

# Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 7, 2025 thru Jan 10, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 1/6/2025 9:48:29 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 <sup>1</sup> (g)
Tue - 01/07/2025																
ELEMENTARY LUNCH, CHICKEN PATTY, WG/HMSTL B UN2015	Total 1 EACH	7000 6000														
Yogurt, Vanilla w/crack-DW '24	Serv. (8oz, 2G)	333	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (8oz, 2G)	333	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	Serv (8oz, 2G)	333	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
BEANS, BLACK SEASONED-2012	1/2 CUP	3500	126	0	323	9.50	2.68	52.0	48	4.15	*0	8.32	22.99	0.43	0.11	*0.00
SALAD 3/WAY, '23	1 cup	5500	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
Carrot Nibbles '24	1/2 Cup	5500	25	0	42	1.71	0.18	20.1	10191	3.6	3	0.57	5.84	0.15	0.02	0.00
APPLES, Fresh	1 EACH	5500	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	3000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
CATSUP	.5 oz	5500	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% DW 2024	EACH (1/2 pint)	1000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	EACH (1/2 pint)	6000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			655	38	1194	13.73	5.71	451.8	10955	89.66	*44	33.92	104.33	13.58	2.72	*0.00
% of Calories											*26.6%	20.7%	63.7%	18.6%	3.7%	*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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<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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ELEMENTARY LUNCH, CHOICES

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 01/08/2025																
ELEMENTARY LUNCH, CH	Total	7000														
Chicken, Teriyaki, Yangs '22	serving	5000	115	70	330	0.00	0.72	0.0	30	0.0	6	15.0	6.0	3.5	1.00	0.00
RICE, ORIENTAL-BROWN RIC E-2014	1/2 CUP	5000	97	1	133	1.12	0.44	2.9	1	0.44	*0	2.79	19.61	0.98	0.04	0.00
Yogurt, Vanilla w/crack-DW '24	Serv. (8oz, 2G)	667	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (8oz, 2G)	667	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	Serv (8oz, 2G)	667	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
SALAD 3/WAY, '23	1 cup	5000	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
CUCUMBER, SLICED	1/2 Cup	5000	8	0	1	0.26	0.15	8.3	55	1.46	1	0.34	1.89	0.06	0.02	0.00
GRAPES, Fresh	Serv. (1/2 Cup)	5000	66	0	2	0.89	0.29	13.9	99	3.97	16	0.63	17.02	0.35	0.11	0.00
Pears, In Extra Light Syrup	Serv (1/2 Cup)	5000	60	0	5	2.00	0.00	0.0	60	1.2	12	0.0	16.0	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	3000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK, 1% DW 2024	EACH (1/2 pint)	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	EACH (1/2 pint)	5000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			521	63	704	4.32	2.48	439.3	2664	9.28	*55 *42.1%	24.67 19.0%	87.23 67.0%	9.19 15.9%	2.10 3.6%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Portion Values - Detailed

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Jan 7, 2025 thru Jan 10, 2025

ELEMENTARY LUNCH, CHOICES

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 01/09/2025																
ELEMENTARY LUNCH, CH	Total	7500														
Pozole, Green Chicken 2022	14 oz	3000	159	44	949	1.41	0.95	92.2	96	9.98	*3	12.0	17.36	4.15	1.77	*0.00
TORTILLA CHIPS-2021	Serv(2oz)	3000	283	0	255	1.89	226.80	75.6	0	0.0	0	1.89	37.8	15.12	3.78	0.00
Yogurt,Peach w/crack-DW '24	Serv (8oz , 2G)	1500	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (8oz , 2G)	1500	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt,Vanilla w/crack-DW '24	Serv. (8oz , 2G)	1500	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
CABBAGE, SHREDDED	Serv(1/2 Cup)	7500	9	0	6	0.88	0.16	14.0	34	12.81	1	0.45	2.03	0.04	0.01	0.00
TOMATOES, GRAPE-2023	1/2 CUP	5000	13	0	4	0.89	0.20	7.5	621	10.21	2	0.66	2.9	0.15	0.02	0.00
LEMON WEDGES	Half	7500	34	0	2	3.20	0.72	20.0	0	61.2	*N/A*	1.2	10.0	0.4	0.00	0.00
JICAMA STICKS	Serv(1/2 Cup)	5500	25	0	0	3.00	0.36	0.0	5	12.0	1	0.0	6.0	0.0	0.00	0.00
FRUIT MIX, Extra Light Syrup	Serv.(1/2 Cup)	4000	80	0	5	1.00	0.00	0.0	200	1.2	15	0.0	18.0	0.0	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	2500	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/2 pint)	5000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			650	29	916	11.13	94.78	709.8	1466	94.25	*54 *33.4%	20.77 12.8%	116.00 71.4%	12.68 17.6%	3.34 4.6%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Jan 7, 2025 thru Jan 10, 2025

ELEMENTARY LUNCH, CHOICES

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 01/10/2025																
ELEMENTARY LUNCH, CH	Total	7000														
MACARONI AND CHEESE '22	1/2 CUP	3000	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	3000	80	0	149	1.00	1.00	47.8	10	0.0	2	2.99	15.94	1.0	0.00	0.00
Yogurt,Vanilla w/crack-DW '24	Serv. (8oz, 2G)	1333	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (8oz, 2G)	1333	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt,Peach w/crack-DW '24	Serv (8oz, 2G)	1333	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
SALAD 3/WAY, '23	1 cup	5500	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
Green Beans, Can-Season-2014	1/2 cup	5500	28	0	243	2.37	1.09	33.6	509	6.18	*0	1.47	6.12	0.12	0.04	*0.00
APPLES,Fresh	1 EACH	5000	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Pears, In Extra Light Syrup	Serv(1/2 Cup)	5500	60	0	5	2.00	0.00	0.0	60	1.2	12	0.0	16.0	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	2000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK,1% DW 2024	EACH(1/2 pint)	1000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/2 pint)	6000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			663	30	1262	8.84	4.12	915.7	4203	15.19	*65	26.83	114.36	12.61	5.10	*0.00
% of Calories											*39.3%	16.2%	69.0%	17.1%	6.9%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Weighted Average			622	40	1019	9.50	26.77	629.1	4822	52.09	*54	26.55	105.48	12.01	3.32	*0.00
											*78.7%	17.1%	67.8%	17.4%	4.8%	*0.0%

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Portion Values - Detailed

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Jan 7, 2025 thru Jan 10, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 1/6/2025 9:48:29 AM

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	622		550 - 650		100%												
Cholesterol (mg)	40																
Sodium 1 (mg)	1019		1230		83%												
Sodium 1a (mg)	1019		1110		92%												
Fiber (g)	9.50																
Iron (mg)	26.77																
Calcium (mg)	629.1																
Vitamin A (IU)	4822																
Sugars (g)	54	35.00%				Missing											
Vitamin C (mg)	52.09																
Protein (g)	26.55	17.07%															
Carbohydrate (g)	105.48	67.82%															
Total Fat (g)	12.01	17.38%															
Saturated Fat (g)	3.32	4.80%			<=30.00%												
Trans Fat <sup>1</sup> (g)	0.00	0.00%			<10.00%	Missing											

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Jan 13, 2025 thru Jan 17, 2025

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Page 1

Generated on: 1/6/2025 9:48:46 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 <sup>1</sup> (g)
<b>Mon - 01/13/2025</b>																
ELEMENTARY LUNCH, CH FISH STICKS, POLLOCK -2013	Total SERV.(4 sticks)	7000														
		6000	210	55	290	3.00	1.44	60.0	0	0.0	0	18.0	23.0	5.0	0.50	0.00
Yogurt,Peach w/crack-DW '24	Serv (8oz , 2G)	333	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (8oz , 2G)	333	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Vanilla w/crack-DW '24	Serv. (8oz, 2G)	333	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
POTATO FROZEN,FRNCH-2021	SERVING	4000	120	0	40	1.00	0.72	0.0	0	0.0	0	2.0	20.0	3.5	0.50	0.00
SALAD 3/WAY, '23	1 cup	5500	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
APPLES,Fresh	1 EACH	3200	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
STRAWBERRIES: frozen unswtnd.	Serv(1/2 Cup)	4000	39	0	2	2.32	0.83	17.7	50	45.53	5	0.48	10.09	0.12	0.01	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	4000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
CATSUP	1 oz	4500	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	1000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/2 pint)	6000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			552	58	786	6.69	2.99	383.8	2883	34.88	39	27.12	84.89	12.03	1.82	*0.00
											27.9%	19.7%	61.6%	19.6%	3.0%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Tue - 01/14/2025																
ELEMENTARY LUNCH, CH																
CHICKEN,OVEN ROASTED																
Roll, dinner,white.wht Galassos																
Yogurt,Peach w/crack-DW '24																
Yogurt, Straw w/crack-DW '24																
Yogurt,Vanilla w/crack-DW '24																
BARBECUE BEANS -2012																
SALAD 3/WAY, '23																
TOMATOES, GRAPE-2023																
BANANAS																
DRESSING, RANCH 1oz. '23																
MILK,1% DW 2024																
MILK,NF Chocolate DW 2024																
Weighted Daily Average			627	43	984	8.30	4.39	550.3	2520	12.44	*47	30.42	102.85	12.88	2.72	*0.00
% of Calories											*29.9%	19.4%	65.6%	18.5%	3.9%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 01/15/2025																
ELEMENTARY LUNCH, CH																
Spaghetti w/Meat &Noodle-2013																
	Total	7500														
	3/4 CUP	6000	216	31	765	5.40	3.29	43.4	614	10.57	*4	14.9	28.18	6.07	2.00	*0.00
	bread, stick '23	6000	99	0	94	0.99	1.43	0.0	5	0.0	1	0.99	14.88	2.98	0.50	0.00
	Yogurt,Peach w/crack-DW '24	500	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
	Yogurt, Straw w/crack-DW '24	500	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
	Yogurt,Vanilla w/crack-DW '24	500	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
	SALAD 3/WAY, '23	5500	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
	CELERY STICKS 2021	5500	10	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	0.03	0.00
	GRAPES,Fresh	7500	66	0	2	0.89	0.29	13.9	99	3.97	16	0.63	17.02	0.35	0.11	0.00
	DRESSING, RANCH 1oz. '23	7500	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
	MILK,1% DW 2024	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
	MILK,NF Chocolate DW 2024	5500	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
	Weighted Daily Average		604	40	1149	7.82	5.20	449.2	3376	18.55	*48	24.61	91.60	17.17	4.01	*0.00
	% of Calories										*31.6%	16.3%	60.6%	25.6%	6.0%	*0.0%
	Nutrient Guideline		550-650		1230									<=30.0	<10.00	

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# Rialto Unified School District

Base Menu Spreadsheet  
Portion Values - Detailed

Jan 13, 2025 thru Jan 17, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 1/6/2025 9:48:46 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 <sup>1</sup> (g)
Thu - 01/16/2025																
ELEMENTARY LUNCH, CH BURRITO,TKY BEAN & CHSE-2 022	Total SERVING	6500 2500	502	42	990	13.05	4.36	362.3	328	6.87	*4	24.73	60.85	18.89	7.08	*0.00
Yogurt, Vanilla w/crack-DW '24	Serv. (8oz, 2G)	1333	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (2M MA, 2G)	1333	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	Serv (8oz, 2G)	1333	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
SALAD 3/WAY, '23	1 cup	5000	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
FRUIT MIX, Extra Light Syrup	Serv.(1/2 Cup)	5000	80	0	5	1.00	0.00	0.0	200	1.2	15	0.0	18.0	0.0	0.00	0.00
Blueberries, Frozen	Serv(1/2 Cup)	5000	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
JICAMA STICKS	Serv(1/2 Cup)	3000	25	0	0	3.00	0.36	0.0	5	12.0	1	0.0	6.0	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	3000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
Salsa, LaVictoria 1oz	Serv(1oz)	3000	9	0	189	0.00	0.00	0.0	0	0.0	1	0.0	1.89	0.0	0.00	0.00
MILK, 1% DW 2024	EACH(1/2 pint)	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	EACH (1/2 pint)	4500	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			709	30	970	11.38	4.63	763.7	2932	15.15	*62 *35.1%	23.75 13.4%	118.58 66.9%	15.63 19.9%	4.42 5.6%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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# Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 13, 2025 thru Jan 17, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 1/6/2025 9:48:46 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 <sup>1</sup> (g)
Fri - 01/17/2025																
ELEMENTARY LUNCH, CH	Total	7500														
Nacho Delx W/ 3bnCHILI, chz2023	SERVING	5500	461	30	520	9.22	5.07	311.5	802	3.57	*2	14.75	51.05	21.82	8.04	*0.00
Yogurt, Peach w/crack-DW '24	Serv (8oz, 2G)	667	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (2M MA, 2G)	667	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Vanilla w/crack-DW '24	Serv. (8oz, 2G)	667	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
SALAD 3/WAY, '23	1 cup	4000	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
CARROT, Sticks '24	Serving	4000	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.04	0.00
APPLES, Fresh	1 EACH	4000	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	4000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
Salsa, LaVictoria 1oz	Serv(1oz)	4000	9	0	189	0.00	0.00	0.0	0	0.0	1	0.0	1.89	0.0	0.00	0.00
MILK, 1% DW 2024	EACH(1/2 pint)	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	EACH (1/2 pint)	5500	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			678	34	902	11.52	5.22	663.1	13586	13.04	*42	22.66	97.17	22.62	7.29	*0.00
% of Calories											*24.5%	13.4%	57.3%	30.0%	9.7%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Weighted Average			634	41	958	9.14	4.49	562.0	5060	18.81	*47	25.71	99.02	16.07	4.05	*0.00
											*67.3%	16.2%	62.5%	22.8%	5.8%	*0.0%

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# Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 6

Jan 13, 2025 thru Jan 17, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 1/6/2025 9:48:46 AM

Nutrient	Menu AVG	Portion Size % of Cals	Reimb Qty Weekly Target	Cals (kcal) % of Target	Cholst (mg)	Sodm (mg) Miss Data	Fiber (g) Shortfall	Iron (mg) Overage	Calc (mg)	Vit-A (IU) Error Messages (if any)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Calories	634		550 - 650	100%													
Cholesterol (mg)	41																
Sodium 1 (mg)	958		1230	78%													
Sodium 1a (mg)	958		1110	86%													
Fiber (g)	9.14																
Iron (mg)	4.49																
Calcium (mg)	562.0																
Vitamin A (IU)	5060																
Sugars (g)	47	29.89%				Missing											
Vitamin C (mg)	18.81																
Protein (g)	25.71	16.22%															
Carbohydrate (g)	99.02	62.48%															
Total Fat (g)	16.07	22.81%		<=30.00%													
Saturated Fat (g)	4.05	5.75%		<10.00%													
Trans Fat <sup>1</sup> (g)	0.00	0.00%				Missing											

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# Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 21, 2025 thru Jan 24, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 1/6/2025 9:49:01 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 <sup>1</sup> (g)
Tue - 01/21/2025																
ELEMENTARY LUNCH, CH	Total	6400														
Ch-Burger w/WhWheat Bun-'24EL	1 EACH	4000	295	46	730	3.40	3.23	166.0	163	0.0	5	22.09	31.5	10.3	3.75	*6.30
Yogurt, Vanilla w/crack-DW '24	Serv. (8oz, 2G)	800	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (2M MA, 2G)	800	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	Serv (8oz, 2G)	800	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
BARBECUE BEANS -2012	1/2 CUP	3000	194	0	782	6.77	2.06	63.3	306	1.51	*9	8.04	45.49	0.63	0.12	*0.00
SALAD 3/WAY, '23	1 cup	3000	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
CARROT, Sticks '24	Serving	3000	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.04	0.00
APPLES, Fresh	1 EACH	3000	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	3000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
CATSUP	.5 oz	2000	17	0	154	0.05	0.06	2.6	90	0.7	4	0.18	4.66	0.02	0.00	0.00
MUSTARD	.5 oz	2000	9	0	166	0.60	0.24	9.5	16	0.05	0	0.56	0.87	0.5	0.03	0.00
MILK, 1% DW 2024	EACH (1/2 pint)	1200	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	EACH (1/2 pint)	5200	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			649	40	1374	10.24	4.96	619.2	11856	10.10	*52	30.26	108.29	13.43	3.70	*3.94
% of Calories											*31.9%	18.6%	66.7%	18.6%	5.1%	*5.5%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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# Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Jan 21, 2025 thru Jan 24, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 1/6/2025 9:49:01 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 <sup>1</sup> (g)
Wed - 01/22/2025																
ELEMENTARY LUNCH, CH	Total	7500														
Penne, Alfredo, Chicken CK '23	3/4 CUP	5000	201	35	521	6.36	1.19	157.3	90	0.77	*1	15.62	22.56	4.89	1.70	*0.06
bread, stick '23	1 each	5000	99	0	94	0.99	1.43	0.0	5	0.0	1	0.99	14.88	2.98	0.50	0.00
Yogurt, Vanilla w/crack-DW '24	Serv. (8oz, 2G)	833	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (2M MA, 2G)	833	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	Serv (8oz, 2G)	833	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
SALAD 3/WAY, '23	1 cup	5500	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
CELERY STICKS 2021	1/2 Cup	5500	10	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	0.03	0.00
TOMATOES, GRAPE-2023	1/2 CUP	5500	13	0	4	0.89	0.20	7.5	621	10.21	2	0.66	2.9	0.15	0.02	0.00
GRAPES, Fresh	Serv.(1/2 Cup)	6000	66	0	2	0.89	0.29	13.9	99	3.97	16	0.63	17.02	0.35	0.11	0.00
FRUIT MIX, Extra Light Syrup	Serv.(1/2 Cup)	5000	80	0	5	1.00	0.00	0.0	200	1.2	15	0.0	18.0	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	5000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK, 1% DW 2024	EACH(1/2 pint)	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	EACH (1/2 pint)	5500	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			633	37	882	9.27	3.78	594.3	3520	18.04	*58 *36.9%	24.21 15.3%	102.78 65.0%	13.47 19.2%	3.18 4.5%	*0.04 *0.1%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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# Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Jan 21, 2025 thru Jan 24, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 1/8/2025 9:49:01 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 <sup>1</sup> (g)
Thu - 01/23/2025																
ELEMENTARY LUNCH, CH PIZZA, DOMINOS 14" WGPep, slice '24	Total serving	9000														
Yogurt, Peach w/crack-DW '24	Serv (8oz, 2G)	333	260	15	520	4.00	1.80	300.0	500	6.0	3	16.0	34.0	7.0	3.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (2M MA, 2G)	333	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Vanilla w/crack-DW '24	Serv. (8oz, 2G)	333	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
CAKE, CHOCOLATE, WHT FR OST	1 EACH	5500	259	0	164	2.17	1.12	11.3	102	0.01	*26	2.61	40.3	10.86	2.27	*0.00
SALAD 3/WAY, '23	1 cup	5500	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
JICAMA STICKS	Serv(1/2 Cup)	5500	25	0	0	3.00	0.36	0.0	5	12.0	1	0.0	6.0	0.0	0.00	0.00
STRAWBERRIES: frozen unswnd.	Serv(1/2 Cup)	5500	39	0	2	2.32	0.83	17.7	50	45.53	5	0.48	10.09	0.12	0.01	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	5500	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK, 1% DW 2024	EACH(1/2 pint)	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	EACH (1/2 pint)	6000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			630	25	869	8.69	3.63	574.1	2707	44.16	*43 *27.5%	25.07 15.9%	92.97 59.1%	18.81 26.9%	5.28 7.6%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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# Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 21, 2025 thru Jan 24, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 1/6/2025 9:49:01 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 <sup>1</sup> (g)
Fri - 01/24/2025																
ELEMENTARY LUNCH, CH																
RAVIOLI, WG CHEESE-'24																
bread, stick '23																
Yogurt, Vanilla w/crack-DW '24																
Yogurt, Straw w/crack-DW '24																
Yogurt, Peach w/crack-DW '24																
SALAD 3/WAY, '23																
BROCCOLI, raw: fresh																
APPLES, Fresh																
PINEAPPLE, IN JUICE																
DRESSING, RANCH 1oz. '23																
MILK, 1% DW 2024																
MILK, NF Chocolate DW 2024																
Weighted Daily Average																
% of Calories																
Nutrient Guideline																
Weighted Average																

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

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

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

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**Rialto Unified School District**

**Jan 21, 2025 thru Jan 24, 2025**

Base Menu Spreadsheet

**ELEMENTARY LUNCH, CHOICES**

Portion Values - Detailed

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 <sup>1</sup> (g)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	647		550 - 650		100%												
Cholesterol (mg)	43																
Sodium 1 (mg)	1050		1230		85%												
Sodium 1a (mg)	1050		1110		95%												
Fiber (g)	9.30																
Iron (mg)	4.51																
Calcium (mg)	605.3																
Vitamin A (IU)	5347																
Sugars (g)	51	31.55%				Missing											
Vitamin C (mg)	30.85																
Protein (g)	27.24	16.83%															
Carbohydrate (g)	103.28	63.81%															
Total Fat (g)	15.39	21.40%															
Saturated Fat (g)	4.22	5.87%			<=30.00%												
Trans Fat <sup>1</sup> (g)	0.99	1.38%			<10.00%	Missing											

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# Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 27, 2025 thru Jan 31, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 1/6/2025 9:49:18 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 <sup>1</sup> (g)
Mon - 01/27/2025																
ELEMENTARY LUNCH, CH	Total	9000														
TACO GRANDE, TURKEY-2022	1 EACH	7000	381	55	508	2.00	*1.80	*100.0	12	*0.0	*2	21.38	33.49	18.93	7.24	0.00
Yogurt, Vanilla w/crack-DW '24	Serv. (8oz, 2G)	667	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (2M MA, 2G)	667	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	Serv (8oz, 2G)	667	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
BEANS, PINTO SEASONED-2017	1/2 Cup BP	5000	64	0	259	3.21	1.21	45.2	70	2.89	*0	3.44	11.71	0.61	0.12	*0.00
LETTUCE, SHREDDED	Serv.(1/4 Cup)	5000	6	0	5	0.54	0.19	8.2	228	1.27	1	0.41	1.35	0.06	0.01	0.00
TOMATOES, GRAPE-2023	1/2 CUP	5000	13	0	4	0.89	0.20	7.5	621	10.21	2	0.66	2.9	0.15	0.02	0.00
APPLES, Fresh	1 EACH	5000	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Salsa, LaVictoria 1oz	Serv(1oz)	5000	9	0	189	0.00	0.00	0.0	0	0.0	1	0.0	1.89	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	5000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK, 1% DW 2024	EACH(1/2 pint)	1000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	EACH (1/2 pint)	7500	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			628	53	1004	6.88	*3.28	*463.3	1464	*11.60	*39	29.08	83.73	21.15	6.83	*0.00
% of Calories											*24.9%	18.5%	53.3%	30.3%	9.8%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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# Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Jan 27, 2025 thru Jan 31, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 1/6/2025 9:49:18 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 <sup>1</sup> (g)
Tue - 01/28/2025																
ELEMENTARY LUNCH, CH TERIYAKI BEEF DUNKERS	Total SERVING (4each)	7000														
		5000	159	39	382	0.60	1.60	14.0	49	0.0	9	13.6	11.7	6.5	2.60	0.00
RICE, ORIENTAL-BROWN RICE-2014	1/2 CUP	5000	97	1	133	1.12	0.44	2.9	1	0.44	*0	2.79	19.61	0.98	0.04	0.00
Yogurt, Peach w/crack-DW '24	Serv (8oz, 2G)	667	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (2MMA, 2G)	667	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Vanilla w/crack-DW '24	Serv. (8oz, 2G)	667	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
SALAD 3/WAY, '23	1 cup	5500	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
BROCCOLI, raw: fresh	Serv. 1/2 c Veg	5000	15	0	15	1.14	0.32	20.7	274	39.25	1	1.24	2.92	0.16	0.05	0.00
BANANAS	1 EACH	5500	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
PEACHES, Diced Xtra Lite Syrup	serving	5500	60	0	10	0.00	0.00	0.0	300	1.2	0	0.0	14.0	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	5500	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK, 1% DW 2024	EACH (1/2 pint)	1000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	EACH (1/2 pint)	6000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			610	41	813	5.40	3.26	437.7	3241	40.90	*48 *31.2%	24.83 16.3%	99.39 65.2%	13.78 20.3%	3.51 5.2%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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# Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Jan 27, 2025 thru Jan 31, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 1/6/2025 9:49:18 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 <sup>1</sup> (g)
Wed - 01/29/2025																
ELEMENTARY LUNCH, CH	Total	6400														
TURKEY GRAVY -2022	3/8 CUP	4000	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.wht Galassos	1 each	4000	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	Serv.(3/4 Cup)	4000	23	0	91	0.26	0.08	8.6	1	0.0	0	0.52	4.65	0.13	0.00	0.00
Yogurt,Vanilla w/crack-DW '24	Serv. (8oz, 2G)	667	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (2M MA, 2G)	667	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt,Peach w/crack-DW '24	Serv (8oz, 2G)	667	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
SALAD 3/WAY, '23	1 cup	3000	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
Green Beans, Can-Season-2014	1/2 cup	3000	28	0	243	2.37	1.09	33.6	509	6.18	*0	1.47	6.12	0.12	0.04	*0.00
Pears, In Extra Light Syrup	Serv.(1/2 Cup)	3000	60	0	5	2.00	0.00	0.0	60	1.2	12	0.0	16.0	0.0	0.00	0.00
GRAPES,Fresh	Serv.(1/2 Cup)	3000	66	0	2	0.89	0.29	13.9	99	3.97	16	0.63	17.02	0.35	0.11	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	2000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK,1% DW 2024	EACH(1/2 pint)	1200	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/2 pint)	5200	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			546	39	1180	5.86	4.09	507.0	2310	8.48	*47	28.23	89.13	9.42	2.09	*0.00
% of Calories											*34.3%	20.7%	65.3%	15.5%	3.5%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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# Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 4

Jan 27, 2025 thru Jan 31, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 1/6/2025 9:49:18 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 <sup>1</sup> (g)
Thu - 01/30/2025																
ELEMENTARY LUNCH, CH ENCHILADA, SCRATCH, beef 24c t '22	Total	7500														
Yogurt, Vanilla w/crack-DW '24	1 Ser(25 ct	5100	247	48	390	1.40	1.22	231.1	564	1.58	*1	13.82	15.68	14.37	6.80	*0.17
Yogurt, Straw w/crack-DW '24	Serv. (8oz, 2G)	800	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	Serv (8oz, 2G)	800	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
SALAD 3/WAY, '23	1 cup	4000	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
CORN, CANNED, YELLOW .50cup	Serv(1/2 Cup)	4000	55	0	168	1.64	0.22	2.5	38	1.48	4	1.88	11.76	1.0	0.20	0.00
ORANGE WEDGES '23	Serv (1/2 Cup)	4000	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
SLUSH, KIWI STRAWBERRY '23	container s, 4oz	4000	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	4000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK, 1% DW 2024	EACH(1/2 pint)	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	EACH (1/2 pint)	5500	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			545	45	758	4.44	2.63	619.1	2877	32.29	*45 *33.1%	22.35 16.4%	77.53 56.9%	17.01 28.1%	6.14 10.1%	*0.11 *0.2%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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**Rialto Unified School District**

**Jan 27, 2025 thru Jan 31, 2025**

Base Menu Spreadsheet

**ELEMENTARY LUNCH, CHOICES**

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 01/31/2025																
ELEMENTARY LUNCH, CH	Total	7000														
Bean and cheese Pupusa '24	1 each	5000	290	15	480	4.00	1.08	200.0	5	0.0	1	13.0	35.0	11.0	3.50	0.00
Yogurt, Vanilla w/crack-DW '24	Serv. (8oz, 2G)	667	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (2M MA, 2G)	667	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	Serv (8oz, 2G)	667	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
SALAD 3/WAY, '23	1 cup	5000	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
JICAMA STICKS	Serv(1/2 Cup)	5000	25	0	0	3.00	0.36	0.0	5	12.0	1	0.0	6.0	0.0	0.00	0.00
APPLES, Fresh	1 EACH	4000	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	4000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
Salsa, LaVictoria 1oz	Serv(1oz)	4000	9	0	189	0.00	0.00	0.0	0	0.0	1	0.0	1.89	0.0	0.00	0.00
MILK, 1% DW 2024	EACH(1/2 pint)	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	EACH (1/2 pint)	5000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			554	24	839	8.16	2.47	571.7	2539	16.46	40	20.85	85.56	14.78	3.97	*0.00
% of Calories											28.9%	15.0%	61.7%	24.0%	6.4%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Weighted Average			577	40	919	6.15	*3.15	*519.8	2486	*21.95	*44	25.07	87.07	15.23	4.51	*0.02
											*68.2%	17.4%	60.4%	23.8%	7.0%	*0.0%

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# Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 27, 2025 thru Jan 31, 2025

ELEMENTARY LUNCH, CHOICES

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Nutrient	Menu AVG	Portion Size % of Cals	Reimb Qty Weekly Target	Cals (kcal) % of Target	Cholst (mg)	Sodm (mg) Miss Data	Fiber (g) Shortfall	Iron (mg) Overage	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Error Messages (if any)
Calories	577		550 - 650	100%														
Cholesterol (mg)	40																	
Sodium 1 (mg)	919		1230	75%														
Sodium 1a (mg)	919		1110	83%														
Fiber (g)	6.15																	
Iron (mg)	3.15					Missing												
Calcium (mg)	519.8					Missing												
Vitamin A (IU)	2486																	
Sugars (g)	44	30.33%				Missing												
Vitamin C (mg)	21.95					Missing												
Protein (g)	25.07	17.39%																
Carbohydrate (g)	87.07	60.39%																
Total Fat (g)	15.23	23.76%	<=30.00%															
Saturated Fat (g)	4.51	7.03%	<10.00%															
Trans Fat <sup>1</sup> (g)	0.02	0.04%				Missing												

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