

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2025 thru Oct 31, 2025

ELEM B.I.C. #1

Generated on: 10/1/2025 10:05:45 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 - 10/01/2025																
ELEM B.I.C. #1	Total	5000														
BAR, DOUBLE CHOC CHIP	1 EACH	5000	270	0	230	5.00	2.70	20.0	105	0.0	21	5.0	48.0	8.0	2.50	0.00
Crisps, Apple-Strawberry '22	BAG (0.3 4 oz)	2500	39	0	0	1.93	0.00	0.0	34	0.0	7	0.0	9.64	0.0	0.00	0.00
Craisins, Watermelon	serv. (1.1 6 oz)	2500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	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)	3000	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			464	9	416	7.46	2.70	280.0	982	0.00	53	13.40	84.42	9.00	3.10	0.00
% of Calories											46.0%	11.5%	72.7%	17.4%	6.0%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Thu - 10/02/2025																
ELEM B.I.C. #1	Total	5000														
Sndwich Chx & Sausage 2020	serv. (1.1 6 oz)	5000	159	26	312	1.40	1.10	110.0	110	0.0	2	9.7	16.0	6.4	2.60	0.00
Craisins, Watermelon	serv. (1.1 6 oz)	2500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
APPLES,Fresh sliced	pkg. (2oz)	2500	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	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)	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			351	33	510	3.90	1.19	345.0	1095	61.80	35	17.90	52.80	6.90	2.90	0.00
% of Calories											39.7%	20.4%	60.2%	17.7%	7.4%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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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 ¹ (g)
Fri - 10/03/2025																
ELEM B.I.C. #1	Total	5000														
Concha, WG PINK-'24	1 EACH	5000	200	5	90	2.00	1.80	40.0	40	0.0	8	5.0	34.0	6.0	1.50	0.00
Craisins, Watermelon	serv. (1.1 6 oz)	2500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Orange juice, DW, 4oz.2024	EACH(4 oz)	2500	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	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)	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 % of Calories			403	12	295	3.50	1.80	275.0	1050	15.00	45 44.7%	13.70 13.6%	73.80 73.3%	6.50 14.5%	1.80 4.0%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Mon - 10/06/2025																
ELEM B.I.C. #1	Total	5000														
Cinnamon Swirls, WG 2024	Serving	5000	300	10	125	3.00	0.36	499.7	0	0.0	22	6.0	47.97	8.99	2.50	0.00
Craisins, Watermelon	serv. (1.1 6 oz)	2500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Craisins, Watermelon	serv. (1.1 6 oz)	2500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	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)	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 % of Calories			530	17	323	6.00	0.36	729.7	1020	0.00	64 48.3%	14.20 10.7%	94.77 71.5%	9.49 16.1%	2.80 4.8%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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ELEM B.I.C. #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)
Tue - 10/07/2025																
ELEM B.I.C. #1	Total	5000														
OATMEAL CHOC-CHIP BAR-2017	EACH(2.5 oz)	5000	290	20	240	3.00	1.80	20.0	110	0.0	22	5.0	47.0	9.0	3.00	0.00
Craisins, Watermelon	serv. (1.1 6 oz)	2500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
GRAPES,Fresh PKG '23	serv.(1/2 cup)	2500	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	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)	3000	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			480	29	426	4.71	1.87	283.2	993	0.92	55 45.6%	13.54 11.3%	82.54 68.7%	10.08 18.9%	3.63 6.8%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Wed - 10/08/2025																
ELEM B.I.C. #1	Total	5000														
Pancakes, Confetti Bites 2022	pkg	5000	210	10	210	4.00	3.60	20.0	1000	0.0	11	4.0	36.0	7.0	1.00	0.00
Craisins, Watermelon	serv. (1.1 6 oz)	2500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
BANANAS	1 EACH	2500	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	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)	3000	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			430	19	397	6.81	3.73	282.5	1892	4.39	46 43.0%	12.95 12.0%	79.13 73.6%	8.17 17.1%	1.66 3.5%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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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 - 10/09/2025																
ELEM B.I.C. #1	Total	5000														
UBR - BRKFST CINN ROUND	1 EACH	5000	280	5	190	6.29	0.68	29.8	8	0.01	19	5.0	44.0	8.0	3.00	0.00
Craisins, Watermelon	serv. (1.1 6 oz)	2500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
APPLES,Fresh sliced	pkg. (2oz)	2500	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	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)	3000	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			472	14	376	8.79	0.77	294.8	893	61.81	51 43.2%	13.40 11.4%	79.60 67.5%	9.00 17.2%	3.60 6.9%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Fri - 10/10/2025																
ELEM B.I.C. #1	Total	5000														
Concha, WG WHITE-'24	each(2G)	5000	200	5	90	2.00	1.80	40.0	40	0.0	8	5.0	34.0	6.0	1.50	0.00
Craisins, Watermelon	serv. (1.1 6 oz)	2500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Juice, apple 4oz. DW-2024	1 EACH	2500	55	0	15	0.00	0.00	0.0	0	30.0	15	0.0	15.0	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)	3000	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			403	14	284	3.50	1.80	300.0	900	15.00	45 44.2%	13.40 13.3%	73.10 72.6%	7.00 15.7%	2.10 4.7%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Mon - 10/13/2025																
ELEM B.I.C. #1	Total	1														
HOLIDAY	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 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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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 - 10/14/2025																
ELEM B.I.C. #1	Total	5000														
FRENCH TOAST BAR-2018	1 EACH	5000	290	25	200	3.00	1.80	40.0	105	0.0	21	5.0	47.0	9.0	2.50	0.00
Craisins, Watermelon	serv. (1.1 6 oz)	2500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Craisins, Watermelon	serv. (1.1 6 oz)	2500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	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)	3000	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			520	34	386	6.00	1.80	300.0	1025	0.00	62 47.7%	13.40 10.3%	92.60 71.2%	10.00 17.3%	3.10 5.4%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Wed - 10/15/2025																
ELEM B.I.C. #1	Total	5000														
Donut, Super Bakery '22	1 EACH	5000	250	5	250	0.50	5.40	200.0	2000	30.0	15	5.0	29.0	11.0	3.00	0.00
Craisins, Watermelon	serv. (1.1 6 oz)	2500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Crisps, Apple-Strawberry '22	BAG (0.3 4 oz)	2500	39	0	0	1.93	0.00	0.0	34	0.0	7	0.0	9.64	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)	3000	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			444	14	436	2.96	5.40	460.0	2877	30.00	47 42.7%	13.40 12.1%	65.42 58.9%	12.00 24.3%	3.60 7.3%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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Thu - 10/16/2025																
ELEM B.I.C. #1	Total	5000														
Waffles, Fun N Fruti '24	pkg	5000	210	35	290	2.00	1.08	8.0	0	0.0	10	5.0	31.0	8.0	1.50	0.00
Craisins, Watermelon	serv. (1.1 6 oz)	2500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
APPLES, Fresh sliced	pkg. (2oz)	2500	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	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)	3000	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			402	44	476	4.50	1.17	273.0	885	61.80	42	13.40	66.60	9.00	2.10	0.00
% of Calories											41.8%	13.3%	66.3%	20.1%	4.7%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Fri - 10/17/2025																
ELEM B.I.C. #1	Total	4950														
BANA CHOC-CHUNKY MONKE Y 2013	1 EACH	5000	280	15	220	3.00	1.80	20.0	115	0.0	23	5.0	48.0	8.0	3.00	0.00
Craisins, Watermelon	serv. (1.1 6 oz)	5000	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Orange juice, DW, 4oz. 2024	EACH (4 oz)	5000	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	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)	3000	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			571	24	424	6.06	1.82	292.9	1146	30.30	79	14.54	108.69	9.09	3.64	0.00
% of Calories											55.2%	10.2%	76.2%	14.3%	5.7%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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Mon - 10/20/2025																
ELEM B.I.C. #1	Total	5000														
Cinnis, Mini	1 EACH	5000	240	0	270	2.00	1.44	40.0	75	0.0	15	5.0	39.0	7.0	1.50	0.00
Craisins, Watermelon	serv. (1.1 6 oz)	2500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Craisins, Watermelon	serv. (1.1 6 oz)	2500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	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)	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 % of Calories			470	7	468	5.00	1.44	270.0	1095	0.00	57 48.5%	13.20 11.2%	85.80 73.0%	7.50 14.4%	1.80 3.4%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Tue - 10/21/2025																
ELEM B.I.C. #1	Total	5000														
Muffins, DBL ChocBuena Vista	1 ea	5000	350	35	390	3.96	6.30	60.4	*N/A*	*N/A*	31	6.0	59.0	10.99	3.00	0.00
Craisins, Watermelon	serv. (1.1 6 oz)	2500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
GRAPES,Fresh PKG '23	serv.(1/2 cup)	2500	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	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)	3000	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			541	44	577	5.67	6.36	323.6	*883	*0.92	64 47.1%	14.54 10.8%	94.55 69.9%	12.07 20.1%	3.63 6.0%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2025 thru Oct 31, 2025

ELEM B.I.C. #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)
Wed - 10/22/2025																
ELEM B.I.C. #1	Total	5000														
Cluster Brk, Whole Grain '22	1 EACH	5000	260	0	190	3.00	2.70	80.0	70	0.0	14	5.0	38.0	10.0	2.50	0.00
Craisins, Watermelon	serv. (1.1 6 oz)	2500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
BANANAS	1 EACH	2500	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	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)	3000	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			480	9	377	5.81	2.83	342.5	962	4.39	49 41.0%	13.95 11.6%	81.13 67.6%	11.17 20.9%	3.16 5.9%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Thu - 10/23/2025																
ELEM B.I.C. #1	Total	4950														
CEREAL,MALT-O,Marsh-Mateys'24	BOWL (2 oz.)	5000	210	0	380	3.00	18.00	200.0	1000	12.0	23	4.0	47.0	2.0	0.00	0.00
Craisins, Watermelon	serv. (1.1 6 oz)	2500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
APPLES,Fresh sliced	pkg. (2oz)	2500	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	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	EACH (1/2 pint)	2000	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			406	11	560	5.56	18.27	500.0	1803	74.55	55 53.7%	12.73 12.5%	82.22 81.0%	3.53 7.8%	0.91 2.0%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2025 thru Oct 31, 2025

ELEM B.I.C. #1

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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 ¹ (g)
Fri - 10/24/2025																
ELEM B.I.C. #1	Total	5000														
BREAD,BANANA 2023 OG	1 EACH	5000	163	19	84	1.41	0.57	12.9	44	1.99	*14	2.03	24.48	7.14	0.68	*0.00
Craisins, Watermelon	serv. (1.1 6 oz)	2500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Orange juice, DW, 4oz.2024	EACH(4 oz)	2500	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	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)	3000	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			366	28	277	2.91	0.57	277.9	954	16.99	*50 *55.0%	10.93 12.0%	63.08 69.0%	8.14 20.0%	1.28 3.1%	*0.00 *0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Mon - 10/27/2025																
ELEM B.I.C. #1	Total	4950														
POP TARTS,Wh.Gr Strawberry-'24	PKG. of (2 ea)	4950	360	0	360	6.00	3.60	200.0	1000	0.0	30	4.0	75.0	4.5	2.00	0.00
Craisins, Watermelon	serv. (1.1 6 oz)	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Craisins, Watermelon	serv. (1.1 6 oz)	4950	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	300	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)	4650	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			590	6	566	9.00	3.60	409.1	2090	0.00	73 49.3%	12.06 8.2%	122.64 83.1%	4.65 7.1%	2.09 3.2%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2025 thru Oct 31, 2025

ELEM B.I.C. #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)
Tue - 10/28/2025																
ELEM B.I.C. #1	Total	5000														
Croissant, Ham & Swiss '25	serving	5000	300	22	580	0.00	6.00	155.0	0	0.0	4	13.0	27.0	15.0	9.00	0.00
GRAPES,Fresh PKG '23	serv.(1/2 cup)	2500	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Craisins, Watermelon	serv. (1.1 6 oz)	2500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	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)	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 % of Calories			490	29	778	1.71	6.07	388.2	983	0.92	38 30.8%	21.34 17.4%	63.74 52.0%	15.58 28.6%	9.33 17.1%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Wed - 10/29/2025																
ELEM B.I.C. #1	Total	5000														
BAR, DOUBLE CHOC CHIP	1 EACH	5000	270	0	230	5.00	2.70	20.0	105	0.0	21	5.0	48.0	8.0	2.50	0.00
Crisps, Apple-Strawberry '22	BAG (0.3 4 oz)	2500	39	0	0	1.93	0.00	0.0	34	0.0	7	0.0	9.64	0.0	0.00	0.00
Craisins, Watermelon	serv. (1.1 6 oz)	2500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	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)	3000	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			464	9	416	7.46	2.70	280.0	982	0.00	53 46.0%	13.40 11.5%	84.42 72.7%	9.00 17.4%	3.10 6.0%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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Rialto Unified School District

Oct 1, 2025 thru Oct 31, 2025

Base Menu Spreadsheet

ELEM B.I.C. #1

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 ¹ (g)
Thu - 10/30/2025																
ELEM B.I.C. #1	Total	5000														
Sndwich Chx & Sausage 2020	serving	5000	159	26	312	1.40	1.10	110.0	110	0.0	2	9.7	16.0	6.4	2.60	0.00
Craisins, Watermelon	serv. (1.1 6 oz)	2500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
APPLES,Fresh sliced	pkg. (2oz)	2500	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	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)	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			351	33	510	3.90	1.19	345.0	1095	61.80	35	17.90	52.80	6.90	2.90	0.00
% of Calories											39.7%	20.4%	60.2%	17.7%	7.4%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Fri - 10/31/2025																
ELEM B.I.C. #1	Total	5000														
Concha, WG PINK-'24	1 EACH	5000	200	5	90	2.00	1.80	40.0	40	0.0	8	5.0	34.0	6.0	1.50	0.00
Craisins, Watermelon	serv. (1.1 6 oz)	2500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Orange juice, DW, 4oz.2024	EACH(4 oz)	2500	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	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)	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			403	12	295	3.50	1.80	275.0	1050	15.00	45	13.70	73.80	6.50	1.80	0.00
% of Calories											44.7%	13.6%	73.3%	14.5%	4.0%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Weighted Average			456	20	435	5.21	3.15	342.2	*1212	*20.71	*52 *102.5	14.14 12.4%	79.89 70.1%	8.69 17.2%	2.91 5.7%	*0.00 *0.0%
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Rialto Unified School District

Oct 1, 2025 thru Oct 31, 2025

Base Menu Spreadsheet

ELEM B.I.C. #1

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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	456		350 - 500	100%													
Cholesterol (mg)	20																
Sodium 1 (mg)	435		540	81%													
Fiber (g)	5.21																
Iron (mg)	3.15																
Calcium (mg)	342.2																
Vitamin A (IU)	1212				Missing												
Sugars (g)	52	45.55%			Missing												
Vitamin C (mg)	20.71				Missing												
Protein (g)	14.14	12.40%															
Carbohydrate (g)	79.89	70.09%															
Total Fat (g)	8.69	17.16%	<=30.00%														
Saturated Fat (g)	2.91	5.74%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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