

# Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2024 thru May 3, 2024

ELEMENTARY LUNCH, CHOICES

Generated on: 5/1/2024 6:46:41 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/01/2024																
ELEMENTARY LUNCH, CH	Total	9000														
TACO Walkin,Beef,- '22	1.5 oz	7000	387	33	697	4.42	2.32	81.4	807	6.24	*3	13.98	30.5	23.06	5.40	*0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	600	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT,HollanPeachw/crack-2017	SERVING	600	410	10	405	4.00	4.00	286.0	2560	0.0	37	10.0	75.0	8.5	2.50	0.00
YOGURT,Strawberry W/Crack-2017	SERVING	600	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
YOGURT,Strw-Ban,W/Crack-2017	SERVING	600	410	10	410	4.00	4.00	288.0	2560	0.0	36	10.0	76.0	8.5	2.50	0.00
LETTUCE, SHREDDED	Serving	5000	10	0	7	0.86	0.30	13.0	361	2.02	1	0.65	2.14	0.1	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	0.00
PEACHES, Diced Xtra Lite Syrup	serving	5000	60	0	10	0.00	0.00	0.0	300	1.2	0	0.0	14.0	0.0	0.00	0.00
Salsa, LaVictoria 2017 2oz	Serving	5000	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% 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			599	32	980	5.45	3.78	401.4	2207	12.73	*38	22.11	82.13	20.71	5.10	*0.00
% of Calories											*25.6%	14.8%	54.8%	31.1%	7.7%	*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 <sup>1</sup> (g)
Thu - 05/02/2024																
ELEMENTARY LUNCH, CH	Total	9000														
PIZZA,DOMINOS14"WGChz,slic e'24	serving	7000	240	15	460	3.00	2.00	540.0	0	0.0	3	21.0	28.0	8.0	3.50	0.00
YOGURT,Hollan,Ras,w/crack-2017	SERVING	500	410	10	410	4.00	4.00	287.0	2560	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	2560	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	2560	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	2560	0.0	36	10.0	76.0	8.5	2.50	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
Carrot Nibblets 2022	1/2 Cup	6000	25	0	42	1.71	0.18	20.1	10191	3.6	3	0.57	5.84	0.15	0.02	0.00
ORANGE WEDGES '23	SERVING	6000	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
DRESSING, RANCH 1oz. '23	ounces	8000	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% 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	8000	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			508	23	746	6.19	3.48	804.4	10629	40.57	37	28.85	73.80	15.35	4.60	*0.00
% of Calories											29.1%	22.7%	58.1%	27.2%	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.

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Rialto Unified School District

May 1, 2024 thru May 3, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/03/2024																
ELEMENTARY LUNCH, CH	Total	8000														
Penne, Alfredo, Chicken '23	3/4 CUP	6000	203	79	411	6.29	1.47	108.8	86	1.73	*2	15.8	20.12	5.55	1.49	*0.04
Roll, dinner, white, w/ Galassos	1 each	6000	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	500	410	10	410	4.00	4.00	287.0	2560	0.0	36	10.0	75.0	8.5	2.50	0.00
YOGURT, Hollan, Peachw/crack-2017	SERVING	500	410	10	405	4.00	4.00	286.0	2560	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	2560	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	2560	0.0	36	10.0	76.0	8.5	2.50	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
SLUSH, BERRY BERRY BLUE '23	container s, 4oz	6000	80	0	0	0.00	0.00	0.0	75	90.0	15	0.0	19.0	0.0	0.00	0.00
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	1 oz	5000	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	6000	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			635	71	860	8.22	4.17	502.6	3709	73.53	*42	29.08	102.74	12.87	2.86	*0.03
% of Calories											*26.2%	18.3%	64.7%	18.3%	4.1%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Weighted Average			581	42	862	6.62	3.81	569.4	5515	42.28	*39	26.68	86.22	16.31	4.19	*0.01
											*60.4%	18.4%	59.4%	25.3%	6.5%	*0.0%

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May 1, 2024 thru May 3, 2024

ELEMENTARY LUNCH, CHOICES

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	581		550 - 650		100%												
Cholesterol (mg)	42																
Sodium 1 (mg)	862		1230		70%												
Sodium 1a (mg)	862		1110		78%												
Fiber (g)	6.62																
Iron (mg)	3.81																
Calcium (mg)	569.4																
Vitamin A (IU)	5515																
Sugars (g)	39	26.84%				Missing											
Vitamin C (mg)	42.28																
Protein (g)	26.68	18.38%															
Carbohydrate (g)	86.22	59.40%															
Total Fat (g)	16.31	25.28%	<=30.00%														
Saturated Fat (g)	4.19	6.49%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.01	0.02%				Missing											

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