

# Rialto Unified School District

Dec 2, 2024 thru Dec 6, 2024

Base Menu Spreadsheet

PRE-K BIC # 1

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 <sup>1</sup> (g)
<b>Mon - 12/02/2024</b>																
PRE-K BIC # 1	Total	300														
Muffin, Blue 20th Cent '24	1 ea	300	120	25	170	1.00	0.36	9.9	0	0.0	8	2.0	18.0	4.0	1.00	0.00
Craisins, Watermelon	servings	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	servings	299	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	1 EACH	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			350	40	320	4.00	0.36	359.9	620	0.00	46	11.00	60.00	6.50	2.50	0.00
% of Calories											52.6%	12.6%	68.6%	16.7%	6.4%	0.0%
Nutrient Guideline			350-500		540									<=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)
<b>Tue - 12/03/2024</b>																
PRE-K BIC # 1	Total	300														
Snack'n Waffles, Cinnamon	pkg	300	250	44	290	2.00	1.44	30.0	75	0.0	15	6.0	37.0	9.0	4.00	0.00
Crisps, Apple-Strawberry '22	BAG	1	39	0	0	1.93	0.00	0.0	34	0.0	7	0.0	9.64	0.0	0.00	0.00
Crisps, Apple-Strawberry '22	BAG	299	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	1 EACH	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			409	59	440	3.93	1.44	380.0	609	0.00	36	15.00	60.64	11.50	5.50	0.00
% of Calories											35.0%	14.7%	59.4%	25.3%	12.1%	0.0%
Nutrient Guideline			350-500		540									<=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)
<b>Wed - 12/04/2024</b>																
PRE-K BIC # 1	Total	300														
Sndwich Chx & Sausage 2020	servings	300	159	26	312	1.40	1.10	110.0	110	0.0	2	9.7	16.0	6.4	2.60	0.00
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
BANANAS	1 EACH	299	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	1 EACH	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			369	41	463	4.03	1.36	465.1	675	8.79	28	19.80	53.07	9.23	4.21	0.00
% of Calories											30.5%	21.5%	57.5%	22.5%	10.3%	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 <sup>1</sup> (g)
Thu - 12/05/2024																
PRE-K BIC # 1	Total	300														
Sndwich Chx & Sausage 2020	300		159	26	312	1.40	1.10	110.0	110	0.0	2	9.7	16.0	6.4	2.60	0.00
Orange juice, DW, 4oz.2024	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Orange juice, DW, 4oz.2024	1 EACH	299	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	1 EACH	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			334	41	476	1.40	1.10	470.0	710	30.00	30	19.70	44.00	8.90	4.10	0.00
% of Calories											35.7%	23.6%	52.7%	24.0%	11.0%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Fri - 12/06/2024																
PRE-K BIC # 1	Total	300														
Yogurt,Straww/crack-DW '24PSBK	SERVING	300	290	5	245	2.00	2.00	585.0	30	0.0	35	7.0	59.0	3.0	0.50	0.00
GRAPES,Fresh PKG '23	serving	1	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
GRAPES,Fresh PKG '23	serving	299	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	1 EACH	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			441	20	396	2.41	2.13	941.4	576	1.84	56	16.29	80.89	5.66	2.05	0.00
% of Calories											51.2%	14.8%	73.4%	11.6%	4.2%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Weighted Average			380	40	419	3.15	1.28	523.3	638	8.13	39	16.36	59.72	8.36	3.67	0.00
											92.8%	17.2%	62.8%	19.8%	8.7%	0.0%

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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# Rialto Unified School District

Dec 2, 2024 thru Dec 6, 2024

Base Menu Spreadsheet

PRE-K BIC # 1

Portion Values - Detailed

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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	380		350 - 500	100%													
Cholesterol (mg)	40																
Sodium 1 (mg)	419		540	78%													
Fiber (g)	3.15																
Iron (mg)	1.28																
Calcium (mg)	523.3																
Vitamin A (IU)	638																
Sugars (g)	39	41.25%															
Vitamin C (mg)	8.13																
Protein (g)	16.36	17.20%															
Carbohydrate (g)	59.72	62.79%															
Total Fat (g)	8.36	19.77%															
Saturated Fat (g)	3.67	8.69%															
Trans Fat <sup>1</sup> (g)	0.00	0.00%															

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Rialto Unified School District

Dec 9, 2024 thru Dec 13, 2024

Base Menu Spreadsheet

PRE-K BIC # 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 <sup>1</sup> (g)
Mon - 12/09/2024																
PRE-K BIC # 1	Total	300														
PANCAKES '24	2 EACH	300	130	5	240	3.00	1.00	63.0	0	0.0	6	4.0	26.01	2.0	0.00	0.00
SYRUP	1 OZ	300	66	0	23	0.00	0.01	0.9	0	0.0	6	0.0	17.43	0.0	0.00	*N/A*
Crisps, Apple-Strawberry '22	BAG	1	39	0	0	1.93	0.00	0.0	34	0.0	7	0.0	9.64	0.0	0.00	0.00
Crisps, Apple-Strawberry '22	BAG	299	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	1 EACH	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			355	20	413	4.93	1.01	413.9	534	0.00	33	13.00	67.08	4.50	1.50	*0.00
% of Calories											37.0%	14.7%	75.6%	11.4%	3.8%	*0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Tue - 12/10/2024																
PRE-K BIC # 1	Total	300														
Croissant ,Egg, & Cheese-2017	1 EACH	300	292	189	682	3.00	2.12	268.3	620	0.0	3	12.57	31.68	13.85	6.56	0.16
Orange juice, DW, 4oz.2024	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Orange juice, DW, 4oz.2024	1 EACH	299	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	1 EACH	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			467	204	846	3.00	2.12	628.3	1220	30.00	31	22.57	59.68	16.35	8.06	0.16
% of Calories											26.8%	19.3%	51.1%	31.5%	15.5%	0.3%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Wed - 12/11/2024																
PRE-K BIC # 1	Total	300														
BREAD,BANANA 2023	1 EACH	300	163	19	84	1.41	0.57	12.9	44	1.99	*14	2.03	24.48	7.14	0.68	*0.00
GRAPES,Fresh PKG '23	serving	1	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
GRAPES,Fresh PKG '23	serving	299	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	1 EACH	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			314	34	235	1.83	0.70	369.4	590	3.83	*36	11.32	46.37	9.80	2.23	*0.00
% of Calories											*45.6%	14.4%	59.1%	28.1%	6.4%	*0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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Rialto Unified School District

Dec 9, 2024 thru Dec 13, 2024

Base Menu Spreadsheet

PRE-K BIC # 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 <sup>1</sup> (g)
<b>Thu - 12/12/2024</b>																
PRE-K BIC # 1	Total	300														
CEREAL,MULTI-GRAIN CHEER IOS'24	1 EACH	300	110	0	105	2.00	12.60	100.0	300	3.6	6	2.0	23.0	1.0	0.00	0.00
APPLES,Fresh sliced 2017 2oz	pkg. (2oz)	1	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh sliced 2017 2oz	pkg. (2oz)	299	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	1 EACH	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			264	15	255	4.00	12.78	460.0	850	127.20	26	11.00	45.00	3.50	1.50	0.00
% of Calories											39.4%	16.7%	68.2%	11.9%	5.1%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

<b>Fri - 12/13/2024</b>																
PRE-K BIC # 1	Total	300														
Muffin, Blue 20th Cent '24	1 ea	300	120	25	170	1.00	0.36	9.9	0	0.0	8	2.0	18.0	4.0	1.00	0.00
Craisins, Watermelon	servings	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	servings	299	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	1 EACH	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			350	40	320	4.00	0.36	359.9	620	0.00	46	11.00	60.00	6.50	2.50	0.00
% of Calories											52.6%	12.6%	68.6%	16.7%	6.4%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Weighted Average			350	63	414	3.55	3.39	446.3	763	32.21	*34 *88.4%	13.78 15.7%	55.63 63.6%	8.13 20.9%	3.16 8.1%	*0.03 *0.1%
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PRE-K BIC # 1

Portion Values - Detailed

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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	350		350 - 500		100%												
Cholesterol (mg)	63																
Sodium 1 (mg)	414		540		77%												
Fiber (g)	3.55																
Iron (mg)	3.39																
Calcium (mg)	446.3																
Vitamin A (IU)	763																
Sugars (g)	34	39.30%				Missing											
Vitamin C (mg)	32.21																
Protein (g)	13.78	15.75%															
Carbohydrate (g)	55.63	63.58%															
Total Fat (g)	8.13	20.91%		<=30.00%													
Saturated Fat (g)	3.16	8.12%		<10.00%													
Trans Fat <sup>1</sup> (g)	0.03	0.08%				Missing											

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