

# Rialto Unified School District

Dec 2, 2024 thru Dec 6, 2024

Base Menu Spreadsheet

PRESCHOOL

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)	Tr-Fat <sup>1</sup> (g)
Mon - 12/02/2024															
PRESCHOOL	Total	720													
MACARONI & CHEESE 2	1/2 CUP	720	213	39	654	2.31	1.38	409.4	446	0.01	2	10.25	16.6	12.54	*0.45
BROCCOLI,raw: fresh	Serving	2880	15	0	15	1.18	0.33	21.4	283	40.59	1	1.28	3.02	0.17	0.00
APPLES,Fresh sliced 2017 2oz	pkg. (2oz)	2880	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00
DRESSING, RANCH .50oz	Servings	1	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	*0.00
MILK,1% DW 2024	1 EACH	720	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	0.00
Weighted Daily Average			531	54	864	15.04	3.43	885.0	2279	656.75	43	24.39	74.69	15.72	*0.45
% of Calories											32.2%	18.4%	56.3%	26.7%	*0.8%
Nutrient Guideline			550-650		1230									<=30.0	

Tue - 12/03/2024															
PRESCHOOL	Total	720													
Sandwich, Hawaii Pulled Pork	1 EACH	720	356	66	637	3.47	2.39	73.2	185	7.01	*8	28.49	42.44	6.84	*0.02
SALAD 3/WAY, '23	servings	720	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00
FRUIT MIX, Extra Light Syrup PS	serving	720	40	0	2	0.50	0.00	0.0	100	0.6	8	0.0	9.0	0.0	0.00
DRESSING, RANCH 1oz. '23	ounces	1	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	*0.00
MILK,1% DW 2024	1 EACH	720	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	0.00
Weighted Daily Average			528	81	799	4.28	2.60	427.2	3734	11.78	*30	38.03	68.14	9.38	*0.02
% of Calories											*22.6%	28.8%	51.6%	16.0%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	

Wed - 12/04/2024															
PRESCHOOL	Total	720													
CHEESY PASTA BAKE 2021	servings	720	377	45	1213	13.40	3.28	608.2	1247	15.16	*8	24.52	41.29	12.72	*0.00
CUCUMBER, SLICED PS	serving	720	4	0	1	0.13	0.07	4.2	27	0.73	0	0.17	0.94	0.03	0.00
GRAPES,Fresh	serving	720	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.00
DRESSING, RANCH 1oz. '23	ounces	1	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	*0.00
MILK,1% DW 2024	1 EACH	720	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	0.00
Weighted Daily Average			563	80	1366	14.36	3.62	975.2	1866	19.57	*37	34.27	72.02	15.58	*0.00
% of Calories											*26.4%	24.3%	51.2%	24.9%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	

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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)	Tr-Fat <sup>1</sup> (g)
Thu - 12/05/2024															
PRESCHOOL	Total	720													
TACO Walkin,Beef,- '24	Serving	720	493	33	791	4.43	2.32	75.2	798	6.32	*3	19.71	31.51	31.65	*0.00
KIWIFRUIT PS	1 each	720	46	0	2	2.28	0.24	25.8	66	70.45	7	0.87	11.14	0.4	0.00
JICAMA STICKS PS	Serving	720	13	0	0	1.50	0.18	0.0	2	6.0	0	0.0	3.0	0.0	0.00
MILK,1% DW 2024	1 EACH	720	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	0.00
Weighted Daily Average			671	48	943	8.21	2.74	451.0	1367	82.77	*24	29.58	59.65	34.55	*0.00
% of Calories											*14.3%	17.6%	35.5%	46.3%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	

Fri - 12/06/2024															
PRESCHOOL	Total	720													
CHILI, Cowboy	serv.(1/2 c up)	720	155	17	599	4.68	2.18	65.2	490	7.42	*1	11.32	5.31	5.35	*0.29
CORNBREAD,reg,frz egg	1 EACH	720	115	14	136	1.02	0.95	81.8	42	0.13	*4	2.95	18.96	3.14	*0.00
SALAD 3/WAY, '23	servings	2880	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00
PINEAPPLE, IN JUICE PS .25 cup	Serving	2880	29	0	0	0.63	0.14	7.8	24	4.58	7	0.25	7.59	0.05	0.00
DRESSING, RANCH 1oz. '23	ounces	1	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	*0.00
MILK,1% DW 2024	1 EACH	720	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	0.00
Weighted Daily Average			557	46	925	9.47	4.54	544.1	12925	42.58	*49	26.46	79.38	11.32	*0.30
% of Calories											*35.1%	19.0%	57.0%	18.3%	*0.5%
Nutrient Guideline			550-650		1230									<=30.0	

Weighted Average			570	58	980	10.27	3.39	656.5	4434	162.69	*36	30.55	70.77	17.31	*0.15
											*57.6%	21.4%	49.7%	27.3%	*0.2%

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Base Menu Spreadsheet

PRESCHOOL

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)	Tr-Fat <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	570		550 - 650	100%												
Cholesterol (mg)	58															
Sodium 1 (mg)	980		1230	80%												
Sodium 1a (mg)	980		1110	88%												
Fiber (g)	10.27															
Iron (mg)	3.39															
Calcium (mg)	656.5															
Vitamin A (IU)	4434															
Sugars (g)	36	25.61%				Missing										
Vitamin C (mg)	162.69															
Protein (g)	30.55	21.44%														
Carbohydrate (g)	70.77	49.67%														
Total Fat (g)	17.31	27.33%	<=30.00%													
Trans Fat <sup>1</sup> (g)	0.15	0.24%				Missing										

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# Rialto Unified School District

Dec 9, 2024 thru Dec 13, 2024

Base Menu Spreadsheet

PRESCHOOL

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (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)
Mon - 12/09/2024															
PRESCHOOL	Total	720													
Chicken,Tangerine-2014	SERV	720	190	45	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	720	108	1	2.49	0.93	24.6	18	9.09	*2	3.69	17.97	3.14	0.50	*0.00
BROCCOLI,raw: fresh	Serving	1400	15	0	1.18	0.33	21.4	283	40.59	1	1.28	3.02	0.17	0.05	0.00
FRUIT MIX, Extra Light Syrup PS	serving	1400	40	0	0.50	0.00	0.0	100	0.6	8	0.0	9.0	0.0	0.00	0.00
MILK,1% DW 2024	1 EACH	720	120	15	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			526	61	7.76	3.01	416.2	1328	89.17	*45	29.18	80.35	9.97	3.10	*0.00
% of Calories										*34.0%	22.2%	61.1%	17.1%	5.3%	*0.0%
Nutrient Guideline			550-650										<=30.0	<10.00	

Tue - 12/10/2024															
PRESCHOOL	Total	900													
Tamale,2Cheese&GreenChile '24	1 each	900	340	35	3.00	1.00	419.0	750	1.2	2	16.0	30.0	18.0	9.00	0.00
CAULIFLOWER,PS 2019	SERVING	2880	6	0	0.50	0.11	5.5	0	12.05	0	0.48	1.24	0.07	0.03	0.00
Blueberries, Frozen	Serving	2880	40	0	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
DRESSING, RANCH 1oz. '23	ounces	900	69	7	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	900	120	15	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			676	57	11.32	1.81	825.5	1365	46.12	39	28.13	80.28	29.92	12.01	*0.00
% of Calories										23.2%	16.7%	47.5%	39.9%	16.0%	*0.0%
Nutrient Guideline			550-650										<=30.0	<10.00	

Wed - 12/11/2024															
PRESCHOOL	Total	720													
Pozole, Green Chicken 2022	14 oz	720	255	70	2.26	1.52	147.5	154	15.97	*5	19.2	27.77	6.64	2.83	*0.00
TORTILLA CHIPS-'24	SERVING	720	210	0	2.25	0.30	25.0	3	0.0	0	2.0	23.0	12.0	1.70	0.00
CABBAGE, SHREDDED	Serving	2880	13	0	1.31	0.25	21.0	51	19.22	2	0.67	3.05	0.05	0.02	0.00
STRAWBERRIES: frozen unswtnd.	serving	2880	39	0	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	720	120	15	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			792	85	19.04	6.12	677.2	1061	274.94	*46	34.79	117.31	21.84	6.12	*0.00
% of Calories										*23.2%	17.6%	59.3%	24.8%	7.0%	*0.0%
Nutrient Guideline			550-650										<=30.0	<10.00	

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Base Menu Spreadsheet

PRESCHOOL

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (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 - 12/12/2024															
PRESCHOOL	Total	720													
Ch-Burger w/WhWheat Bun-'24EL	1 EACH	720	295	46	3.40	3.23	166.0	163	0.0	5	22.09	31.5	10.3	3.75	*6.30
CORN,CANNED,YELLOW PS .25 cup	Serving	1500	27	0	0.82	0.11	1.2	19	0.74	2	0.94	5.88	0.5	0.10	0.00
GRAPES,Fresh	serving	1500	62	0	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	0.00
CATSUP	.5 oz	400	17	0	0.05	0.06	2.6	90	0.7	4	0.18	4.66	0.02	0.00	0.00
MILK,1% DW 2024	1 EACH	720	120	15	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			610	61	6.86	4.05	546.8	944	9.59	55	34.36	93.21	14.52	5.68	*6.30
% of Calories										36.4%	22.5%	61.1%	21.4%	8.4%	*9.3%
Nutrient Guideline			550-650										<=30.0	<10.00	
Fri - 12/13/2024															
PRESCHOOL	Total	1000													
PIZZA,Chse,Wh.Gr4X6-'23	1 EACH	1000	300	25	4.00	2.30	263.0	40	0.0	8	16.0	34.0	11.0	5.00	0.00
SALAD 3/WAY, '23	servings	1500	12	0	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
Pears, Fresh sliced PS .25 cup	serving	2880	20	0	1.09	0.06	3.2	9	1.51	3	0.13	5.33	0.05	0.01	0.00
DRESSING, RANCH 1oz. '23	ounces	500	69	7	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	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			531	43	7.60	2.82	637.5	4989	10.67	33	26.46	68.45	17.48	7.16	*0.00
% of Calories										24.9%	19.9%	51.6%	29.7%	12.2%	*0.0%
Nutrient Guideline			550-650										<=30.0	<10.00	
Weighted Average															
			627	61	10.52	3.56	620.6	1938	86.10	*44	30.58	87.92	18.75	6.82	*1.26
										*62.7%	19.5%	56.1%	26.9%	9.8%	*1.8%

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Fiber (g)	Iron (mg)	Calcium (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	627		550 - 650	100%												
Cholesterol (mg)	61															
Fiber (g)	10.52															
Iron (mg)	3.56															
Calcium (mg)	620.6															
Vitamin A (IU)	1938															
Sugars (g)	44	27.86%			Missing											
Vitamin C (mg)	86.10															
Protein (g)	30.58	19.51%														
Carbohydrate (g)	87.92	56.10%														
Total Fat (g)	18.75	26.91%		<=30.00%												
Saturated Fat (g)	6.82	9.78%		<10.00%												
Trans Fat <sup>1</sup> (g)	1.26	1.81%			Missing											

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