

Rialto Unified School District

Dec 2, 2024 thru Dec 6, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Page 1

Generated on: 11/16/2024 12:25:30 PM

	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 - 12/02/2024																
ELEMENTARY LUNCH, CH	Total	7000														
MACARONI & CHEESE 2	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	SERVING	1333	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	1333	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt,Peach w/crack-DW '24	SERVING	1333	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
SALAD 3/WAY, '23	servings	5500	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
BROCCOLI,raw: fresh	Serving	5500	15	0	15	1.18	0.33	21.4	283	40.59	1	1.28	3.02	0.17	0.05	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	ounces	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	1 EACH	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	1 EACH	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			614	28	834	7.25	3.86	785.7	3987	40.70	55	20.24	108.50	12.08	4.29	*0.19
% of Calories											35.7%	13.2%	70.7%	17.7%	6.3%	*0.3%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

	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 - 12/03/2024																
ELEMENTARY LUNCH, CH	Total	6400														
Sandwich, Hawaii Pulled Pork	1 EACH	4000	356	66	637	3.47	2.39	73.2	185	7.01	*8	28.49	42.44	6.84	1.13	*0.02
Yogurt,Vanilla w/crack-DW '24	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt,Peach w/crack-DW '24	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	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	servings	3000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
CARROT, sticks '22	Serving	3000	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT MIX, Extra Light Syrup	serving	3000	80	0	5	1.00	0.00	0.0	200	1.2	15	0.0	18.0	0.0	0.00	0.00
PLUMS,FRESH	1 EACH	3000	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	0.00
DRESSING, RANCH 1oz. '23	ounces	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	1 EACH	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	1 EACH	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			673	53	1180	7.90	4.12	537.4	2771	10.62	*53	33.49	110.95	10.95	2.02	*0.01
% of Calories											*31.7%	19.9%	65.9%	14.6%	2.7%	*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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rialto Unified School District

Dec 2, 2024 thru Dec 6, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Page 2

Generated on: 11/16/2024 12:25:30 PM

	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 - 12/04/2024																
ELEMENTARY LUNCH, CH	Total	7000														
CHEESY PASTA BAKE 2021	servings	4500	377	45	1213	13.40	3.28	608.2	1247	15.16	*8	24.52	41.29	12.72	7.23	*0.00
bread, stick '23	1 each	4500	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	SERVING	833	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	833	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	SERVING	833	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
SALAD 3/WAY, '23	servings	6000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
CUCUMBER, SLICED	serving	6000	12	0	2	0.39	0.22	12.5	82	2.18	1	0.51	2.83	0.09	0.03	0.00
GRAPES, Fresh	serving	4000	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	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	ounces	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	1 EACH	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	1 EACH	4000	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			662	40	1193	12.52	5.28	846.3	4489	20.57	*45	28.03	103.38	15.46	6.21	*0.00
% of Calories											*27.5%	16.9%	62.4%	21.0%	8.4%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

	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 - 12/05/2024																
ELEMENTARY LUNCH, CH	Total	6500														
TACO Walkin, Beef, - '24	Serving	3000	493	33	791	4.43	2.32	75.2	798	6.32	*3	19.71	31.51	31.65	10.17	*0.00
Yogurt, Vanilla w/crack-DW '24	SERVING	1166	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	1166	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	SERVING	1166	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
SALAD 3/WAY, '23	servings	5000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
JICAMA STICKS	Serving	3000	25	0	0	3.00	0.36	0.0	5	12.0	1	0.0	6.0	0.0	0.00	0.00
KIWIFRUIT	1 each	5000	46	0	2	2.28	0.24	25.8	66	70.45	7	0.87	11.14	0.4	0.02	0.00
STRAWBERRIES: frozen unswtnd.	serving	5000	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	ounces	2000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
Salsa, Low Sodium	1 oz	3000	10	0	32	0.41	0.64	3.2	156	1.14	*N/A*	0.43	1.98	0.05	0.01	0.00
MILK, 1% DW 2024	1 EACH	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	1 EACH	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			675	28	832	9.55	4.67	642.2	3679	101.46	*51	23.53	98.49	21.39	6.11	*0.00
% of Calories											*30.2%	13.9%	58.4%	28.5%	8.2%	*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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rialto Unified School District

Dec 2, 2024 thru Dec 6, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Generated on: 11/16/2024 12:25:30 PM

	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 - 12/06/2024																
ELEMENTARY LUNCH, CH CHILI, Cowboy	Total serv.(1/2 cup)	7000 3000	155	17	599	4.68	2.18	65.2	490	7.42	*1	11.32	5.31	5.35	1.92	*0.29
CORNBREAD,reg,frz egg'24	1 EACH	3000	115	14	136	1.02	0.95	81.8	42	0.13	*4	2.95	18.96	3.14	0.35	*0.00
Yogurt,Vanilla w/crack-DW '24	SERVING	1333	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	1333	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt,Peach w/crack-DW '24	SERVING	1333	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
SALAD 3/WAY, '23	servings	5500	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	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
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
PINEAPPLE, IN JUICE	Serving	5500	54	0	1	1.18	0.25	14.5	45	8.51	13	0.46	14.08	0.1	0.01	0.00
DRESSING, RANCH 1oz. '23	ounces	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	1 EACH	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	1 EACH	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			598	25	789	8.97	4.28	653.2	4085	25.80	*66	20.55	104.92	9.98	2.17	*0.13
% of Calories											*44.4%	13.7%	70.1%	15.0%	3.3%	*0.2%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			645	35	966	9.24	4.44	693.0	3802	39.83	*54	25.17	105.25	13.97	4.16	*0.07
											*75.6%	15.6%	65.3%	19.5%	5.8%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	645		550 - 650	100%				
Cholesterol (mg)	35							
Sodium 1 (mg)	966		1230	79%				
Sodium 1a (mg)	966		1110	87%				
Fiber (g)	9.24							
Iron (mg)	4.44							
Calcium (mg)	693.0							
Vitamin A (IU)	3802							
Sugars (g)	54	33.62%			Missing			
Vitamin C (mg)	39.83							
Protein (g)	25.17	15.62%						
Carbohydrate (g)	105.25	65.31%						
Total Fat (g)	13.97	19.51%	<=30.00%					
Saturated Fat (g)	4.16	5.81%	<10.00%					
Trans Fat ¹ (g)	0.07	0.09%			Missing			

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rialto Unified School District

Dec 9, 2024 thru Dec 13, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Page 1

Generated on: 11/16/2024 12:25:46 PM

	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 - 12/09/2024																
ELEMENTARY LUNCH, CH	Total	7000														
Chicken,Tangerine-2014	SERV	5000	190	45	380	2.00	1.44	0.0	65	0.0	13	14.0	25.0	4.0	1.00	0.00
Noodles, Chow Mein '23	1/2 Cup	5000	108	1	554	2.49	0.93	24.6	18	9.09	*2	3.69	17.97	3.14	0.50	*0.00
Yogurt, Vanilla w/crack-DW '24	SERVING	667	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	667	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	SERVING	667	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
SALAD 3/WAY, '23	servings	5000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
CELERY STICKS 2021	1 serving	5000	16	0	89	1.78	0.22	44.6	500	3.45	1	0.77	3.31	0.19	0.05	0.00
PLUMS, FRESH	1 EACH	5000	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	0.00
FRUIT MIX, Extra Light Syrup	serving	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	ounces	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	1 EACH	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	1 EACH	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			576	45	1104	7.23	3.24	474.7	3703	17.34	*57	24.71	95.28	11.08	2.37	*0.00
% of Calories											*39.5%	17.2%	66.2%	17.3%	3.7%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 12/10/2024																
ELEMENTARY LUNCH, CH	Total	7000														
Tamale, 2Cheese&GreenChile '24	1 each	4000	340	35	710	3.00	1.00	419.0	750	1.2	2	16.0	30.0	18.0	9.00	0.00
Yogurt, Vanilla w/crack-DW '24	SERVING	1000	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	1000	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	SERVING	1000	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
BEANS, PINTO SEASONED-2017	1/2 CUP	3000	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, '23	servings	4000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
CAULIFLOWER, raw: fresh	SERVING	4000	13	0	15	1.00	0.21	11.0	0	24.1	1	0.96	2.49	0.14	0.07	0.00
Blueberries, Frozen	Serving	4000	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
PEACHES, Diced Xtra Lite Syrup	serving	3000	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	ounces	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 2017 2oz	Serving	3000	19	0	340	0.00	0.00	0.0	9	6.8	2	0.0	3.78	0.0	0.00	0.00
MILK, 1% DW 2024	1 EACH	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	1 EACH	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			622	33	1069	6.95	3.17	769.7	3164	22.51	*42	24.29	93.07	17.35	6.63	*0.00
% of Calories											*27.2%	15.6%	59.9%	25.1%	9.6%	*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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rialto Unified School District

Dec 9, 2024 thru Dec 13, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Page 2

Generated on: 11/16/2024 12:25:46 PM

	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 - 12/11/2024																
ELEMENTARY LUNCH, CH	Total	7500														
Pozole, Green Chicken 2022	14 oz	3000	255	70	1519	2.26	1.52	147.5	154	15.97	*5	19.2	27.77	6.64	2.83	*0.00
TORTILLA CHIPS-2021	SERVING	3000	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, Peach w/crack-DW '24	SERVING	1500	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	1500	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Vanilla w/crack-DW '24	SERVING	1500	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
CABBAGE, SHREDDED	Serving	7500	13	0	9	1.31	0.25	21.0	51	19.22	2	0.67	3.05	0.05	0.02	0.00
JICAMA STICKS	Serving	5500	25	0	0	3.00	0.36	0.0	5	12.0	1	0.0	6.0	0.0	0.00	0.00
LEMON WEDGES	Quarter	7500	17	0	1	1.60	0.36	10.0	0	30.6	*N/A*	0.6	5.0	0.2	0.00	0.00
STRAWBERRIES: frozen unswtnd.	serving	4000	39	0	2	2.32	0.83	17.7	50	45.53	5	0.48	10.09	0.12	0.01	0.00
MILK, 1% DW 2024	1 EACH	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	1 EACH	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			643	39	1120	12.06	5.76	735.4	1092	89.29	*49	23.94	110.13	12.21	3.05	*0.00
% of Calories											*30.4%	14.9%	68.5%	17.1%	4.3%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

	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 - 12/12/2024																
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	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
LETTUCE, SHREDDED	Serving	4000	10	0	7	0.86	0.30	13.0	361	2.02	1	0.65	2.14	0.1	0.01	0.00
Tomato, sliced	SLICE	4000	3	0	1	0.18	0.04	1.5	125	2.06	0	0.13	0.58	0.03	0.00	0.00
GRAPES, Fresh	serving	4000	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	0.00
TANGERINES, FRESH	Serving	4000	89	0	3	3.02	0.25	62.2	1144	44.86	18	1.36	22.41	0.52	0.07	0.00
Sauce, Hilda's Secret '22	2 oz Servings	3000	59	0	323	0.10	0.11	4.5	150	1.14	*6	0.3	8.34	3.05	0.61	*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	1 EACH	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	1 EACH	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			592	37	1059	6.94	4.20	614.9	2211	33.65	*62	27.07	99.77	11.35	3.41	*3.94
% of Calories											*41.8%	18.3%	67.4%	17.3%	5.2%	*6.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rialto Unified School District

Dec 9, 2024 thru Dec 13, 2024

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)
Fri - 12/13/2024																
ELEMENTARY LUNCH, CH PIZZA, DOMINOS 14" WGPep, slic e'24	Total serving	9000 7000														
Yogurt, Peach w/crack-DW '24	SERVING	667	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	667	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Vanilla w/crack-DW '24	SERVING	667	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
SALAD 3/WAY, '23	servings	8000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
TOMATOES, GRAPE-2023	1/2 CUP	6000	13	0	4	0.89	0.20	7.5	621	10.21	2	0.66	2.9	0.15	0.02	0.00
SLUSH, BLUE RASPBERRY '23	container s, 4oz	6000	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
Pears, In Extra Light Syrup	serving	3000	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	ounces	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	1 EACH	3000	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	1 EACH	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			514	23	749	5.55	2.86	629.3	4624	15.63	43	23.66	82.60	10.27	3.50	*0.00
% of Calories											33.3%	18.4%	64.3%	18.0%	6.1%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			589	35	1020	7.74	3.85	644.8	2959	35.68	*51 *77.2%	24.73 16.8%	96.17 65.3%	12.45 19.0%	3.79 5.8%	*0.79 *1.2%
------------------	--	--	-----	----	------	------	------	-------	------	-------	---------------	----------------	----------------	----------------	--------------	----------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	589		550 - 650	100%				
Cholesterol (mg)	35							
Sodium 1 (mg)	1020		1230	83%				
Sodium 1a (mg)	1020		1110	92%				
Fiber (g)	7.74							
Iron (mg)	3.85							
Calcium (mg)	644.8							
Vitamin A (IU)	2959							
Sugars (g)	51	34.31%			Missing			
Vitamin C (mg)	35.68							
Protein (g)	24.73	16.79%						
Carbohydrate (g)	96.17	65.27%						
Total Fat (g)	12.45	19.02%	<=30.00%					
Saturated Fat (g)	3.79	5.79%	<10.00%					
Trans Fat ¹ (g)	0.79	1.20%			Missing			

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.