

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Mar 1, 2023 thru Mar 3, 2023

ELEMENTARY LUNCH, CHOICES

Generated on: 3/1/2023 2:50:21 PM

	Portion Size	Relmb 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)
Wed - 03/01/2023																
ELEMENTARY LUNCH, CH	Total	8225														
CHICKEN,OVEN ROASTED	2 OZ	7225	136	50	56	0.02	0.72	8.7	91	0.03	*0	15.51	0.15	7.71	2.15	*0.00
Roll, dinner,white,wht Galassos	1 each	7225	150	0	270	3.00	1.80	80.0	15	0.0	3	7.0	29.0	2.0	0.00	0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	300	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	300	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	300	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	300	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, side,2021	servings	6000	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
BANANAS	1 EACH	6500	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
DRESSING, RANCH	1 oz	6225	65	6	150	0.03	0.02	18.0	1	0.16	*1	0.52	2.01	7.1	1.19	*0.00
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	6225	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			557	55	608	6.07	3.64	416.5	2362	10.76	*36	31.80	78.23	16.06	3.61	*0.00
% of Calories											*25.7%	22.8%	56.2%	26.0%	5.8%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Thu - 03/02/2023																
ELEMENTARY LUNCH, CH	Total	8000														
Green Eggs & Ham#2021	2 ounce	4500	173	554	55	0.00	2.06	95.0	744	0.11	*1	9.14	1.56	14.12	4.43	*N/A*
PANCAKES, APLSAUCE SCRT	1 EACH	8000	150	36	300	1.58	1.08	123.4	54	0.34	*4	4.58	22.7	4.73	0.83	*0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	500	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	500	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	500	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	500	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
BROCCOLI,raw: fresh .75 CUP	Serving	5000	23	0	23	1.77	0.50	32.1	425	60.88	1	1.92	4.53	0.25	0.02	*N/A*
STRAWBERRIES,FRESH	Serving	5000	23	0	1	1.44	0.30	11.5	9	42.34	4	0.48	5.53	0.22	0.01	*N/A*
SYRUP	1 OZ	6500	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	1 oz	4500	65	6	150	0.03	0.02	18.0	1	0.16	*1	0.52	2.01	7.1	1.19	*0.00
MILK,1% HOLLANDIA 2017	1 EACH	1000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	7500	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	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

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

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Rialto Unified School District

Mar 1, 2023 thru Mar 3, 2023

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)	Calcsm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat' (g)
Weighted Daily Average % of Calories			587	357	696	4.60	4.43	564.9	1901	65.30	*41 *27.8%	22.89 15.6%	84.78 57.8%	19.40 29.8%	4.82 7.4%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 03/03/2023																
ELEMENTARY LUNCH, CH	Total	7000														
QUESADILLA,CHEESE, 2022	1 EACH	3000	427	48	950	1.00	2.06	556.1	724	0.0	*0	18.94	33.15	23.97	12.38	*0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	900	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	900	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	900	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	900	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, side,2021	servings	6000	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
APPLES,Fresh sliced 2017	pkg. (3 oz)	6500	51	0	0	3.00	0.18	10.0	50	185.4	9	0.0	12.0	0.0	0.00	0.00
DRESSING, RANCH	1 oz	6225	65	6	150	0.03	0.02	18.0	1	0.16	*1	0.52	2.01	7.1	1.19	*0.00
Salsa, LaVictoria 2017 2oz	Serving	6225	19	0	340	0.00	0.00	0.0	0	6.8	2	0.0	3.78	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	6225	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			663	37	1227	6.16	3.85	739.2	3819	182.66	*50 *30.2%	24.65 14.9%	95.01 57.3%	21.72 29.5%	8.09 11.0%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			602	150	844	5.61	3.97	573.5	2694	86.24	*42 *63.1%	26.44 17.6%	86.01 57.1%	19.06 28.5%	5.51 8.2%	*0.00 *0.0%
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Rialto Unified School District

Mar 1, 2023 thru Mar 3, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

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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	602		550 - 650		100%												
Cholesterol (mg)	150																
Sodium (mg)	844		1230														
Fiber (g)	5.61																
Iron (mg)	3.97																
Calcium (mg)	573.5																
Vitamin A (IU)	2694																
Sugars (g)	42	28.03%				Missing											
Vitamin C (mg)	86.24																
Protein (g)	26.44	17.56%															
Carbohydrate (g)	86.01	57.13%															
Total Fat (g)	19.06	28.49%	<=30.00%														
Saturated Fat (g)	5.51	8.23%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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Rialto Unified School District

Mar 1, 2023 thru Mar 3, 2023

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)
Wed - 03/01/2023																
ELEMENTARY LUNCH, CH	Total	8225														
CHICKEN,OVEN ROASTED	2 OZ	7225	136	50	56	0.02	0.72	8.7	91	0.03	*0	15.51	0.15	7.71	2.15	*0.00
Roll, dinner,whte.wht Galassos	1 each	7225	150	0	270	3.00	1.80	80.0	15	0.0	3	7.0	29.0	2.0	0.00	0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	300	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	300	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	300	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	300	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, side,2021	servings	6000	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
BANANAS	1 EACH	6500	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
DRESSING, RANCH	1 oz	6225	65	6	150	0.03	0.02	18.0	1	0.16	*1	0.52	2.01	7.1	1.19	*0.00
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	6225	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			557	55	608	6.07	3.64	416.5	2362	10.76	*36	31.80	78.23	16.06	3.61	*0.00
% of Calories											*25.7%	22.8%	56.2%	26.0%	5.8%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Thu - 03/02/2023																
ELEMENTARY LUNCH, CH	Total	8000														
Green Eggs & Ham#2021	2 ounce	4500	173	554	55	0.00	2.06	95.0	744	0.11	*1	9.14	1.56	14.12	4.43	*N/A*
PANCAKES, APLSAUCE SCRT	1 EACH	8000	150	36	300	1.58	1.08	123.4	54	0.34	*4	4.58	22.7	4.73	0.83	*0.00
CH '22																
YOGURT,Hollan,Ras,w/crack-2017	SERVING	500	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	500	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	500	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	500	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
BROCCOLI,raw: fresh .75 CUP	Serving	5000	23	0	23	1.77	0.50	32.1	425	60.88	1	1.92	4.53	0.25	0.02	*N/A*
STRAWBERRIES,FRESH	Serving	5000	23	0	1	1.44	0.30	11.5	9	42.34	4	0.48	5.53	0.22	0.01	*N/A*
SYRUP	1 OZ	6500	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	1 oz	4500	65	6	150	0.03	0.02	18.0	1	0.16	*1	0.52	2.01	7.1	1.19	*0.00
MILK,1% HOLLANDIA 2017	1 EACH	1000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	7500	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00

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Mar 1, 2023 thru Mar 3, 2023

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)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat' (g)
Weighted Daily Average % of Calories			587	357	696	4.60	4.43	564.9	1901	65.30	*41 *27.8%	22.89 15.6%	84.78 57.8%	19.40 29.8%	4.82 7.4%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 03/03/2023																	
ELEMENTARY LUNCH, CH	Total	7000															
QUESADILLA,CHEESE, 2022	1 EACH	3000	427	48	950	1.00	2.06	556.1	724	0.0	*0	18.94	33.15	23.97	12.38	*0.00	
YOGURT,Hollan,Ras,w/crack-2017	SERVING	900	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00	
YOGURT,HollanPeachw/crack-2017	SERVING	900	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00	
YOGURT,Strawberry W/Crack-2017	SERVING	900	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00	
YOGURT,Strw-Ban,W/Crack-2017	SERVING	900	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00	
SALAD 3/WAY, side,2021	servings	6000	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00	
APPLES,Fresh sliced 2017	pkg. (3 oz)	6500	51	0	0	3.00	0.18	10.0	50	185.4	9	0.0	12.0	0.0	0.00	0.00	
DRESSING, RANCH	1 oz	6225	65	6	150	0.03	0.02	18.0	1	0.16	*1	0.52	2.01	7.1	1.19	*0.00	
Salsa, LaVictoria 2017 2oz	Serving	6225	19	0	340	0.00	0.00	0.0	0	6.8	2	0.0	3.78	0.0	0.00	0.00	
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00	
MILK,NF Chocolate HOLL.2017	1 EACH	6225	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00	
Weighted Daily Average % of Calories			663	37	1227	6.16	3.85	739.2	3819	182.66	*50 *30.2%	24.65 14.9%	95.01 57.3%	21.72 29.5%	8.09 11.0%	*0.00 *0.0%	
Nutrient Guideline			550-650		1230									<=30.0	<10.00		

Weighted Average			602	150	844	5.61	3.97	573.5	2694	86.24	*42 *63.1%	26.44 17.6%	86.01 57.1%	19.06 28.5%	5.51 8.2%	*0.00 *0.0%
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Mar 1, 2023 thru Mar 3, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size % of Cals	Relmb Qty Weekly Target	Cals (kcal)	Cholst (mg) % of Target	Sodm (mg) Miss Data	Fiber (g) Shortfall	Iron (mg) Overage	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (If any)
Calories	602		550 - 650		100%													
Cholesterol (mg)	150																	
Sodium (mg)	844		1230															
Fiber (g)	5.61																	
Iron (mg)	3.97																	
Calcium (mg)	573.5																	
Vitamin A (IU)	2694																	
Sugars (g)	42	28.03%				Missing												
Vitamin C (mg)	86.24																	
Protein (g)	26.44	17.56%																
Carbohydrate (g)	86.01	57.13%																
Total Fat (g)	19.06	28.49%	<=30.00%															
Saturated Fat (g)	5.51	8.23%	<10.00%															
Trans Fat ¹ (g)	0.00	0.00%				Missing												

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Mar 6, 2023 thru Mar 10, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholest (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcsm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat' (g)
Mon - 03/06/2023																
ELEMENTARY LUNCH, CH	Total	8225														
SLOPPY JOE on Wheat Bun-2015	SERVINGS	4500	421	57	578	4.93	4.81	132.4	400	5.34	*9	25.93	47.96	15.46	4.96	*0.78
YOGURT,Hollan,Ras,w/crack-2017	SERVING	700	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	700	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	700	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	700	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
CARROT, sticks '22	Serving	6000	54	0	91	3.69	0.40	43.5	22161	7.78	6	1.23	12.63	0.32	0.05	0.00
GRAPES,Fresh	serving	6000	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
DRESSING, RANCH	1 oz	6225	65	6	150	0.03	0.02	18.0	1	0.16	*1	0.52	2.01	7.1	1.19	*0.00
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	6225	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			616	44	775	7.38	5.04	499.2	17804	11.98	*50 *32.8%	28.03 18.2%	93.21 60.5%	17.80 26.0%	4.94 7.2%	*0.43 *0.6%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 03/07/2023																
ELEMENTARY LUNCH, CH	Total	8225														
QuesoBlanco and Turkey Tray'23	1 EACH	3500	280	75	752	1.04	0.99	322.9	0	0.0	0	19.59	3.99	20.17	10.16	0.10
TORTILLA CHIPS-2021	SERVING	3500	280	0	200	6.00	3.60	80.0	200	0.0	*N/A*	4.0	38.0	12.0	2.00	0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	800	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	800	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	800	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	800	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
BEANS, PINTO SEASONED-2017	1/2 CUP	5000	83	0	189	3.65	1.28	33.3	32	2.48	*1	5.02	15.13	0.32	0.06	*0.00
SALAD 3/WAY, side,2021	servings	6500	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
APPLES,Fresh sliced 2017	pkg. (3 oz)	5000	51	0	0	3.00	0.18	10.0	50	185.4	9	0.0	12.0	0.0	0.00	0.00
DRESSING, RANCH .50oz	Servings	2550	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
Salsa, Low Sodium 2oz	serving	2550	20	0	64	0.82	1.27	6.4	312	2.28	*N/A*	0.85	3.97	0.11	0.02	0.00
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	6225	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			622	42	868	9.64	5.41	593.7	3169	118.86	*38 *24.3%	26.67 17.1%	87.37 56.1%	18.98 27.4%	6.74 9.8%	*0.04 *0.1%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Mar 6, 2023 thru Mar 10, 2023

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)	Calcim (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/08/2023																
ELEMENTARY LUNCH, CH PIZZA,PEP-WG-4X6 ARDELLAS-2013	Total 1 EACH	9000 8000	330	38	670	3.58	1.36	470.4	469	12.65	5	18.64	31.94	14.46	6.25	0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	300	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	300	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	300	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	300	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, side,2021	servings	7700	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
SLUSH, COOL TROP PARAD F RU PUN	container s, 4oz	3406	60	0	25	0.00	0.36	0.0	500	60.0	12	0.0	16.0	0.0	0.00	0.00
ORANGES	1 EACH	7000	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.02	*N/A*
DRESSING, RANCH .50oz	Servings	8000	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
MILK,1% HOLLANDIA 2017	1 EACH	500	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	8500	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			561	41	865	6.37	2.72	755.3	3194	77.49	*39	27.67	77.27	17.42	6.52	*0.00
% of Calories											*27.9%	19.7%	55.1%	28.0%	10.5%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Thu - 03/09/2023																
ELEMENTARY LUNCH, CH HOLIDAY	Total SERVING	1 1	0	0	0	0.00	0.00	0.0	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	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 03/10/2023																
ELEMENTARY LUNCH, CH HOLIDAY	Total SERVING	1 1	0	0	0	0.00	0.00	0.0	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	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	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

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Mar 6, 2023 thru Mar 10, 2023

ELEMENTARY LUNCH, CHOICES

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	Portion Size	Relmb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average			600	42	836	7.80	4.39	616.0	8056	69.44	*42 *63.8%	27.46 18.3%	85.95 57.3%	18.07 27.1%	6.07 9.1%	*0.16 *0.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	600		550 - 650	100%				
Cholesterol (mg)	42							
Sodium (mg)	836		1230					
Fiber (g)	7.80							
Iron (mg)	4.39							
Calcium (mg)	616.0							
Vitamin A (IU)	8056							
Sugars (g)	42	28.34%			Missing			
Vitamin C (mg)	69.44							
Protein (g)	27.46	18.32%						
Carbohydrate (g)	85.95	57.34%						
Total Fat (g)	18.07	27.12%	<=30.00%					
Saturated Fat (g)	6.07	9.11%	<10.00%					
Trans Fat ¹ (g)	0.16	0.24%			Missing			

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Rialto Unified School District

Mar 13, 2023 thru Mar 17, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Choist (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 - 03/13/2023																
ELEMENTARY LUNCH, CH HOLIDAY	Total SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 03/14/2023																
ELEMENTARY LUNCH, CH HOLIDAY	Total SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 03/15/2023																
ELEMENTARY LUNCH, CH HOLIDAY	Total SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Thu - 03/16/2023																
ELEMENTARY LUNCH, CH HOLIDAY	Total SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 03/17/2023																
ELEMENTARY LUNCH, CH HOLIDAY	Total SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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Rialto Unified School District

Mar 13, 2023 thru Mar 17, 2023

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)	Calom (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	0		550 - 650	0%		550		Correction Required - Calories are Low
Cholesterol (mg)	0							
Sodium (mg)	0		1230					
Fiber (g)	0.00							
Iron (mg)	0.00							
Calcium (mg)	0.0							
Vitamin A (IU)	0							
Sugars (g)	0							
Vitamin C (mg)	0.00							
Protein (g)	0.00							
Carbohydrate (g)	0.00							
Total Fat (g)	0.00		<=30.00%					
Saturated Fat (g)	0.00		<10.00%					
Trans Fat ¹ (g)	0.00							

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Rialto Unified School District

Mar 20, 2023 thru Mar 24, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

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	Portion Size	Relmb 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)
Mon - 03/20/2023																
ELEMENTARY LUNCH, CH TERIYAKI BEEF DUNKERS	Total SERVING (4each)	8225 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 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, Hollan, Ras, w/crack-2017	SERVING	750	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT, HollanPeachw/crack-2017	SERVING	750	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT, Strawberry W/Crack-2017	SERVING	750	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT, Strw-Ban, W/Crack-2017	SERVING	750	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, side,2021	servings	5500	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
CARROT, sticks '22	Serving	5500	54	0	91	3.69	0.40	43.5	22161	7.78	6	1.23	12.63	0.32	0.05	0.00
PINEAPPLE, IN JUICE	Serving	6500	54	0	1	1.18	0.25	14.5	45	8.51	13	0.46	14.08	0.1	0.01	*N/A*
DRESSING, RANCH	1 oz	6225	65	6	150	0.03	0.02	18.0	1	0.16	*1	0.52	2.01	7.1	1.19	*0.00
MILK, 1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK, NF Chocolate HOLL.2017	1 EACH	6225	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			558	38	785	6.60	3.79	447.8	17537	15.72	*51 *36.7%	24.44 17.5%	89.29 64.0%	13.96 22.5%	3.83 6.2%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 03/21/2023																
ELEMENTARY LUNCH, CH CHICKEN PATTY, WG/HMSTL B UN2017	Total 1 EACH	6500 4500	334	33	648	5.00	3.80	100.0	95	87.0	3	22.0	42.0	10.0	2.00	0.00
YOGURT, Hollan, Ras, w/crack-2017	SERVING	400	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT, HollanPeachw/crack-2017	SERVING	400	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT, Strawberry W/Crack-2017	SERVING	400	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT, Strw-Ban, W/Crack-2017	SERVING	400	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, side,2021	servings	4500	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
CUCUMBER, SLICED 2021	serving	4500	12	0	2	0.39	0.22	12.5	82	2.18	1	0.51	2.83	0.09	0.02	*N/A*
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 .50oz	Servings	6225	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
MILK, 1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK, NF Chocolate HOLL.2017	1 EACH	6225	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00

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Rialto Unified School District

Mar 20, 2023 thru Mar 24, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat' (g)
Weighted Daily Average			577	35	806	5.42	4.53	508.7	2908	66.49	*34	29.88	89.18	13.28	3.05	*0.00
% of Calories											*23.8%	20.7%	61.8%	20.7%	4.8%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 03/22/2023																
ELEMENTARY LUNCH, CH	Total	9000														
ITALIAN PASTA BAKE 2021	servings	7000	237	35	680	8.89	3.06	149.6	735	11.2	*5	15.87	26.75	7.34	3.08	*0.00
YOGURT, Hollan, Ras, w/crack-2017	SERVING	400	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT, Hollan Peach w/crack-2017	SERVING	400	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT, Strawberry W/Crack-2017	SERVING	400	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT, Strw-Ban, W/Crack-2017	SERVING	400	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, side, 2021	servings	3500	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
Raisels, Variety	servings	5500	140	0	2	1.00	0.81	19.3	137	74.33	27	1.0	34.67	0.0	0.00	0.00
APRICOTS: canned, light syrup	serving	7500	80	0	5	2.02	0.49	13.9	1672	3.42	19	0.67	20.86	0.06	0.00	*N/A*
DRESSING, RANCH	1 oz	7500	65	6	150	0.03	0.02	18.0	1	0.16	*1	0.52	2.01	7.1	1.19	*0.00
MILK, 1% HOLLANDIA 2017	1 EACH	3000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK, NF Chocolate HOLL. 2017	1 EACH	5750	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			581	40	873	10.34	4.51	484.8	3702	59.56	*60	24.81	94.09	14.05	4.34	*0.00
% of Calories											*41.3%	17.1%	64.8%	21.8%	6.7%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Mar 20, 2023 thru Mar 24, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

	Portion Size	Relmb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/23/2023																
ELEMENTARY LUNCH, CH	Total	8850														
Pozole, Green Chicken 2022	14 oz	5000	245	70	1669	2.26	1.52	147.5	135	15.97	*6	19.2	25.89	6.64	2.83	*0.00
TORTILLA CHIPS-2021	SERVING	5000	280	0	200	6.00	3.60	80.0	200	0.0	*N/A*	4.0	38.0	12.0	2.00	0.00
YOGURT, Hollan, Ras, w/crack-2017	SERVING	500	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT, HollanPeachw/crack-2017	SERVING	500	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT, Strawberry W/Crack-2017	SERVING	500	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT, Strw-Ban, W/Crack-2017	SERVING	500	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
CABBAGE, SHREDDED	Serving	5500	13	0	9	1.31	0.25	21.0	51	19.22	2	0.67	3.05	0.05	0.02	*N/A*
ORANGE WEDGES	1 EACH	5500	62	0	0	3.14	0.13	52.4	295	69.69	12	1.23	15.39	0.16	0.03	*N/A*
PEACHES, Diced Xtra Lite Syrup	serving	4000	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 .50oz	Servings	5000	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
MILK, 1% HOLLANDIA 2017	1 EACH	4000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK, NF Chocolate HOLL.2017	1 EACH	4850	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			596	51	1338	8.35	4.43	539.2	1605	65.95	*37	26.05	89.69	15.72	4.33	*0.00
% of Calories											*24.8%	17.5%	60.2%	23.7%	6.5%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 03/24/2023																
ELEMENTARY LUNCH, CH	Total	7000														
FISH STICKS, POLLOCK -2013	SERV.(4 sticks)	6000	210	55	290	3.00	1.44	60.0	0	0.0	0	18.0	23.0	5.0	0.50	0.00
Cookie, Choc Graham belly bear	bag	6000	121	0	86	2.03	1.09	101.2	0	0.0	7	2.03	20.25	4.05	0.00	0.00
YOGURT, Hollan, Ras, w/crack-2017	SERVING	325	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT, HollanPeachw/crack-2017	SERVING	198	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT, Strawberry W/Crack-2017	SERVING	225	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT, Strw-Ban, W/Crack-2017	SERVING	252	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
POTATO FROZEN, FRNCH-2021	SERVING	1	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, side, 2021	servings	5500	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*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	*N/A*
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
DRESSING, RANCH .50oz	Servings	4500	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
MILK, 1% HOLLANDIA 2017	1 EACH	575	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK, NF Chocolate HOLL.2017	1 EACH	6000	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00

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Rialto Unified School District

Mar 20, 2023 thru Mar 24, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

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	Portion Size	Relmb 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 % of Calories			536	53	733	7.19	3.52	436.9	2425	7.75	*39 *29.4%	27.30 20.4%	84.07 62.7%	11.61 19.5%	1.32 2.2%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			569	44	907	7.58	4.16	483.5	5635	43.09	*44 *70.1%	26.49 18.6%	89.27 62.7%	13.72 21.7%	3.37 5.3%	*0.00 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	569		550 - 650	100%				
Cholesterol (mg)	44							
Sodium (mg)	907		1230					
Fiber (g)	7.58							
Iron (mg)	4.16							
Calcium (mg)	483.5							
Vitamin A (IU)	5635							
Sugars (g)	44	31.15%			Missing			
Vitamin C (mg)	43.09							
Protein (g)	26.49	18.61%						
Carbohydrate (g)	89.27	62.71%						
Total Fat (g)	13.72	21.69%	<=30.00%					
Saturated Fat (g)	3.37	5.33%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

Rialto Unified School District

Portion Values - Detailed

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Rialto Unified School District

Mar 27, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Page 1

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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 - 03/27/2023																
ELEMENTARY LUNCH, CH	Total	9572														
Ch-Burger w/WhWheat Bun-201	1 EACH	4000	295	46	730	3.40	3.23	166.0	163	0.0	5	22.09	31.5	10.3	3.75	*0.00
5EL																
YOGURT,Hollan,Ras,w/crack-2017	1 each	600	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2	1 each	600	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
017																
YOGURT,Strawberry W/Crack-2	1 each	600	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
017																
YOGURT,Strw-Ban,W/Crack-2017	1 each	600	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
BARBECUE BEANS -2012	1/2 CUP	6000	197	0	782	6.77	2.07	63.6	302	1.51	*9	8.1	45.2	0.65	0.13	*0.00
CELERY STICKS 2021	serving	6000	18	0	89	1.78	0.22	44.6	500	3.45	2	0.77	3.31	0.19	0.04	*N/A*
PEACHES, Diced Xtra Lite Syrup	serving	6000	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 .50oz	Servings	6000	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
CATSUP	1 oz	6000	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
MUSTARD	.5 oz	1200	10	0	177	0.51	0.23	9.0	11	0.23	0	0.68	0.83	0.62	0.04	0.00
MILK,1% HOLLANDIA 2017	1 EACH	1200	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	8372	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			552	27	1327	7.85	4.46	478.3	1992	5.49	*40	25.92	96.73	9.58	2.87	*0.00
% of Calories											*29.0%	18.8%	70.1%	15.6%	4.7%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 03/28/2023																
ELEMENTARY LUNCH, CH	Total	8225														
MACARONI AND CHEESE '22	1/2 CUP	4000	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	4000	90	0	170	2.00	1.08	40.0	10	0.0	2	5.0	17.0	1.5	0.00	0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	500	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2	SERVING	500	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
017																
YOGURT,Strawberry W/Crack-2	SERVING	500	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
017																
YOGURT,Strw-Ban,W/Crack-2017	SERVING	500	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
BEAN, GREEN	1 CUP	5500	27	0	339	2.57	1.22	35.1	471	5.81	*N/A*	1.62	6.08	0.14	0.03	*N/A*
SALAD 3/WAY, side,2021	servings	5500	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
GRAPES,Fresh	serving	5000	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
APPLESAUCE, UNSWEETNED	serving	6500	51	0	2	1.34	0.28	4.9	35	1.22	11	0.21	13.75	0.12	0.01	*N/A*
DRESSING, RANCH	1 oz	6225	65	6	150	0.03	0.02	18.0	1	0.16	*1	0.52	2.01	7.1	1.19	*0.00
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	6225	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00

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Rialto Unified School District

Mar 27, 2023 thru Mar 31, 2023

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)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat' (g)
Weighted Daily Average % of Calories			561	34	1281	6.15	3.56	754.0	3841	10.87	*48 *34.6%	28.31 20.2%	84.45 60.2%	15.95 25.6%	6.38 10.2%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 03/29/2023																
ELEMENTARY LUNCH, CH	Total	9000														
Jambalaya, Chicken '23	Servings	7000	336	*75	1105	3.71	2.83	41.1	*570	29.01	*5	17.84	38.38	14.94	2.78	*0.00
YOGURT, Hollan, Ras, w/crack-2017	SERVING	290	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT, Hollan Peach w/crack-2017	SERVING	325	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT, Strawberry W/Crack-2017	SERVING	198	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT, Strw-Ban, W/Crack-2017	SERVING	187	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, side, 2021	servings	5000	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
BANANAS	1 EACH	5000	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
Pears, In Extra Light Syrup	serving	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 .50oz	Servings	4500	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
MILK, 1% HOLLANDIA 2017	1 EACH	1000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK, NF Chocolate HOLL. 2017	1 EACH	7500	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			522	*64	1077	6.46	3.45	321.9	*2292	30.76	*38 *29.5%	24.05 18.4%	81.03 62.1%	14.83 25.6%	2.97 5.1%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Mar 27, 2023 thru Mar 31, 2023

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' (g)
Thu - 03/30/2023																
ELEMENTARY LUNCH, CH	Total	9000														
TURKEY GRAVY -2022	3/8 CUP	7000	148	45	755	0.04	1.41	15.6	3	0.6	*0	18.21	6.29	5.02	1.65	*0.00
POTATO, MASHED, IDAHO REA	Servings	9000	23	0	91	0.26	0.08	8.6	0	0.0	0	0.52	4.65	0.13	0.00	*0.00
1.2020																
Roll, dinner, whte.wht Galassos	1 each	9000	150	0	270	3.00	1.80	80.0	15	0.0	3	7.0	29.0	2.0	0.00	0.00
YOGURT, Hollan, Ras, w/crack-2017	SERVING	400	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT, HollanPeachw/crack-2	SERVING	400	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
017																
YOGURT, Strawberry W/Crack-2	SERVING	400	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
017																
YOGURT, Strw-Ban, W/Crack-2017	SERVING	400	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
SALAD 3/WAY, side, 2021	servings	3500	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
ORANGE WEDGES	1 EACH	5500	62	0	0	3.14	0.13	52.4	295	69.69	12	1.23	15.39	0.16	0.03	*N/A*
PEACHES: canned, light syrup	1 CUP	500	136	0	13	3.26	0.90	7.5	889	6.02	33	1.13	36.52	0.08	0.00	*N/A*
DRESSING, RANCH	1 oz	7500	65	6	150	0.03	0.02	18.0	1	0.16	*1	0.52	2.01	7.1	1.19	*0.00
MILK, 1% HOLLANDIA 2017	1 EACH	3000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK, NF Chocolate HOLL.2017	1 EACH	5750	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			578	48	1288	6.52	4.33	478.2	1899	45.97	*36	33.78	84.69	14.42	3.24	*0.00
% of Calories											*25.1%	23.4%	58.6%	22.5%	5.0%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 03/31/2023																
ELEMENTARY LUNCH, CH	Total	9000														
Nacho Delx W/ 3bnCHILI, chz2023	SERVING	5500	510	46	770	9.22	5.36	326.3	873	6.06	*0	19.34	48.89	24.73	9.15	*0.00
YOGURT, HollanPeachw/crack-2	SERVING	400	410	10	405	4.00	4.00	286.0	2500	0.0	37	10.0	75.0	8.5	2.50	0.00
017																
YOGURT, Strawberry W/Crack-2	SERVING	400	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
017																
YOGURT, Strw-Ban, W/Crack-2017	SERVING	400	410	10	410	4.00	4.00	288.0	2500	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT, Hollan, Ras, w/crack-2017	SERVING	400	410	10	410	4.00	4.00	287.0	2500	0.0	36	10.0	75.0	8.5	2.50	0.00
SALAD 3/WAY, side, 2021	servings	1000	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
CARROT, sticks '22	Serving	8500	54	0	91	3.69	0.40	43.5	22161	7.78	6	1.23	12.63	0.32	0.05	0.00
APRICOTS: canned, light syrup	serving	8000	80	0	5	2.02	0.49	13.9	1672	3.42	19	0.67	20.86	0.06	0.00	*N/A*
DRESSING, RANCH .50oz	Servings	5500	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
Salsa, LaVictoria 2017 2oz	Serving	4000	19	0	340	0.00	0.00	0.0	0	6.8	2	0.0	3.78	0.0	0.00	0.00
MILK, 1% HOLLANDIA 2017	1 EACH	500	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK, NF Chocolate HOLL.2017	1 EACH	8000	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	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

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

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Rialto Unified School District

Mar 27, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Page 4

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	Portion Size	Relmb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			641	34	955	11.75	5.46	551.7	24073	17.75	*47 *29.5%	23.31 14.5%	95.15 59.4%	19.29 27.1%	6.54 9.2%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			571	*42	1186	7.75	4.25	516.8	*6819	22.17	*42 *66.4%	27.08 19.0%	88.41 62.0%	14.81 23.4%	4.40 6.9%	*0.00 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	571		550 - 650	100%				
Cholesterol (mg)	42				Missing			
Sodium (mg)	1186		1230					
Fiber (g)	7.75							
Iron (mg)	4.25							
Calcium (mg)	516.8							
Vitamin A (IU)	6819				Missing			
Sugars (g)	42	29.51%			Missing			
Vitamin C (mg)	22.17							
Protein (g)	27.08	18.98%						
Carbohydrate (g)	88.41	61.97%						
Total Fat (g)	14.81	23.36%	<=30.00%					
Saturated Fat (g)	4.40	6.94%	<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.

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