

Rialto Unified School District

May 1, 2024 thru May 3, 2024

Base Menu Spreadsheet

PRESCHOOL

Portion Values - Detailed

Page 1

Generated on: 5/1/2024 6:48:01 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 - 05/01/2024																
PRESCHOOL	Total	1000														
TACO Walkin,Beef- '22	1.5 oz	1000	387	33	697	4.42	2.32	81.4	807	6.24	*3	13.98	30.5	23.06	5.40	*0.00
SALAD 3/WAY, '23	servings	2000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
GRAPES,Fresh	900	900	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	0.00
DRESSING, RANCH 1oz. '23	ounces	100	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
Weighted Daily Average			594	49	881	5.79	2.99	452.8	7288	20.31	*31	26.66	66.30	26.66	7.13	*0.00
% of Calories											*21.0%	17.9%	44.6%	40.4%	10.8%	*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 - 05/02/2024																
PRESCHOOL	Total	1000														
PIZZA,Chse,Wh.Gr4X6-'23	1 EACH	1000	300	25	440	4.00	2.30	263.0	40	0.0	8	16.0	34.0	11.0	5.00	0.00
FRUIT MIX, Extra Light Syp PS	serving	1000	40	0	2	0.50	0.00	0.0	100	0.6	8	0.0	9.0	0.0	0.00	0.00
CARROT PS, sticks	Serving	2500	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
DRESSING, RANCH .50oz	Servings	500	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*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
Weighted Daily Average			476	42	625	4.51	2.31	617.4	640	3.04	30	27.13	59.49	15.28	6.80	*0.00
% of Calories											24.9%	22.8%	50.0%	28.9%	12.8%	*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)
Fri - 05/03/2024																
PRESCHOOL	Total	1000														
Penne, Alfredo, Chicken CK '23	3/4 CUP	1000	201	35	521	6.36	1.19	157.3	90	0.77	*1	15.62	22.56	4.89	1.70	*0.06
BROCCOLI,raw: fresh	Serving	900	15	0	15	1.18	0.33	21.4	283	40.59	1	1.28	3.02	0.17	0.05	0.00
GRAPES,FreshPS	Serving	900	15	0	0	0.21	0.07	3.2	23	0.92	4	0.14	3.94	0.08	0.03	0.00
DRESSING, RANCH	1 oz	900	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	1000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			407	55	820	7.63	1.57	545.7	867	40.67	*20	28.37	46.64	14.01	4.34	*0.06
% of Calories											*19.2%	27.9%	45.9%	31.0%	9.6%	*0.1%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			492	48	775	5.98	2.29	538.6	2932	21.34	*27	27.39	57.48	18.65	6.09	*0.02
											*49.0%	22.2%	46.7%	34.1%	11.1%	*0.0%

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.