACH	1195	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
Tajin, Chamoy 2022	PKG	700	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00
DRESSING, RANCH#2-HS/MS	OUNCE	500	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			687	64	1269	10548.	3.69	602.0	4423	50.34	*39	33.08	99.27	19.76	6.33	*0.04
% of Calories											*22.6%	19.3%	57.8%	25.9%	8.3%	*0.1%
Nutrient Guideline			750-850		1420									<=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

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Milor High School Lunch

Portion Values - Detailed

Page 2

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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 ¹ (g)
Fri - 02/02/2024																
Milor High School Lunch	Total	2895														
Double Dogs, Lil Kahuna	1 EACH	600	270	45	640	2.00	1.44	0.0	200	0.0	5	12.0	27.0	12.0	4.00	0.00
Spicy Tuna Box 2024	1 each	200	383	50	818	5.71	4.46	163.9	3061	49.81	*13	32.49	44.48	11.55	3.53	*0.00
Chicken, teriyaki,Fried R.2017	serving	300	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
PEPRONI PIZZA WEDGE ROS E&SHORE	1 EACH	400	350	35	590	4.00	1.44	350.0	500	3.6	4	18.0	31.0	17.0	8.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	500	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
CHEESEBURGER,W/ HIVE '23	1 EACH	200	285	14	870	4.12	2.39	248.2	2880	11.15	*11	11.74	42.94	10.05	3.69	*0.16
Burrito Chicken Grande 2017	1 each	300	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANO LA 2024	serving	220	351	12	179	3.33	1.47	443.4	305	48.09	*5	14.24	65.41	4.7	2.15	*0.00
SLUSH, PARADISE PUNCH '23	container s, 4oz	100	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
SLUSH, KIWI STRAWBERRY '23	container s, 4oz	150	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
SLUSH, BLUE RASPBERRY '23	container s, 4oz	150	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Asian Pears, Fresh 2017	serving	1502	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	367	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
GRAPES,Fresh PKG '23	serving	367	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	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
MILK,NF Chocolate HOLL.2017	1 EACH	1895	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Tajin, Chamoy 2022	PKG	550	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			648	55	1246	11640.	3.38	481.5	4817	31.43	*41	29.12	95.68	18.56	5.44	*0.05
											*25.4%	18.0%	59.1%	25.8%	7.6%	*0.1%
Nutrient Guideline			750-850		1420									<=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

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Milor High School Lunch

Portion Values - Detailed

Page 3

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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 ¹ (g)
Mon - 02/05/2024																
Milor High School Lunch	Total	2895														
Burrito, Bean & Chz '23	1 each	600	480	56	715	6.65	2.98	525.9	737	2.48	*1	22.99	45.04	23.21	11.75	*0.00
CHARCUTERIE BOX MS/HS' 2023	1 EACH	200	614	214	946	6.20	2.24	299.7	1944	130.04	*15	22.14	41.04	43.98	11.09	*0.02
Chicken, teriyaki,Fried R.2017	serving	300	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
Spicy Chicken Sandwich WG-2013	1 EACH	500	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
CHEESEBURGER,W/ HIVE '23	1 EACH	200	285	14	870	4.12	2.39	248.2	2880	11.15	*11	11.74	42.94	10.05	3.69	*0.16
Burrito Chicken Grande 2017	1 each	300	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANO LA 2024	serving	225	351	12	179	3.33	1.47	443.4	305	48.09	*5	14.24	65.41	4.7	2.15	*0.00
SLUSH, PARADISE PUNCH '23	container s, 4oz	100	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
SLUSH, KIWI STRAWBERRY '23	container s, 4oz	150	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
SLUSH, BLUE RASPBERRY '23	container s, 4oz	150	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Beans, Great North, Seas-'24	1/2 CUP	315	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	800	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Asian Pears, Fresh 2017	serving	1502	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	367	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
GRAPES,Fresh PKG '23	serving	367	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	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
MILK,NF Chocolate HOLL.2017	1 EACH	1895	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.2	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	550	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Tajin, Chamoy 2022	PKG	550	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			664	64	1169	1164.0	3.41	554.7	4800	37.44	*40	28.34	95.99	20.80	6.47	*0.05
% of Calories											*24.3%	17.1%	57.8%	28.2%	8.8%	*0.1%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Base Menu Spreadsheet

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Portion Values - Detailed

	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)
Tue - 02/06/2024																
Milor High School Lunch	Total	3199														
SPAGHETTI & MEAT SAUCE/C RUMBLE	serving	600	671	76	839	7.79	6.10	129.5	1524	13.81	*3	36.72	79.1	23.1	6.79	*0.64
Salad, TACO '22	1 each	200	739	91	1106	6.73	4.17	496.0	1787	9.91	*6	28.08	49.18	50.31	14.66	*0.00
Chicken, teriyaki,Fried R.2017	serving	400	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
Spicy Chicken Sandwich WG-2013	1 EACH	600	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
CHEESEBURGER,W/ HIVE '23	1 EACH	300	285	14	870	4.12	2.39	248.2	2880	11.15	*11	11.74	42.94	10.05	3.69	*0.16
Burrito Chicken Grande 2017	1 each	400	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANO LA 2023	serving	325	381	12	184	3.33	1.47	443.4	455	48.69	*5	14.24	72.41	4.7	2.15	*0.00
Peach Cup, Froz. 2017	1 each	500	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	467	90	0	0	2.00	0.00	0.0	80	0.0	16	0.0	20.0	0.0	0.00	0.00
APRICOT CUP	1 EACH	67	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Strawberry Cup, Froz. - 2017	1 each	467	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Beans, Great North, Seas-'24	1/2 CUP	216	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES,Fresh PKG '23	serving	365	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Asian Pears, Fresh 2017	serving	100	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	367	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% HOLLANDIA 2017	1 EACH	3000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	2000	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	1100	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	775	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	325	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Tajin, Chamoy 2022	PKG	1000	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			768	66	1222	3869.0	4.39	704.7	5112	39.33	*47	38.40	112.77	20.66	6.25	*0.15
% of Calories											*24.5%	20.0%	58.8%	24.2%	7.3%	*0.2%
Nutrient Guideline			750-850		1420									<=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

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Milor High School Lunch

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 ¹ (g)
Wed - 02/07/2024																
Milor High School Lunch	Total	2895														
GRAVY, TURKEY, L/F#2 MS-2017	1 each	600	240	27	845	1.33	1.88	84.4	194	1.72	*3	14.32	28.2	8.0	1.69	*0.12
spicy chicken/tapatío salad	1 EACH	200	410	51	868	6.24	3.38	55.1	1686	11.72	*10	22.4	43.32	18.27	2.72	*0.01
Chicken, teriyaki,Fried R.2017	serving	300	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
Spicy Chicken Sandwich WG-2013	1 EACH	500	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
CHEESEBURGER,W/ HIVE '23	1 EACH	200	285	14	870	4.12	2.39	248.2	2880	11.15	*11	11.74	42.94	10.05	3.69	*0.16
Burrito Chicken Grande 2017	1 each	300	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANO LA 2024	serving	220	351	12	179	3.33	1.47	443.4	305	48.09	*5	14.24	65.41	4.7	2.15	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Beans, Great North, Seas-'24	1/2 CUP	315	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Asian Pears, Fresh 2017	serving	1502	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	367	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
GRAPES,Fresh PKG '23	serving	367	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	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
MILK,NF Chocolate HOLL.2017	1 EACH	1895	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	675	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Tajin, Chamoy 2022	PKG	550	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			590	47	1213	11639.	3.20	445.4	4599	28.88	*38	26.58	90.08	15.86	3.80	*0.07
% of Calories											*26.1%	18.0%	61.1%	24.2%	5.8%	*0.1%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Rialto Unified School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Milor High School Lunch

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 ¹ (g)
Thu - 02/08/2024																
Milor High School Lunch	Total	3195														
Chicken & Waffles, WG 2024	Serving	600	395	34	635	4.00	3.08	40.0	182	87.0	20	19.0	60.06	10.0	2.00	0.00
Chef Salad 2017	1 EACH	200	502	134	975	4.26	1.60	195.6	1519	8.97	*19	18.01	47.66	28.54	7.37	*0.00
Chicken, teriyaki, Fried R.2017	serving	295	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
PEPRONI PIZZA WEDGE ROS E&SHORE	1 EACH	600	350	35	590	4.00	1.44	350.0	500	3.6	4	18.0	31.0	17.0	8.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	600	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
CHEESEBURGER,W/ HIVE '23	1 EACH	200	285	14	870	4.12	2.39	248.2	2880	11.15	*11	11.74	42.94	10.05	3.69	*0.16
Burrito Chicken Grande 2017	1 each	300	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANO LA 2024	serving	400	351	12	179	3.33	1.47	443.4	305	48.09	*5	14.24	65.41	4.7	2.15	*0.00
Peach Cup, Froz. 2017	1 each	100	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	150	90	0	0	2.00	0.00	0.0	80	0.0	16	0.0	20.0	0.0	0.00	0.00
APRICOT CUP	1 EACH	100	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Strawberry Cup, Froz. - 2017	1 each	150	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Beans, Great North, Seas-'24	1/2 CUP	100	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Asian Pears, Fresh 2017	serving	1502	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	367	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
GRAPES,Fresh PKG '23	serving	367	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	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
MILK,NF Chocolate HOLL.2017	1 EACH	1195	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
Tajin, Chamoy 2022	PKG	700	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00
DRESSING, RANCH#2-HS/MS	OUNCE	500	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			679	61	1217	10548.	3.36	550.0	4330	49.11	*42	31.06	101.40	18.92	5.76	*0.04
% of Calories											*24.6%	18.3%	59.7%	25.1%	7.6%	*0.1%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Rialto Unified School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Milor High School Lunch

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 ¹ (g)
Fri - 02/09/2024																
Milor High School Lunch	Total	2895														
Chicken Fajita-MD-2024	1 each	600	665	91	1137	12.02	7.00	400.4	1243	5.7	*2	34.59	79.87	25.49	8.59	*0.00
Spicy Tuna Box 2024	1 each	200	383	50	818	5.71	4.46	163.9	3061	49.81	*13	32.49	44.48	11.55	3.53	*0.00
Chicken, teriyaki, Fried R.2017	serving	300	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
PEPRONI PIZZA WEDGE ROS E&SHORE	1 EACH	400	350	35	590	4.00	1.44	350.0	500	3.6	4	18.0	31.0	17.0	8.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	500	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
CHEESEBURGER,W/ HIVE '23	1 EACH	200	285	14	870	4.12	2.39	248.2	2880	11.15	*11	11.74	42.94	10.05	3.69	*0.16
Burrito Chicken Grande 2017	1 each	300	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANO LA 2024	serving	300	351	12	179	3.33	1.47	443.4	305	48.09	*5	14.24	65.41	4.7	2.15	*0.00
SLUSH, PARADISE PUNCH '23	container s, 4oz	100	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
SLUSH, KIWI STRAWBERRY '23	container s, 4oz	150	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
SLUSH, BLUE RASPBERRY '23	container s, 4oz	150	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Beans, Great North, Seas-'24	1/2 CUP	215	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
Carrot Nibbles MS/HS	package	550	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Asian Pears, Fresh 2017	serving	1502	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	367	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
GRAPES,Fresh PKG '23	serving	367	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	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
MILK,NF Chocolate HOLL.2017	1 EACH	1895	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	1250	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	524	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	635	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1100	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	675	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Tajin, Chamoy 2022	PKG	225	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00

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Rialto Unified School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Milor High School Lunch

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 ¹ (g)
Weighted Daily Average % of Calories			705	61	1229	4857.8	4.57	574.4	3494	33.33	*38 *21.8%	34.15 19.4%	105.16 59.7%	19.07 24.3%	6.05 7.7%	*0.03 *0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Mon - 02/12/2024																
	Total SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milor High School Lunch HOLIDAY	1															
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			750-850		1420									<=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

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Milor High School Lunch

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 ¹ (g)
Tue - 02/13/2024																
Milor High School Lunch	Total	3199														
CHICKEN,WINGS-Jerk 2024	SERVING	600	694	186	690	5.64	3.64	102.4	520	4.95	*4	33.74	54.97	37.14	10.57	*0.00
Salad, TACO '22	1 each	200	739	91	1106	6.73	4.17	496.0	1787	9.91	*6	28.08	49.18	50.31	14.66	*0.00
Chicken, teriyaki,Fried R.2017	serving	400	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
Spicy Chicken Sandwich WG-2013	1 EACH	522	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
CHEESEBURGER,W/ HIVE '23	1 EACH	300	285	14	870	4.12	2.39	248.2	2880	11.15	*11	11.74	42.94	10.05	3.69	*0.16
Burrito Chicken Grande 2017	1 each	400	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANO LA 2023	serving	522	381	12	184	3.33	1.47	443.4	455	48.69	*5	14.24	72.41	4.7	2.15	*0.00
Peach Cup, Froz. 2017	1 each	500	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	467	90	0	0	2.00	0.00	0.0	80	0.0	16	0.0	20.0	0.0	0.00	0.00
APRICOT CUP	1 EACH	467	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Strawberry Cup, Froz. - 2017	1 each	467	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Beans, Great North, Seas-'24	1/2 CUP	100	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES,Fresh PKG '23	serving	365	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Asian Pears, Fresh 2017	serving	100	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	342	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% HOLLANDIA 2017	1 EACH	3000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	2000	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	2226	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	825	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1122	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	422	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Tajin, Chamoy 2022	PKG	775	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			803	88	1211	7819.0	3.98	724.9	5012	40.59	*48	38.25	114.02	24.08	7.19	*0.04
% of Calories											*23.8%	19.0%	56.8%	27.0%	8.1%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Rialto Unified School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Milor High School Lunch

Portion Values - Detailed

Generated on: 2/6/2024 7:25:35 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/14/2024																
Milor High School Lunch	Total	2895														
Pozole, Red Turkey'22 SEC	14 oz	600	264	48	1592	3.71	2.71	27.2	1228	3.0	*3	21.76	25.82	7.39	2.75	*0.00
spicy chicken/tapatío salad	1 EACH	200	410	51	868	6.24	3.38	55.1	1686	11.72	*10	22.4	43.32	18.27	2.72	*0.01
Chicken, teriyaki,Fried R.2017	1 EACH	300	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
Spicy Chicken Sandwich WG-2013	1 EACH	500	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
CHEESEBURGER,W/ HIVE '23	1 EACH	200	285	14	870	4.12	2.39	248.2	2880	11.15	*11	11.74	42.94	10.05	3.69	*0.16
Burrito Chicken Grande 2017	1 each	300	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANO LA 2024	1 EACH	220	351	12	179	3.33	1.47	443.4	305	48.09	*5	14.24	65.41	4.7	2.15	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	775	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Beans, Great North, Seas-'24	1/2 CUP	322	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Asian Pears, Fresh 2017	1 EACH	1502	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	367	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
GRAPES,Fresh PKG '23	1 EACH	367	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	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
MILK,NF Chocolate HOLL.2017	1 EACH	1895	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	834	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	1125	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	733	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatío 2017	1 each	967	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	375	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Tajin, Chamoy 2022	PKG	322	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			568	47	1213	4371.4	3.34	431.0	4808	28.67	*37	27.89	87.51	13.71	3.67	*0.03
% of Calories											*26.4%	19.6%	61.6%	21.7%	5.8%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Rialto Unified School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Milor High School Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/15/2024																
Milor High School Lunch	Total	3195														
CHILI CHEESE DOG2018	1 EACH	600	398	53	943	3.50	2.32	263.5	350	0.0	*1	19.03	29.61	23.15	10.09	*0.00
Chef Salad 2017	1 EACH	200	502	134	975	4.26	1.60	195.6	1519	8.97	*19	18.01	47.66	28.54	7.37	*0.00
Chicken, teriyaki,Fried R.2017	serving	295	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
PEPRONI PIZZA WEDGE ROS E&SHORE	1 EACH	600	350	35	590	4.00	1.44	350.0	500	3.6	4	18.0	31.0	17.0	8.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	600	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
CHEESEBURGER,W/ HIVE '23	1 EACH	200	285	14	870	4.12	2.39	248.2	2880	11.15	*11	11.74	42.94	10.05	3.69	*0.16
Burrito Chicken Grande 2017	1 each	300	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANO LA 2024	serving	400	351	12	179	3.33	1.47	443.4	305	48.09	*5	14.24	65.41	4.7	2.15	*0.00
Peach Cup, Froz. 2017	1 each	100	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	150	90	0	0	2.00	0.00	0.0	80	0.0	16	0.0	20.0	0.0	0.00	0.00
APRICOT CUP	1 EACH	100	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Strawberry Cup, Froz. - 2017	1 each	150	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Beans, Great North, Seas-'24	1/2 CUP	100	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Asian Pears, Fresh 2017	serving	1502	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	367	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
GRAPES,Fresh PKG '23	serving	367	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	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
MILK,NF Chocolate HOLL.2017	1 EACH	1195	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	1643	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
Tajin, Chamoy 2022	PKG	522	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00
DRESSING, RANCH#2-HS/MS	OUNCE	500	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1237	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			668	63	1225	5781.7	3.20	591.3	4358	32.47	*38	31.03	94.79	20.52	7.13	*0.03
% of Calories											*22.6%	18.6%	56.8%	27.7%	9.6%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Rialto Unified School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Milior High School Lunch

Portion Values - Detailed

Page 12

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/16/2024																
Milior High School Lunch	Total	2895														
QUESADILLA,spicy chd-mozz,2024	1 EACH	600	485	2	814	6.99	2.34	221.1	171	0.01	2	19.88	41.97	26.4	11.63	*0.00
Spicy Tuna Box 2024	1 each	200	383	50	818	5.71	4.46	163.9	3061	49.81	*13	32.49	44.48	11.55	3.53	*0.00
Chicken, teriyaki,Fried R.2017	serving	300	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
PEPRONI PIZZA WEDGE ROS E&SHORE	1 EACH	400	350	35	590	4.00	1.44	350.0	500	3.6	4	18.0	31.0	17.0	8.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	500	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
CHEESEBURGER,W/ HIVE '23	1 EACH	200	285	14	870	4.12	2.39	248.2	2880	11.15	*11	11.74	42.94	10.05	3.69	*0.16
Burrito Chicken Grande 2017	1 each	300	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANO LA 2024	serving	220	351	12	179	3.33	1.47	443.4	305	48.09	*5	14.24	65.41	4.7	2.15	*0.00
SLUSH, PARADISE PUNCH '23	container s, 4oz	100	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
SLUSH, KIWI STRAWBERRY '23	container s, 4oz	150	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
SLUSH, BLUE RASPBERRY '23	container s, 4oz	150	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Asian Pears, Fresh 2017	serving	1502	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	367	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
GRAPES,Fresh PKG '23	serving	367	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	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
MILK,NF Chocolate HOLL.2017	1 EACH	1895	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	1875	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	932	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1366	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	522	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Tajin, Chamoy 2022	PKG	550	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			680	44	1189	7280.0	3.55	526.4	4809	31.43	*40	30.61	97.83	20.57	6.86	*0.04
% of Calories											*23.6%	18.0%	57.6%	27.2%	9.1%	*0.0%
Nutrient Guideline			750-850		1420									<=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

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Milior High School Lunch

Portion Values - Detailed

	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)
Tue - 02/20/2024																
Milior High School Lunch	Total	3199														
TACO Walkin,Beef,- '24	1.5 oz	600	493	33	791	4.43	2.32	75.2	798	6.32	*3	19.71	31.51	31.65	10.17	*0.00
Salad, TACO '22	1 each	200	739	91	1106	6.73	4.17	496.0	1787	9.91	*6	28.08	49.18	50.31	14.66	*0.00
Chicken, teriyaki,Fried R.2017	serving	400	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
Spicy Chicken Sandwich WG-2013	1 EACH	600	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
CHEESEBURGER,W/ HIVE '23	1 EACH	300	285	14	870	4.12	2.39	248.2	2880	11.15	*11	11.74	42.94	10.05	3.69	*0.16
Burrito Chicken Grande 2017	1 each	400	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANO LA 2023	serving	699	381	12	184	3.33	1.47	443.4	455	48.69	*5	14.24	72.41	4.7	2.15	*0.00
Peach Cup, Froz. 2017	1 each	500	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	467	90	0	0	2.00	0.00	0.0	80	0.0	16	0.0	20.0	0.0	0.00	0.00
APRICOT CUP	1 EACH	67	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Strawberry Cup, Froz. - 2017	1 each	467	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Beans, Great North, Seas-'24	1/2 CUP	100	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES,Fresh PKG '23	serving	365	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Asian Pears, Fresh 2017	serving	100	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	367	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% HOLLANDIA 2017	1 EACH	3000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	2000	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	1712	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	899	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1289	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	421	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Tajin, Chamoy 2022	PKG	422	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			786	61	1227	6015.7	3.83	746.2	5025	42.57	*48	36.87	112.59	23.48	7.25	*0.03
% of Calories											*24.3%	18.8%	57.3%	26.9%	8.3%	*0.0%
Nutrient Guideline			750-850		1420									<=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

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Milor High School Lunch

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 ¹ (g)
Wed - 02/21/2024																
Milor High School Lunch	Total	2895														
Jambalaya, Chicken '24	Servings	600	353	*77	1126	3.87	2.98	53.6	*576	29.03	*5	18.29	41.29	15.42	2.83	*0.00
spicy chicken/tapatío salad	1 EACH	200	410	51	868	6.24	3.38	55.1	1686	11.72	*10	22.4	43.32	18.27	2.72	*0.01
Chicken, teriyaki, Fried R.2017	serving	300	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
Spicy Chicken Sandwich WG-2013	1 EACH	500	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
CHEESEBURGER,W/ HIVE '23	1 EACH	200	285	14	870	4.12	2.39	248.2	2880	11.15	*11	11.74	42.94	10.05	3.69	*0.16
Burrito Chicken Grande 2017	1 each	300	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANO LA 2024	serving	220	351	12	179	3.33	1.47	443.4	305	48.09	*5	14.24	65.41	4.7	2.15	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Beans, Great North, Seas-'24	1/2 CUP	500	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Asian Pears, Fresh 2017	serving	1502	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	367	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
GRAPES,Fresh PKG '23	serving	367	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	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
MILK,NF Chocolate HOLL.2017	1 EACH	1895	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	1897	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	963	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatío 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	422	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Tajin, Chamoy 2022	PKG	425	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			603	*55	1197	7364.4	3.45	439.6	*4685	34.43	*38	27.39	92.26	16.53	3.89	*0.04
% of Calories											*25.5%	18.2%	61.2%	24.7%	5.8%	*0.1%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Rialto Unified School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Milor High School Lunch

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 ¹ (g)
Thu - 02/22/2024																
Milor High School Lunch	Total	3195														
Bowl, Chick, Kung Pao, Chow'23	1 EACH	600	454	64	1022	3.84	11.24	0.0	724	12.16	7	26.5	52.41	16.52	5.31	0.00
Chef Salad 2017	1 EACH	200	502	134	975	4.26	1.60	195.6	1519	8.97	*19	18.01	47.66	28.54	7.37	*0.00
Chicken, teriyaki, Fried R.2017	serving	295	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
PEPRONI PIZZA WEDGE ROS E&SHORE	1 EACH	600	350	35	590	4.00	1.44	350.0	500	3.6	4	18.0	31.0	17.0	8.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	600	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
CHEESEBURGER, W/ HIVE '23	1 EACH	200	285	14	870	4.12	2.39	248.2	2880	11.15	*11	11.74	42.94	10.05	3.69	*0.16
Burrito Chicken Grande 2017	1 each	300	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANO LA 2024	serving	400	351	12	179	3.33	1.47	443.4	305	48.09	*5	14.24	65.41	4.7	2.15	*0.00
Peach Cup, Froz. 2017	1 each	100	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	150	90	0	0	2.00	0.00	0.0	80	0.0	16	0.0	20.0	0.0	0.00	0.00
APRICOT CUP	1 EACH	100	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Strawberry Cup, Froz. - 2017	1 each	150	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Beans, Great North, Seas-'24	1/2 CUP	100	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES, Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Asian Pears, Fresh 2017	serving	1502	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	367	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
GRAPES, Fresh PKG '23	serving	367	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	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
MILK, NF Chocolate HOLL.2017	1 EACH	1195	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	1934	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
Tajin, Chamoy 2022	PKG	700	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00
DRESSING, RANCH#2-HS/MS	OUNCE	500	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	622	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			680	65	1229	6803.9	4.88	542.0	4429	35.05	*39	32.39	99.22	19.46	6.26	*0.03
% of Calories											*22.9%	19.0%	58.3%	25.7%	8.3%	*0.0%
Nutrient Guideline			750-850		1420									<=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

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Milor High School Lunch

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 ¹ (g)
Fri - 02/23/2024																
Milor High School Lunch	Total	2895														
Bean and cheese Pupusa '24	1 each	600	320	15	526	6.00	1.42	232.0	3513	19.33	*3	13.96	41.43	11.12	3.53	*0.00
Spicy Tuna Box 2024	1 each	200	383	50	818	5.71	4.46	163.9	3061	49.81	*13	32.49	44.48	11.55	3.53	*0.00
Chicken, teriyaki,Fried R.2017	serving	300	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
PEPRONI PIZZA WEDGE ROS E&SHORE	1 EACH	400	350	35	590	4.00	1.44	350.0	500	3.6	4	18.0	31.0	17.0	8.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	500	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
CHEESEBURGER,W/ HIVE '23	1 EACH	200	285	14	870	4.12	2.39	248.2	2880	11.15	*11	11.74	42.94	10.05	3.69	*0.16
Burrito Chicken Grande 2017	1 each	300	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANO LA 2024	serving	220	351	12	179	3.33	1.47	443.4	305	48.09	*5	14.24	65.41	4.7	2.15	*0.00
SLUSH, PARADISE PUNCH '23	container s, 4oz	100	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
SLUSH, KIWI STRAWBERRY '23	container s, 4oz	150	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
SLUSH, BLUE RASPBERRY '23	container s, 4oz	150	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Asian Pears, Fresh 2017	serving	1502	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	367	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
GRAPES,Fresh PKG '23	serving	367	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	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
MILK,NF Chocolate HOLL.2017	1 EACH	1895	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	2134	28	5	85	11222.2	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Tajin, Chamoy 2022	PKG	550	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			650	48	1196	8283.9	3.36	529.2	5502	35.44	*40	29.50	98.05	17.76	5.24	*0.04
% of Calories											*24.9%	18.1%	60.3%	24.6%	7.2%	*0.1%
Nutrient Guideline			750-850		1420									<=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

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Milor High School Lunch

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 ¹ (g)
Mon - 02/26/2024																
Milor High School Lunch	Total	2895														
Pull Apart Bread 2024	Serving	600	346	30	1059	2.38	11.36	277.8	898	13.54	*3	17.44	41.36	14.38	5.05	*0.00
CHARCUTERIE BOX MS/HS' 2023	1 EACH	200	614	214	946	6.20	2.24	299.7	1944	130.04	*15	22.14	41.04	43.98	11.09	*0.02
Chicken, teriyaki,Fried R.2017	serving	300	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
Spicy Chicken Sandwich WG-2013	1 EACH	500	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
CHEESEBURGER,W/ HIVE '23	1 EACH	200	285	14	870	4.12	2.39	248.2	2880	11.15	*11	11.74	42.94	10.05	3.69	*0.16
Burrito Chicken Grande 2017	1 each	300	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANO LA 2024	serving	220	351	12	179	3.33	1.47	443.4	305	48.09	*5	14.24	65.41	4.7	2.15	*0.00
SLUSH, PARADISE PUNCH '23	container s, 4oz	100	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
SLUSH, KIWI STRAWBERRY '23	container s, 4oz	150	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
SLUSH, BLUE RASPBERRY '23	container s, 4oz	150	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Beans, Great North, Seas-'24	1/2 CUP	500	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Asian Pears, Fresh 2017	serving	1502	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	367	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
GRAPES,Fresh PKG '23	serving	367	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	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
MILK,NF Chocolate HOLL.2017	1 EACH	1895	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	1983	28	5	85	11222.2	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	673	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Tajin, Chamoy 2022	PKG	422	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			627	57	1244	7697.4	5.16	503.2	4838	39.39	*40	27.29	94.36	18.24	4.95	*0.04
% of Calories											*25.5%	17.4%	60.2%	26.2%	7.1%	*0.1%
Nutrient Guideline			750-850		1420									<=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

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Milor High School Lunch

Portion Values - Detailed

	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)
Tue - 02/27/2024																
Milor High School Lunch	Total	3199														
Pop Chix w/Jollof Rice 24	Serving	600	404	47	609	4.66	1.51	169.3	148	2.36	*2	19.67	53.3	12.78	2.01	*0.00
Salad, TACO '22	1 each	200	739	91	1106	6.73	4.17	496.0	1787	9.91	*6	28.08	49.18	50.31	14.66	*0.00
Chicken, teriyaki,Fried R.2017	serving	400	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
Spicy Chicken Sandwich WG-2013	1 EACH	600	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
CHEESEBURGER,W/ HIVE '23	1 EACH	300	285	14	870	4.12	2.39	248.2	2880	11.15	*11	11.74	42.94	10.05	3.69	*0.16
Burrito Chicken Grande 2017	1 each	400	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANO LA 2023	serving	699	381	12	184	3.33	1.47	443.4	455	48.69	*5	14.24	72.41	4.7	2.15	*0.00
Peach Cup, Froz. 2017	1 each	500	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	467	90	0	0	2.00	0.00	0.0	80	0.0	16	0.0	20.0	0.0	0.00	0.00
APRICOT CUP	1 EACH	67	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Strawberry Cup, Froz. - 2017	1 each	467	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Beans, Great North, Seas-'24	1/2 CUP	100	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES,Fresh PKG '23	serving	365	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Asian Pears, Fresh 2017	serving	100	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	367	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% HOLLANDIA 2017	1 EACH	3000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	2000	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	1978	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	419	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Tajin, Chamoy 2022	PKG	422	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			773	64	1206	6949.0	3.68	764.6	4904	41.84	*48	36.89	116.92	20.33	5.79	*0.04
% of Calories											*24.7%	19.1%	60.5%	23.7%	6.7%	*0.0%
Nutrient Guideline			750-850		1420									<=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

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Milior High School Lunch

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 ¹ (g)
Wed - 02/28/2024																
Milior High School Lunch	Total	2895														
ENCHILADA,SCRATCH,beef24c t '22	1 Ser(25 ct	600	247	48	390	1.40	1.22	231.1	564	1.58	*1	13.82	15.68	14.37	6.80	*0.17
spicy chicken/tapatío salad	1 EACH	200	410	51	868	6.24	3.38	55.1	1686	11.72	*10	22.4	43.32	18.27	2.72	*0.01
Chicken, teriyaki,Fried R.2017	serving	300	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
Spicy Chicken Sandwich WG-2013	1 EACH	500	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
CHEESEBURGER,W/ HIVE '23	1 EACH	200	285	14	870	4.12	2.39	248.2	2880	11.15	*11	11.74	42.94	10.05	3.69	*0.16
Burrito Chicken Grande 2017	1 each	300	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANO LA 2024	serving	220	351	12	179	3.33	1.47	443.4	305	48.09	*5	14.24	65.41	4.7	2.15	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Beans, Great North, Seas-'24	1/2 CUP	500	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Asian Pears, Fresh 2017	serving	1502	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	367	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
GRAPES,Fresh PKG '23	serving	367	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	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
MILK,NF Chocolate HOLL.2017	1 EACH	1895	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Tajin, Chamoy 2022	PKG	550	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			594	51	1162	11639.	3.10	477.1	4685	28.97	*38	26.64	87.90	17.18	4.86	*0.08
% of Calories											*25.6%	17.9%	59.2%	26.0%	7.4%	*0.1%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Rialto Unified School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Milor High School Lunch

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 ¹ (g)
Thu - 02/29/2024																
Milor High School Lunch	Total	3195														
Chili, Deluxe 3 Beans, can '24	3/8 CUP	600	72	0	134	3.72	1.50	33.5	347	4.02	*2	3.63	13.87	0.62	0.09	*0.00
Chef Salad 2017	1 EACH	200	502	134	975	4.26	1.60	195.6	1519	8.97	*19	18.01	47.66	28.54	7.37	*0.00
Chicken, teriyaki, Fried R.2017	serving	295	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
PEPRONI PIZZA WEDGE ROS E&SHORE	1 EACH	600	350	35	590	4.00	1.44	350.0	500	3.6	4	18.0	31.0	17.0	8.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	600	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
CHEESEBURGER,W/ HIVE '23	1 EACH	200	285	14	870	4.12	2.39	248.2	2880	11.15	*11	11.74	42.94	10.05	3.69	*0.16
Burrito Chicken Grande 2017	1 each	300	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANO LA 2024	serving	400	351	12	179	3.33	1.47	443.4	305	48.09	*5	14.24	65.41	4.7	2.15	*0.00
Peach Cup, Froz. 2017	1 each	100	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	150	90	0	0	2.00	0.00	0.0	80	0.0	16	0.0	20.0	0.0	0.00	0.00
APRICOT CUP	1 EACH	100	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Strawberry Cup, Froz. - 2017	1 each	150	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Beans, Great North, Seas-'24	1/2 CUP	100	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES, Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Asian Pears, Fresh 2017	serving	1502	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	367	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
GRAPES, Fresh PKG '23	serving	367	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	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
MILK, NF Chocolate HOLL.2017	1 EACH	1195	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
Tajin, Chamoy 2022	PKG	700	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00
DRESSING, RANCH#2-HS/MS	OUNCE	500	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			618	55	1123	10548.	3.07	548.7	4361	33.53	*38	28.18	92.73	17.16	5.40	*0.04
% of Calories											*24.9%	18.2%	60.0%	25.0%	7.9%	*0.1%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Rialto Unified School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Milor High School Lunch

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 ¹ (g)
Weighted Average			673	*59	1210	8173.7	3.72	565.1	*4684	36.54	*41 *54.8%	31.24 18.6%	99.40 59.1%	19.09 25.5%	5.71 7.6%	*0.05 *0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	673		750 - 850	90%		77		Correction Required - Calories are Low
Cholesterol (mg)	59				Missing			
Sodium 1 (mg)	1210		1420	85%				
Sodium 1a (mg)	1210		1280	95%				
Fiber (g)	8173.70							
Iron (mg)	3.72							
Calcium (mg)	565.1							
Vitamin A (IU)	4684				Missing			
Sugars (g)	41	24.36%			Missing			
Vitamin C (mg)	36.54							
Protein (g)	31.24	18.57%						
Carbohydrate (g)	99.40	59.06%						
Total Fat (g)	19.09	25.52%	<=30.00%					
Saturated Fat (g)	5.71	7.64%	<10.00%					
Trans Fat ¹ (g)	0.05	0.06%			Missing			

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

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