

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Aug 11, 2025 thru Aug 15, 2025

AFTER-SCHOOL SNACKS

Generated on: 8/12/2025 11:16:30 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 - 08/11/2025																
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	9.71	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	0.0	0.00	0.00
Weighted Daily Average			576	0	399	6.80	4.90	28.0	416	84.00	68	6.80	112.00	13.60	3.40	0.00
% of Calories											47.1%	4.7%	77.8%	21.3%	5.3%	0.0%
Nutrient Guideline			550		1230										<10.00	

Tue - 08/12/2025																
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	3.5	1.00	0.00
Craisins, Watermelon	serv. (1.1 6 oz)	1200	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Weighted Daily Average			564	0	450	10.20	3.00	300.0	1788	0.00	58	0.00	109.20	10.50	3.00	0.00
% of Calories											40.9%	0.0%	77.4%	16.8%	4.8%	0.0%
Nutrient Guideline			550		1230										<10.00	

Wed - 08/13/2025																
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	3.91	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	2.5	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	0.0	0.00	0.00
Weighted Daily Average			621	20	507	5.87	3.17	550.0	1588	0.00	51	22.86	98.52	14.23	2.97	0.00
% of Calories											32.6%	14.7%	63.4%	20.6%	4.3%	0.0%
Nutrient Guideline			550		1230										<10.00	

Thu - 08/14/2025																
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	4.0	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	0.0	0.00	0.00

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

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

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

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Aug 11, 2025 thru Aug 15, 2025

AFTER-SCHOOL SNACKS

Generated on: 8/12/2025 11:16:30 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)
Weighted Daily Average			580	0	375	3.00	2.16	40.0	520	120.00	82	10.00	121.00	12.00	3.00	0.00
% of Calories											56.6%	6.9%	83.4%	18.6%	4.7%	0.0%
Nutrient Guideline			550		1230										<10.00	

Fri - 08/15/2025																
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	10.0	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	6.0	3.50	0.00
Weighted Daily Average			532	21	640	8.00	0.00	280.0	310	0.00	6	14.40	57.40	28.40	6.90	*0.00
% of Calories											4.5%	10.8%	43.2%	48.0%	11.7%	*0.0%
Nutrient Guideline			550		1230										<10.00	

Weighted Average			575	8	474	6.77	2.64	239.6	924	40.80	53	10.81	99.62	15.75	3.85	*0.00
											82.7%	7.5%	69.3%	24.7%	6.0%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	575		550	104%				
Cholesterol (mg)	8							
Sodium 1 (mg)	474		1230	39%				
Sodium 1a (mg)	474						474	
Fiber (g)	6.77							
Iron (mg)	2.64							
Calcium (mg)	239.6							
Vitamin A (IU)	924							
Sugars (g)	53	36.75%						
Vitamin C (mg)	40.80							
Protein (g)	10.81	7.53%						
Carbohydrate (g)	99.62	69.35%						
Total Fat (g)	15.75	24.66%						
Saturated Fat (g)	3.85	6.03%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Aug 18, 2025 thru Aug 22, 2025

AFTER-SCHOOL SNACKS

Generated on: 8/12/2025 11:16:48 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 - 08/18/2025																
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	3.5	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	0.0	0.00	0.00
Weighted Daily Average			600	0	405	3.00	3.00	340.0	1900	120.00	82	6.00	121.00	10.50	3.00	0.00
% of Calories											54.7%	4.0%	80.7%	15.8%	4.5%	0.0%
Nutrient Guideline			550		1230										<10.00	

Tue - 08/19/2025																
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	1.5	0.00	0.00
Crisps, Apple-Strawberry '22	BAG (0.3 4 oz)	1500	39	0	0	1.93	0.00	0.0	34	0.0	7	0.0	9.64	0.0	0.00	0.00
Weighted Daily Average			356	0	600	11.78	2.16	0.0	101	0.00	20	6.00	73.92	4.50	0.00	0.00
% of Calories											22.8%	6.7%	83.1%	11.4%	0.0%	0.0%
Nutrient Guideline			550		1230										<10.00	

Wed - 08/20/2025																
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	2.93	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	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/ 2 plnt)	600	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			640	24	593	5.87	2.11	660.0	1888	0.00	57	26.26	108.25	11.80	4.73	0.00
% of Calories											35.8%	16.4%	67.7%	16.6%	6.7%	0.0%
Nutrient Guideline			550		1230										<10.00	

Thu - 08/21/2025																
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	3.5	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	0.0	0.00	0.00

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Aug 18, 2025 thru Aug 22, 2025

AFTER-SCHOOL SNACKS

Generated on: 8/12/2025 11:16:46 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)
Weighted Daily Average			624	0	417	3.00	3.00	348.0	1980	144.00	76	10.80	132.60	10.50	3.00	0.00
% of Calories											48.5%	6.9%	85.0%	15.1%	4.3%	0.0%
Nutrient Guideline			550		1230										<10.00	

Fri - 08/22/2025																
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	10.0	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	6.0	3.50	0.00
Weighted Daily Average			532	21	640	8.00	0.00	280.0	310	0.00	6	14.40	57.40	28.40	6.90	*0.00
% of Calories											4.5%	10.8%	43.2%	48.0%	11.7%	*0.0%
Nutrient Guideline			550		1230										<10.00	

Weighted Average			550	9	531	6.33	2.05	325.6	1236	52.80	48	12.69	98.63	13.14	3.53	*0.00
											78.8%	9.2%	71.7%	21.5%	5.8%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	550		550	100%				
Cholesterol (mg)	9							
Sodium 1 (mg)	531		1230	43%				
Sodium 1a (mg)	531						531	
Fiber (g)	6.33							
Iron (mg)	2.05							
Calcium (mg)	325.6							
Vitamin A (IU)	1236							
Sugars (g)	48	35.04%						
Vitamin C (mg)	52.80							
Protein (g)	12.69	9.23%						
Carbohydrate (g)	98.63	71.69%						
Total Fat (g)	13.14	21.49%						
Saturated Fat (g)	3.53	5.77%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Aug 25, 2025 thru Aug 29, 2025

AFTER-SCHOOL SNACKS

Generated on: 8/12/2025 11:17:00 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 - 08/25/2025																
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	9.71	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	0.0	0.00	0.00
Weighted Daily Average			576	0	399	6.80	4.90	28.0	416	84.00	68	6.80	112.00	13.60	3.40	0.00
% of Calories											47.1%	4.7%	77.8%	21.3%	5.3%	0.0%
Nutrient Guideline			550		1230										<10.00	

Tue - 08/26/2025																
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	3.5	1.00	0.00
Craisins, Watermelon	serv. (1.1 6 oz)	1200	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Weighted Daily Average			564	0	450	10.20	3.00	300.0	1788	0.00	58	0.00	109.20	10.50	3.00	0.00
% of Calories											40.9%	0.0%	77.4%	16.8%	4.8%	0.0%
Nutrient Guideline			550		1230										<10.00	

Wed - 08/27/2025																
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	3.91	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	2.5	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	0.0	0.00	0.00
Weighted Daily Average			621	20	507	5.87	3.17	550.0	1588	0.00	51	22.86	98.52	14.23	2.97	0.00
% of Calories											32.6%	14.7%	63.4%	20.6%	4.3%	0.0%
Nutrient Guideline			550		1230										<10.00	

Thu - 08/28/2025																
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	4.0	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	0.0	0.00	0.00

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Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Aug 25, 2025 thru Aug 29, 2025

AFTER-SCHOOL SNACKS

Generated on: 8/12/2025 11:17:00 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)
Weighted Daily Average			580	0	375	3.00	2.16	40.0	520	120.00	82	10.00	121.00	12.00	3.00	0.00
% of Calories											56.6%	6.9%	83.4%	18.6%	4.7%	0.0%
Nutrient Guideline			550		1230										<10.00	

Fri - 08/29/2025																
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	10.0	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	6.0	3.50	0.00
Weighted Daily Average			532	21	640	8.00	0.00	280.0	310	0.00	6	14.40	57.40	28.40	6.90	*0.00
% of Calories											4.5%	10.8%	43.2%	48.0%	11.7%	*0.0%
Nutrient Guideline			550		1230										<10.00	

Weighted Average			575	8	474	6.77	2.64	239.6	924	40.80	53	10.81	99.62	15.75	3.85	*0.00
											82.7%	7.5%	69.3%	24.7%	6.0%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	575		550	104%				
Cholesterol (mg)	8							
Sodium 1 (mg)	474		1230	39%				
Sodium 1a (mg)	474						474	
Fiber (g)	6.77							
Iron (mg)	2.64							
Calcium (mg)	239.6							
Vitamin A (IU)	924							
Sugars (g)	53	36.75%						
Vitamin C (mg)	40.80							
Protein (g)	10.81	7.53%						
Carbohydrate (g)	99.62	69.35%						
Total Fat (g)	15.75	24.66%						
Saturated Fat (g)	3.85	6.03%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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