

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Mar 3, 2025 thru Mar 7, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 3/5/2025 11:01:00 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)
Mon - 03/03/2025																
ELEMENTARY LUNCH, CH FISH STICKS, POLLOCK -2013	Total SERV.(4 sticks)	7000														
	BAG	6000	210	55	290	3.00	1.44	60.0	0	0.0	0	18.0	23.0	5.0	0.50	0.00
CRACKER, goldfish,CHEDDAR, bag		6000	101	4	172	1.01	0.36	20.2	0	0.0	0	3.04	14.17	3.54	1.01	0.00
Yogurt,Peach w/crack-DW '24	Serv (8oz, 2G)	200	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)	200	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)	200	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	200	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt,Cher-Van w/crack-DW '24	Serv.(8oz, 2G)	200	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	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
APRICOT CUP	1 EACH	4000	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
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			651	62	934	7.00	3.12	394.7	3153	12.09	*36	29.69	100.16	15.06	2.69	*0.00
% of Calories											*21.9%	18.2%	61.5%	20.8%	3.7%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Mar 3, 2025 thru Mar 7, 2025

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Page 2

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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)
Tue - 03/04/2025																
ELEMENTARY LUNCH, CH	Total	7000														
Chicken, Teriyaki, Yangs '22	serv	6000	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	6000	113	1	133	1.32	0.51	2.9	1	0.44	*0	3.24	22.92	1.12	0.04	0.00
Yogurt, Vanilla w/crack-DW '24	Serv. (8oz, 2G)	200	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)	200	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)	200	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	200	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	Serv.(8oz, 2G)	200	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	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	5500	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
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)	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			495	71	731	4.80	2.30	338.5	3006	42.76	*40 *32.4%	27.51 22.2%	78.77 63.7%	8.83 16.1%	1.93 3.5%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Mar 3, 2025 thru Mar 7, 2025

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

	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 - 03/05/2025																
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)	400	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)	400	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)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	Serv.(8oz, 2G)	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	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
CUCUMBER, SLICED	1/2 Cup	4000	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 PKG '23	serv.(1/2 cup)	4000	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Pears, In Extra Light Syrup	Serv(1/2 Cup)	4000	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)	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			666	34	860	9.36	5.09	645.1	2762	8.21	*42	22.19	94.40	22.45	7.28	*0.00
% of Calories											*25.1%	13.3%	56.7%	30.3%	9.8%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Mar 3, 2025 thru Mar 7, 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 ¹ (g)
Thu - 03/06/2025																
ELEMENTARY LUNCH, CH	Total	7000														
Chicken & Waffles, WG 2024	Serving	5000	395	34	635	4.00	3.08	40.0	182	87.0	20	19.0	60.06	10.0	2.00	0.00
Yogurt, Vanilla w/crack-DW '24	Serv. (8oz, 2G)	400	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)	400	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)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	Serv.(8oz, 2G)	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
SALAD 3/WAY, '23	Serv.(1/2 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
ORANGE WEDGES '23	Serv (1/2 Cup)	5000	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	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
CATSUP	.5 oz	3000	17	0	154	0.05	0.06	2.6	90	0.7	4	0.18	4.66	0.02	0.00	0.00
SYRUP	1 OZ	3000	66	0	23	0.00	0.01	0.9	0	0.0	6	0.0	17.43	0.0	0.00	*N/A*
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			698	36	900	8.65	3.90	478.8	2958	112.58	66	25.57	121.45	12.93	2.70	*0.00
% of Calories											37.7%	14.6%	69.6%	16.7%	3.5%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Mar 3, 2025 thru Mar 7, 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 ¹ (g)
Fri - 03/07/2025																
ELEMENTARY LUNCH, CH	Total	7000														
MACARONI & CHEESE 2 OG	1/2 CUP	3000	213	39	654	2.31	1.38	409.4	446	0.01	2	10.25	16.6	12.54	7.17	*0.45
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)	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 (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
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt,Cher-Van w/crack-DW '24	Serv.(8oz, 2G)	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	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
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)	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 % of Calories			624	28	1010	8.06	4.50	794.1	3623	14.96	*54 *34.7%	20.47 13.1%	110.74 71.0%	12.04 17.4%	4.28 6.2%	*0.19 *0.3%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			627	46	887	7.57	3.78	530.2	3101	38.12	*47 *68.2%	25.09 16.0%	101.11 64.5%	14.26 20.5%	3.78 5.4%	*0.04 *0.1%
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Mar 3, 2025 thru Mar 7, 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 ¹ (g)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	627		550 - 650		100%												
Cholesterol (mg)	46																
Sodium 1 (mg)	887			1230	72%												
Sodium 1a (mg)	887			1110	80%												
Fiber (g)	7.57																
Iron (mg)	3.78																
Calcium (mg)	530.2																
Vitamin A (IU)	3101																
Sugars (g)	47	30.30%				Missing											
Vitamin C (mg)	38.12																
Protein (g)	25.09	16.01%															
Carbohydrate (g)	101.11	64.52%															
Total Fat (g)	14.26	20.48%															
Saturated Fat (g)	3.78	5.42%			<=30.00%												
Trans Fat ¹ (g)	0.04	0.05%			<10.00%	Missing											

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Mar 10, 2025 thru Mar 14, 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 ¹ (g)
Mon - 03/10/2025																
ELEMENTARY LUNCH, CH																
	Total	7500														
Spaghetti w/Meat &Noodle-2013	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
Roll, dinner,wh.wheat Galassos	1 each	6000	80	0	149	1.00	1.00	47.8	10	0.0	2	2.99	15.94	1.0	0.00	0.00
Yogurt,Peach w/crack-DW '24	Serv (8oz, 2G)	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	Serv (2M MA, 2G)	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, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	500	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt,Cher-Van w/crack-DW '24	Serv.(8oz, 2G)	500	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt,Vanilla w/crack-DW '24	Serv. (8oz, 2G)	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	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
ZUCCHINI STICKS .50cup	Serving	5500	10	0	5	0.57	0.21	9.0	113	10.11	1	0.68	1.76	0.18	0.05	0.00
APPLES,Fresh	1 EACH	7500	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)	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	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			647	41	1203	10.32	5.31	545.4	3202	26.65	*53	27.14	104.69	16.31	3.68	*0.00
% of Calories											*32.5%	16.8%	64.7%	22.7%	5.1%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Mar 10, 2025 thru Mar 14, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 3/5/2025 11:01:16 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' (g)
Tue - 03/11/2025																
ELEMENTARY LUNCH, CH	Total	6500														
CHICKEN,OVEN ROASTED	2 OZ	3500	136	50	56	0.02	0.72	8.7	91	0.03	*0	15.51	0.15	7.71	2.15	*0.00
POTATO,MASHED,IDAHOREAL	1/4 Cup	3500	77	0	329	0.96	0.29	21.5	3	1.27	0	1.92	16.34	0.48	0.00	0.00
OG MS																
Roll, dinner,wh.wheat Galassos	1 each	3500	80	0	149	1.00	1.00	47.8	10	0.0	2	2.99	15.94	1.0	0.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	600	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt,Peach w/crack-DW '24	Serv (8oz , 2G)	600	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt,Cher-Van w/crack-DW '24	Serv.(8oz , 2G)	600	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (8oz , 2G)	600	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)	600	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
TOMATOES, GRAPE	1/2 CUP	4000	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	4500	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)	1500	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			553	39	712	5.86	3.34	592.0	2832	15.00	*50	24.80	91.03	10.50	2.41	*0.00
% of Calories											*36.4%	17.9%	65.8%	17.1%	3.9%	*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

Mar 10, 2025 thru Mar 14, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 3/5/2025 11:01:16 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)
Wed - 03/12/2025																
ELEMENTARY LUNCH, CH	Total	6400														
CHEESEBURGER,W/ BUZZ'23	Burger(2 MMA,2G)	4000	331	62	547	3.00	3.24	232.5	175	0.0	*3	23.5	29.68	14.05	5.59	*0.16
Yogurt,Vanilla w/crack-DW '24	Serv. (8oz, 2G)	480	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)	480	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt,Cher-Van w/crack-DW '24	Serv.(8oz, 2G)	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt,Peach w/crack-DW '24	Serv (8oz, 2G)	480	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	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
BEANS, PINTO SEASONED-2017	1/2 Cup BP	2000	64	0	259	3.21	1.21	45.2	70	2.89	*0	3.44	11.71	0.61	0.12	*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)	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	4000	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	3000	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			597	51	1010	6.87	4.34	630.4	2584	9.05	*47	28.21	88.86	15.66	4.82	*0.10
% of Calories											*31.8%	18.9%	59.5%	23.6%	7.3%	*0.2%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Mar 10, 2025 thru Mar 14, 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 ¹ (g)
Thu - 03/13/2025																
ELEMENTARY LUNCH, CH	Total	7500														
Pozole, Green Chicken '24	14 oz	3300	262	70	1845	2.26	1.52	147.5	154	15.97	*5	19.2	28.82	6.82	2.83	*0.00
TORTILLA CHIPS-'24EL	Serv.(1oz)	3300	140	0	150	1.50	0.20	16.7	2	0.0	0	1.33	15.33	8.0	1.13	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	840	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	Serv (8oz, 2G)	840	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	Serv.(8oz, 2G)	840	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (8oz, 2G)	840	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)	840	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)	6000	9	0	6	0.88	0.16	14.0	34	12.81	1	0.45	2.03	0.04	0.01	0.00
STRAWBERRIES, FRESH	Serving	6000	23	0	1	1.44	0.30	11.5	9	42.34	4	0.48	5.53	0.22	0.01	0.00
LEMON WEDGES	Half	6500	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)	5000	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)	5000	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			646	42	1294	11.19	4.23	690.2	1106	112.99	*57 *35.2%	23.63 14.6%	112.71 69.8%	11.26 15.7%	2.82 3.9%	*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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Mar 10, 2025 thru Mar 14, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 3/5/2025 11:01:16 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)
Fri - 03/14/2025																
ELEMENTARY LUNCH, CH	Total	7000														
Penne, Alfredo, Cheesy '23	1 CUP	4000	160	7	202	8.52	1.03	137.6	74	0.43	*1	7.03	26.26	2.73	1.06	*0.06
BREAD, STICK	1 each	4000	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)	600	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)	600	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	Serv.(8oz, 2G)	600	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	600	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	Serv (8oz, 2G)	600	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	1500	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	1/2 Cup	5000	25	0	42	1.71	0.18	20.1	10191	3.6	3	0.57	5.84	0.15	0.02	0.00
GRAPES, Fresh	Serv.(1/2 Cup)	5500	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)	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)	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			542	15	629	9.11	3.54	586.8	8841	7.25	*52	17.42	95.80	9.83	2.18	*0.03
% of Calories											*38.5%	12.9%	70.7%	16.3%	3.6%	*0.1%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			597	38	970	8.67	4.15	609.0	3713	34.19	*52	24.24	98.62	12.71	3.18	*0.03
											*78.2%	16.2%	66.1%	19.2%	4.8%	*0.0%

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 10, 2025 thru Mar 14, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 3/5/2025 11:01:16 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 ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	597		550 - 650	100%													
Cholesterol (mg)	38																
Sodium 1 (mg)	970		1230	79%													
Sodium 1a (mg)	970		1110	87%													
Fiber (g)	8.67																
Iron (mg)	4.15																
Calcium (mg)	609.0																
Vitamin A (IU)	3713																
Sugars (g)	52	34.76%				Missing											
Vitamin C (mg)	34.19																
Protein (g)	24.24	16.24%															
Carbohydrate (g)	98.62	66.08%															
Total Fat (g)	12.71	19.16%															
Saturated Fat (g)	3.18	4.80%		<=30.00%													
Trans Fat ¹ (g)	0.03	0.04%		<10.00%		Missing											

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Rialto Unified School District

Base Menu Spreadsheet
Portion Values - Detailed

Mar 17, 2025 thru Mar 19, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 3/5/2025 11:01:31 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/17/2025																
ELEMENTARY LUNCH, CH	Total	7000														
Chicken, Clover Nuggets '25	Serving (4 ea)	4000	180	30	590	3.00	1.80	20.0	100	0.0	2	13.0	16.0	7.0	1.50	0.00
Cracker, Cheez-It Wh.Gr.-2013	pkg	4000	100	0	150	1.00	1.00	100.0	500	0.0	0	0.0	14.0	3.5	1.00	0.00
Yogurt, Vanilla w/crack-DW '24	Serv. (8oz, 2G)	600	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)	600	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	Serv.(8oz, 2G)	600	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	600	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	Serv (8oz, 2G)	600	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	1500	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	5000	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
TOMATOES, GRAPE	1/2 CUP	3000	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)	5500	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)	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			603	29	1145	6.70	4.32	582.4	3392	12.60	*56	22.34	101.27	12.68	2.74	*0.00
% of Calories											*37.0%	14.8%	67.1%	18.9%	4.1%	*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

Mar 17, 2025 thru Mar 19, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 3/5/2025 11:01:32 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)
Tue - 03/18/2025																
ELEMENTARY LUNCH, CH	Total	9000														
TACO Walkin,Beef,- '24	Servng	6000	498	62	781	4.42	2.51	279.6	1096	6.24	*3	20.84	30.83	32.16	11.21	*0.00
Yogurt,Vanilla w/crack-DW '24	Serv. (8oz, 2G)	600	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)	600	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt,Cher-Van w/crack-DW '24	Serv.(8oz, 2G)	600	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt,Peach w/crack-DW '24	Serv (8oz, 2G)	600	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	600	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	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
CUCUMBER, SLICED	1/2 Cup	4000	8	0	1	0.26	0.15	8.3	55	1.46	1	0.34	1.89	0.06	0.02	0.00
BANANAS	1 EACH	4000	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
Salsa, LaVictoria 2oz	Serv(2oz)	4000	19	0	378	0.00	0.00	0.0	0	0.0	2	0.0	3.78	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)	7000	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			673	53	1079	5.65	3.32	631.8	2698	11.38	*40 *24.0%	25.96 15.4%	80.68 47.9%	27.56 36.8%	8.77 11.7%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Mar 17, 2025 thru Mar 19, 2025

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

	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 - 03/19/2025																
ELEMENTARY LUNCH, CH PIZZA, DOMINOS 14" WGPep, slic e '24	Total serving	9000														
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	7000	260	15	520	4.00	1.80	300.0	500	6.0	3	16.0	34.0	7.0	3.00	0.00
Yogurt, Peach w/crack-DW '24	Serv (8oz, 2G)	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	Serv.(8oz, 2G)	400	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)	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Vanilla w/crack-DW '24	Serv. (8oz, 2G)	400	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	8000	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)	6000	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	6000	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	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
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)	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			532	22	719	8.80	2.89	589.7	3331	22.67	45	22.56	88.42	10.04	3.34	*0.00
% of Calories											33.5%	17.0%	66.4%	17.0%	5.6%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			603	34	981	7.05	3.51	601.3	3140	15.55	*47 *70.1%	23.62 15.7%	90.12 59.8%	16.76 25.0%	4.95 7.4%	*0.00 *0.0%
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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 4

Mar 17, 2025 thru Mar 19, 2025

ELEMENTARY LUNCH, CHOICES

Generated on: 3/5/2025 11:01:32 AM

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	603		550 - 650		100%												
Cholesterol (mg)	34																
Sodium 1 (mg)	981			1230	80%												
Sodium 1a (mg)	981			1110	88%												
Fiber (g)	7.05																
Iron (mg)	3.51																
Calcium (mg)	601.3																
Vitamin A (IU)	3140																
Sugars (g)	47	31.16%				Missing											
Vitamin C (mg)	15.55																
Protein (g)	23.62	15.67%															
Carbohydrate (g)	90.12	59.79%															
Total Fat (g)	16.76	25.01%			<=30.00%												
Saturated Fat (g)	4.95	7.39%			<10.00%												
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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Rialto Unified School District

Mar 31, 2025 thru Mar 31, 2025

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Page 1

Generated on: 3/5/2025 11:01:46 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 ¹ (g)
Mon - 03/31/2025																
ELEMENTARY LUNCH, CH	Total	9000														
CORN DOG, CHX '22	1 EACH	6000	239	40	692	2.31	1.41	25.1	120	0.0	8	11.67	27.9	9.23	2.51	0.00
Yogurt, Vanilla w/crack-DW '24	Serv. (8oz, 2G)	600	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)	600	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	Serv.(8oz, 2G)	600	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	Serv (8oz, 2G)	600	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	600	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Green Beans, Can-Season-2014	1/2 cup	4000	28	0	243	2.37	1.09	33.6	509	6.18	*0	1.47	6.12	0.12	0.04	*0.00
CARROT, Sticks '24	1/2 Cup	4000	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	4000	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Peaches, Frozen '24	Serv(1/2 Cup)	4000	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
Salsa, LaVictoria 2oz	Serv(2oz)	4000	19	0	378	0.00	0.00	0.0	0	0.0	2	0.0	3.78	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)	7000	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			543	39	1144	6.61	3.08	482.6	5912	79.24	*46	20.42	88.65	12.32	2.95	*0.00
% of Calories											*33.6%	15.1%	65.3%	20.4%	4.9%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			543	39	1144	6.61	3.08	482.6	5912	79.24	*46	20.42	88.65	12.32	2.95	*0.00
											*75.6%	15.1%	65.3%	20.4%	4.9%	*0.0%

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Rialto Unified School District

Mar 31, 2025 thru Mar 31, 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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target	% of Target*	Miss Data	Shortfall*	Overage*	Error Messages (if any)*									
Calories	543		550 - 650														
Cholesterol (mg)	39																
Sodium 1 (mg)	1144		1230														
Sodium 1a (mg)	1144		1110														
Fiber (g)	6.61																
Iron (mg)	3.08																
Calcium (mg)	482.6																
Vitamin A (IU)	5912																
Sugars (g)	46	33.61%				Missing											
Vitamin C (mg)	79.24																
Protein (g)	20.42	15.05%															
Carbohydrate (g)	88.65	65.35%															
Total Fat (g)	12.32	20.43%	<=30.00%														
Saturated Fat (g)	2.95	4.89%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%				Missing											

*Data comparisons are not available for one or two day selections

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