

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2025 thru Oct 31, 2025

AFTER-SCHOOL SNACKS

Generated on: 10/1/2025 10:09:04 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)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/01/2025															
AFTER-SCHOOL SNACKS	Total	500													
Snack, Chex Choc Carmel '22	bag	1500	127	0	49	1.96	1.06	0.0	29	0.0	6	1.96	21.51	0.49	0.00
MILK,1% DW 2024	EACH(1/2 pint)	500	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/2 pint)	500	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.00	0.00
Weighted Daily Average			621	20	507	5.87	3.17	550.0	1588	0.00	51	22.86	98.52	2.97	0.00
% of Calories											32.6%	14.7%	63.4%	4.3%	0.0%
Nutrient Guideline			550		1230									<10.00	

Thu - 10/02/2025															
AFTER-SCHOOL SNACKS	Total	500													
Snack ChatSnax Vanilla Gra2022	bag	1500	120	0	105	1.00	0.72	0.0	40	0.0	8	2.0	21.0	1.00	0.00
Juice, apple 8oz. DW-2024	CARTONS	1000	110	0	30	0.00	0.00	20.0	200	60.0	29	2.0	29.0	0.00	0.00
Weighted Daily Average			580	0	375	3.00	2.16	40.0	520	120.00	82	10.00	121.00	3.00	0.00
% of Calories											56.6%	6.9%	83.4%	4.7%	0.0%
Nutrient Guideline			550		1230									<10.00	

Fri - 10/03/2025															
AFTER-SCHOOL SNACKS	Total	500													
Snack Sunchips Original MG	1.5 oz	1000	210	0	180	4.00	0.00	0.0	15	0.0	3	3.0	28.0	1.00	*N/A*
CHEESE, STRING MOZZERELLA	1 OZ.	700	80	15	200	0.00	0.00	200.0	200	0.0	0	6.0	1.0	3.50	0.00
Weighted Daily Average			532	21	640	8.00	0.00	280.0	310	0.00	6	14.40	57.40	6.90	*0.00
% of Calories											4.5%	10.8%	43.2%	11.7%	*0.0%
Nutrient Guideline			550		1230									<10.00	

Mon - 10/06/2025															
AFTER-SCHOOL SNACKS	Total	500													
Snack-Scooby grahams 2022	pkg	1500	120	0	115	1.00	1.00	100.0	500	0.0	8	2.0	21.0	1.00	0.00
Juice, Wildberry, 8oz, 2024	CARTONS	1000	120	0	30	0.00	0.00	20.0	200	60.0	29	0.0	29.0	0.00	0.00
Weighted Daily Average			600	0	405	3.00	3.00	340.0	1900	120.00	82	6.00	121.00	3.00	0.00
% of Calories											54.7%	4.0%	80.7%	4.5%	0.0%
Nutrient Guideline			550		1230									<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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Oct 1, 2025 thru Oct 31, 2025

AFTER-SCHOOL SNACKS

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcim (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/07/2025															
AFTER-SCHOOL SNACKS	Total	500													
Snack, Heartzel Pretzels '22	bag	1500	80	0	200	2.00	0.72	0.0	0	0.0	0	2.0	15.0	0.00	0.00
SPREAD, CHOCOLATE '25	SERVING	1500	170	0	35	2.00	2.00	11.0	*N/A*	*N/A*	8	5.0	15.0	1.50	0.00
	(1M/MMA)														
Weighted Daily Average			750	0	705	12.00	8.16	33.0	*0	*0.00	24	21.00	90.00	4.50	0.00
% of Calories											12.8%	11.2%	48.0%	5.4%	0.0%
Nutrient Guideline			550		1230									<10.00	

Wed - 10/08/2025															
AFTER-SCHOOL SNACKS	Total	500													
Snack, Chex Straw-Yogurt '22	bag	1500	117	0	54	1.96	0.70	0.0	29	0.0	6	1.96	22.48	0.98	0.00
MILK, 1% DW 2024	EACH(1/2 pint)	600	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/2 pint)	600	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.00	0.00
Weighted Daily Average			640	24	593	5.87	2.11	660.0	1888	0.00	57	26.26	108.25	4.73	0.00
% of Calories											35.8%	16.4%	67.7%	6.7%	0.0%
Nutrient Guideline			550		1230									<10.00	

Thu - 10/09/2025															
AFTER-SCHOOL SNACKS	Total	500													
Bug Bites Graham Cracker	1 each	1500	120	0	115	1.00	1.00	100.0	500	0.0	2	2.0	21.0	1.00	0.00
Juice, apple 8oz. DW-2024	CARTONS	1200	110	0	30	0.00	0.00	20.0	200	60.0	29	2.0	29.0	0.00	0.00
Weighted Daily Average			624	0	417	3.00	3.00	348.0	1980	144.00	76	10.80	132.60	3.00	0.00
% of Calories											48.5%	6.9%	85.0%	4.3%	0.0%
Nutrient Guideline			550		1230									<10.00	

Fri - 10/10/2025															
AFTER-SCHOOL SNACKS	Total	500													
Snack Sunchips Harvest MG	1.5 oz	1000	210	0	180	4.00	0.00	0.0	15	0.0	3	3.0	28.0	1.00	*N/A*
CHEESE, STRING MOZZERELLA	1 OZ.	700	80	15	200	0.00	0.00	200.0	200	0.0	0	6.0	1.0	3.50	0.00

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Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2025 thru Oct 31, 2025

AFTER-SCHOOL SNACKS

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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)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			532	21	640	8.00	0.00	280.0	310	0.00	6	14.40	57.40	6.90	*0.00
% of Calories											4.5%	10.8%	43.2%	11.7%	*0.0%
Nutrient Guideline			550		1230									<10.00	

Mon - 10/13/2025															
AFTER-SCHOOL SNACKS	Total	1													
HOLIDAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550		1230									<10.00	

Tue - 10/14/2025															
AFTER-SCHOOL SNACKS	Total	500													
Cracker, Cheez-It Wh.Gr.-2013	pkg	1500	100	0	150	1.00	1.00	100.0	500	0.0	0	0.0	14.0	1.00	0.00
Sunflower Kernels, Honey Rst.	pkg	1200	170	0	88	2.00	0.72	20.0	0	0.0	*N/A*	4.0	8.0	1.50	0.00
Weighted Daily Average			708	0	661	7.80	4.73	348.0	1500	0.00	*0	9.60	61.20	6.60	0.00
% of Calories											*0.0%	5.4%	34.6%	8.4%	0.0%
Nutrient Guideline			550		1230									<10.00	

Wed - 10/15/2025															
AFTER-SCHOOL SNACKS	Total	500													
Snack, Chex Choc Carmel '22	bag	1500	127	0	49	1.96	1.06	0.0	29	0.0	6	1.96	21.51	0.49	0.00
MILK,1% DW 2024	EACH(1/2 pint)	500	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/2 pint)	500	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.00	0.00
Weighted Daily Average			621	20	507	5.87	3.17	550.0	1588	0.00	51	22.86	98.52	2.97	0.00
% of Calories											32.6%	14.7%	63.4%	4.3%	0.0%
Nutrient Guideline			550		1230									<10.00	

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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)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/16/2025															
AFTER-SCHOOL SNACKS	Total	500													
Snack ChatSnax Vanilla Gra2022	bag	1500	120	0	105	1.00	0.72	0.0	40	0.0	8	2.0	21.0	1.00	0.00
Juice, apple 8oz. DW-2024	CARTONS	1000	110	0	30	0.00	0.00	20.0	200	60.0	29	2.0	29.0	0.00	0.00
Weighted Daily Average			580	0	375	3.00	2.16	40.0	520	120.00	82	10.00	121.00	3.00	0.00
% of Calories											56.6%	6.9%	83.4%	4.7%	0.0%
Nutrient Guideline			550		1230									<10.00	

Fri - 10/17/2025															
AFTER-SCHOOL SNACKS	Total	500													
Snack Sunchips Original MG	1.5 oz	1000	210	0	180	4.00	0.00	0.0	15	0.0	3	3.0	28.0	1.00	*N/A*
CHEESE, STRING MOZZERELLA	1 OZ.	700	80	15	200	0.00	0.00	200.0	200	0.0	0	6.0	1.0	3.50	0.00
Weighted Daily Average			532	21	640	8.00	0.00	280.0	310	0.00	6	14.40	57.40	6.90	*0.00
% of Calories											4.5%	10.8%	43.2%	11.7%	*0.0%
Nutrient Guideline			550		1230									<10.00	

Mon - 10/20/2025															
AFTER-SCHOOL SNACKS	Total	500													
Snack-Scooby grahams 2022	pkg	1500	120	0	115	1.00	1.00	100.0	500	0.0	8	2.0	21.0	1.00	0.00
Juice, Wildberry, 8oz, 2024	CARTONS	1000	120	0	30	0.00	0.00	20.0	200	60.0	29	0.0	29.0	0.00	0.00
Weighted Daily Average			600	0	405	3.00	3.00	340.0	1900	120.00	82	6.00	121.00	3.00	0.00
% of Calories											54.7%	4.0%	80.7%	4.5%	0.0%
Nutrient Guideline			550		1230									<10.00	

Tue - 10/21/2025															
AFTER-SCHOOL SNACKS	Total	500													
Snack, Heartzel Pretzels '22	bag	1500	80	0	200	2.00	0.72	0.0	0	0.0	0	2.0	15.0	0.00	0.00
SPREAD, CHOCOLATE '25	SERVING (1M/MMA)	1500	170	0	35	2.00	2.00	11.0	*N/A*	*N/A*	8	5.0	15.0	1.50	0.00
Weighted Daily Average			750	0	705	12.00	8.16	33.0	*0	*0.00	24	21.00	90.00	4.50	0.00
% of Calories											12.8%	11.2%	48.0%	5.4%	0.0%
Nutrient Guideline			550		1230									<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcsm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/22/2025															
AFTER-SCHOOL SNACKS	Total	500													
Snack, Chex Straw-Yogurt '22	bag	1500	117	0	54	1.96	0.70	0.0	29	0.0	6	1.96	22.48	0.98	0.00
MILK,1% DW 2024	EACH(1/2 pint)	600	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/2 pint)	600	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.00	0.00
Weighted Daily Average			640	24	593	5.87	2.11	660.0	1888	0.00	57	26.26	108.25	4.73	0.00
% of Calories											35.8%	16.4%	67.7%	6.7%	0.0%
Nutrient Guideline			550		1230									<10.00	

Thu - 10/23/2025															
AFTER-SCHOOL SNACKS	Total	500													
Bug Bites Graham Cracker	1 each	1500	120	0	115	1.00	1.00	100.0	500	0.0	2	2.0	21.0	1.00	0.00
Juice, apple 8oz. DW-2024	CARTONS	1200	110	0	30	0.00	0.00	20.0	200	60.0	29	2.0	29.0	0.00	0.00
Weighted Daily Average			624	0	417	3.00	3.00	348.0	1980	144.00	76	10.80	132.60	3.00	0.00
% of Calories											48.5%	6.9%	85.0%	4.3%	0.0%
Nutrient Guideline			550		1230									<10.00	

Fri - 10/24/2025															
AFTER-SCHOOL SNACKS	Total	500													
Snack Sunchips Harvest MG	1.5 oz	1000	210	0	180	4.00	0.00	0.0	15	0.0	3	3.0	28.0	1.00	*N/A*
CHEESE, STRING MOZZERELLA	1 OZ.	700	80	15	200	0.00	0.00	200.0	200	0.0	0	6.0	1.0	3.50	0.00
Weighted Daily Average			532	21	640	8.00	0.00	280.0	310	0.00	6	14.40	57.40	6.90	*0.00
% of Calories											4.5%	10.8%	43.2%	11.7%	*0.0%
Nutrient Guideline			550		1230									<10.00	

Mon - 10/27/2025															
AFTER-SCHOOL SNACKS	Total	500													
Snack-Tiger grahams 2022	pkg	700	291	0	255	4.86	3.50	0.0	97	0.0	19	4.86	51.0	2.43	0.00
Juice, Wildberry, 8oz, 2024	CARTONS	700	120	0	30	0.00	0.00	20.0	200	60.0	29	0.0	29.0	0.00	0.00
Weighted Daily Average			576	0	399	6.80	4.90	28.0	416	84.00	68	6.80	112.00	3.40	0.00
% of Calories											47.1%	4.7%	77.8%	5.3%	0.0%
Nutrient Guideline			550		1230									<10.00	

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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)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/28/2025															
AFTER-SCHOOL SNACKS	Total	500													
Cracker, Cheez-It Wh.Gr.-2013	pkg	1500	100	0	150	1.00	1.00	100.0	500	0.0	0	0.0	14.0	1.00	0.00
Sunflower Kernels, Honey Rst.	pkg	1200	170	0	88	2.00	0.72	20.0	0	0.0	*N/A*	4.0	8.0	1.50	0.00
Weighted Daily Average			708	0	661	7.80	4.73	348.0	1500	0.00	*0	9.60	61.20	6.60	0.00
% of Calories											*0.0%	5.4%	34.6%	8.4%	0.0%
Nutrient Guideline			550		1230									<10.00	

Wed - 10/29/2025															
AFTER-SCHOOL SNACKS	Total	500													
Snack, Chex Choc Carmel '22	bag	1500	127	0	49	1.96	1.06	0.0	29	0.0	6	1.96	21.51	0.49	0.00
MILK,1% DW 2024	EACH(1/2 pint)	500	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/2 pint)	500	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.00	0.00
Weighted Daily Average			621	20	507	5.87	3.17	550.0	1588	0.00	51	22.86	98.52	2.97	0.00
% of Calories											32.6%	14.7%	63.4%	4.3%	0.0%
Nutrient Guideline			550		1230									<10.00	

Thu - 10/30/2025															
AFTER-SCHOOL SNACKS	Total	500													
Snack ChatSnax Vanilla Gra2022	bag	1500	120	0	105	1.00	0.72	0.0	40	0.0	8	2.0	21.0	1.00	0.00
Juice, apple 8oz. DW-2024	CARTONS	1000	110	0	30	0.00	0.00	20.0	200	60.0	29	2.0	29.0	0.00	0.00
Weighted Daily Average			580	0	375	3.00	2.16	40.0	520	120.00	82	10.00	121.00	3.00	0.00
% of Calories											56.6%	6.9%	83.4%	4.7%	0.0%
Nutrient Guideline			550		1230									<10.00	

Fri - 10/31/2025															
AFTER-SCHOOL SNACKS	Total	500													
Snack Sunchips Original MG	1.5 oz	1000	210	0	180	4.00	0.00	0.0	15	0.0	3	3.0	28.0	1.00	*N/A*
CHEESE, STRING MOZZERELLA	1 OZ.	700	80	15	200	0.00	0.00	200.0	200	0.0	0	6.0	1.0	3.50	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcmm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			532	21	640	8.00	0.00	280.0	310	0.00	6	14.40	57.40	6.90	*0.00
% of Calories											4.5%	10.8%	43.2%	11.7%	*0.0%
Nutrient Guideline			550		1230									<10.00	
Weighted Average			613	10	537	6.21	2.86	302.5	*1038	*44.18	*44 *65.0%	14.76 9.6%	94.71 61.8%	4.52 6.6%	*0.00 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	613		550	111%				
Cholesterol (mg)	10							
Sodium 1 (mg)	537		1230	44%				
Sodium 1a (mg)	537						537	
Fiber (g)	6.21							
Iron (mg)	2.86							
Calcium (mg)	302.5							
Vitamin A (IU)	1038				Missing			
Sugars (g)	44	28.87%			Missing			
Vitamin C (mg)	44.18				Missing			
Protein (g)	14.76	9.63%						
Carbohydrate (g)	94.71	61.81%						
Saturated Fat (g)	4.52	6.64%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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.