

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Aug 11, 2025 thru Aug 15, 2025

HS BIC BREAKFAST

Generated on: 8/12/2025 10:48:00 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)
Mon - 08/11/2025																
HS BIC BREAKFAST	Total	5750														
POP TARTS,Wh.Gr Strawberry-'24	PKG. of (2 ea)	5750	360	0	360	6.00	3.60	200.0	1000	0.0	30	4.0	75.0	4.5	2.00	0.00
Orange juice, DW, 4oz.2024	EACH(4 oz)	5750	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Crisps, Apple-Strawberry '22	BAG (0.3 4 oz)	2875	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)	750	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)	5000	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			554	6	576	6.96	3.60	429.6	2052	30.00	66	13.13	113.04	4.83	2.20	0.00
% of Calories											47.4%	9.5%	81.6%	7.8%	3.6%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Tue - 08/12/2025																
HS BIC BREAKFAST	Total	5750														
Muffin,Choc Chip-BuenaVista'25	1 ea	5750	250	20	240	2.04	1.80	20.4	*N/A*	*N/A*	19	4.0	40.97	8.0	2.00	0.00
Juice, Wildberry, 4oz, 2024	1 EACH	5750	60	0	15	0.00	0.00	200.0	2000	30.0	15	0.0	15.0	0.0	0.00	0.00
APPLES,Fresh sliced	pkg. (2oz)	2875	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)	750	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)	5000	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			447	27	457	3.04	1.89	445.0	*2960	*91.80	55	12.13	79.19	8.32	2.19	0.00
% of Calories											49.6%	10.9%	70.9%	16.8%	4.4%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Rialto Unified School District

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Portion Values - Detailed

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Aug 11, 2025 thru Aug 15, 2025

HS BIC BREAKFAST

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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 - 08/13/2025																
HS BIC BREAKFAST	Total	5825														
Uncrustable, Grape Wh,Che-2016	1 each	5825	300	0	280	4.00	0.18	260.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
Juice, apple 4oz. DW-2024	1 EACH	5825	55	0	15	0.00	0.00	0.0	0	30.0	15	0.0	15.0	0.0	0.00	0.00
GRAPES,Fresh PKG '23	serv.(1/2 cup)	722	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)	675	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)	5150	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			479	6	498	4.05	0.20	478.2	948	30.23	48	17.15	67.28	17.31	3.18	0.00
% of Calories											40.4%	14.3%	56.2%	32.5%	6.0%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Thu - 08/14/2025																
HS BIC BREAKFAST	Total	4155														
Donuts, Choc Super Bakery '24	1 EACH	4155	320	0	310	3.00	2.00	31.0	0	0.0	19	5.0	42.0	16.0	9.00	0.00
Orange juice, DW, 4oz.2024	1 EACH	4155	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Craisins	1/4 Cup	2077	93	0	2	1.61	0.12	2.7	14	0.06	22	0.05	25.09	0.33	0.03	0.00
MILK,1% DW 2024	EACH(1/2 pint)	412	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)	3743	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			542	6	529	3.80	2.06	257.2	1057	30.03	62	14.12	87.95	16.41	9.16	0.00
% of Calories											46.2%	10.4%	64.9%	27.3%	15.2%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Fri - 08/15/2025																
HS BIC BREAKFAST	Total	5788														
BREAD,BANANA 6-12	1 Slice	5788	404	40	216	4.46	1.33	34.0	91	3.82	*36	5.15	59.49	18.47	1.69	*0.01
Juice, Wildberry, 4oz, 2024	1 EACH	5788	60	0	15	0.00	0.00	200.0	2000	30.0	15	0.0	15.0	0.0	0.00	0.00
TANGERINES,FRESH	Serving	1625	89	0	3	3.02	0.25	62.2	1144	44.86	18	1.36	22.41	0.52	0.07	0.00
MILK,1% DW 2024	EACH(1/2 pint)	622	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)	5163	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00

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Rialto Unified School District

Aug 11, 2025 thru Aug 15, 2025

Base Menu Spreadsheet

HS BIC BREAKFAST

Portion Values - Detailed

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Generated on: 8/12/2025 10:48:00 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' (g)
Weighted Daily Average			609	46	435	5.31	1.40	467.5	3358	46.41	*74	13.63	100.13	18.89	1.87	*0.01
% of Calories											*48.6%	8.9%	65.7%	27.9%	2.8%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Weighted Average			526	18	499	4.63	1.83	415.5	*2075	*45.69	*61	14.03	89.52	13.15	3.72	*0.00
											*104.7	10.7%	68.0%	22.5%	6.4%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	526		450 - 600	100%				
Cholesterol (mg)	18							
Sodium 1 (mg)	499		640	78%				
Fiber (g)	4.63							
Iron (mg)	1.83							
Calcium (mg)	415.5							
Vitamin A (IU)	2075							
Sugars (g)	61	46.53%			Missing			
Vitamin C (mg)	45.69				Missing			
Protein (g)	14.03	10.67%			Missing			
Carbohydrate (g)	89.52	68.04%						
Total Fat (g)	13.15	22.49%						
Saturated Fat (g)	3.72	6.36%	<10.00%					
Trans Fat' (g)	0.00	0.00%			Missing			

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Aug 18, 2025 thru Aug 22, 2025

HS BIC BREAKFAST

Generated on: 8/12/2025 11:04:13 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)
Mon - 08/18/2025																
HS BIC BREAKFAST	Total	5500														
Cinnamon Swirls, WG 2024	Serving	5500	300	10	125	3.00	0.36	499.7	0	0.0	22	6.0	47.97	8.99	2.50	0.00
Orange Juice, DW, 4oz.2024	EACH(4 oz	5500	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Crisps, Apple-Strawberry '22	BAG (0.3 4 oz)	2000	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)	500	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)	5000	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			489	16	343	3.70	0.36	723.4	1067	30.00	57	15.09	84.93	9.22	2.63	0.00
% of Calories											46.6%	12.3%	69.5%	17.0%	4.9%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Tue - 08/19/2025																
HS BIC BREAKFAST	Total	5750														
Concha, WG CHOCOLATE '24	1 each	2000	200	5	90	2.00	1.80	40.0	40	0.0	8	5.0	34.0	6.0	1.50	0.00
Concha, WG PINK-'24	1 EACH	2000	200	5	90	2.00	1.80	40.0	40	0.0	8	5.0	34.0	6.0	1.50	0.00
Concha, WG WHITE-'24	each(2G)	2000	200	5	90	2.00	1.80	40.0	40	0.0	8	5.0	34.0	6.0	1.50	0.00
Juice, Wildberry, 4oz, 2024	1 EACH	5700	60	0	15	0.00	0.00	200.0	2000	30.0	15	0.0	15.0	0.0	0.00	0.00
APPLES,Fresh sliced 2017	pkg. (3 oz)	5700	51	0	0	3.00	0.18	10.0	50	185.4	9	0.0	12.0	0.0	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	700	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)	5000	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			438	11	310	5.06	2.06	466.4	3004	213.53	50	13.27	81.34	6.56	1.75	0.00
% of Calories											46.0%	12.1%	74.3%	13.5%	3.6%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Aug 18, 2025 thru Aug 22, 2025

HS BIC BREAKFAST

Generated on: 8/12/2025 11:04:13 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 - 08/20/2025																
HS BIC BREAKFAST	Total	5500														
CEREAL,LUCKY CHARMS '23	BOWL	5500	218	0	358	3.36	3.02	84.0	420	5.04	18	4.48	46.48	2.24	0.00	0.00
Juice, apple 4oz. DW-2024	1 EACH	5500	55	0	15	0.00	0.00	0.0	0	30.0	15	0.0	15.0	0.0	0.00	0.00
GRAPES,Fresh PKG '23	serv.(1/2 cup)	5500	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)	5500	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)	5000	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			533	20	715	3.77	3.16	622.3	1875	36.88	72	21.04	101.55	4.90	1.55	0.00
% of Calories											54.2%	15.8%	76.2%	8.3%	2.6%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Thu - 08/21/2025																
HS BIC BREAKFAST	Total	5500														
Waffles, Mini Maple 2017	pkg	5500	210	0	170	3.00	0.72	20.0	65	0.0	13	4.0	38.0	6.0	1.00	0.00
Orange juice, DW, 4oz.2024	1 EACH	5500	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Craisins	1/4 Cup	5500	93	0	2	1.61	0.12	2.7	14	0.06	22	0.05	25.09	0.33	0.03	0.00
MILK,1% DW 2024	EACH(1/2 pint)	500	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)	5000	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			478	6	390	4.61	0.84	246.4	1133	30.06	68	13.14	96.54	6.56	1.16	0.00
% of Calories											56.5%	11.0%	80.7%	12.3%	2.2%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Fri - 08/22/2025																
HS BIC BREAKFAST	Total	5500														
Cinnis, Mini	1 EACH	5500	240	0	270	2.00	1.44	40.0	75	0.0	15	5.0	39.0	7.0	1.50	0.00
Juice, Wildberry, 4oz, 2024	1 EACH	5500	60	0	15	0.00	0.00	200.0	2000	30.0	15	0.0	15.0	0.0	0.00	0.00
TANGERINES,FRESH	Serving	5500	89	0	3	3.02	0.25	62.2	1144	44.86	18	1.36	22.41	0.52	0.07	0.00
MILK,1% DW 2024	EACH(1/2 pint)	500	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)	5000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00

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Aug 18, 2025 thru Aug 22, 2025

HS BIC BREAKFAST

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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)
Weighted Daily Average % of Calories			509	6	493	5.02	1.69	515.8	4174	74.86	66 52.1%	14.45 11.4%	95.87 75.3%	7.75 13.7%	1.70 3.0%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Weighted Average			489	12	450	4.43	1.62	514.8	2251	77.06	63 115.3%	15.40 12.6%	92.05 75.2%	7.00 12.9%	1.76 3.2%	0.00 0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	489		450 - 600	100%				
Cholesterol (mg)	12							
Sodium 1 (mg)	450		640	70%				
Fiber (g)	4.43							
Iron (mg)	1.62							
Calcium (mg)	514.8							
Vitamin A (IU)	2251							
Sugars (g)	63	51.23%						
Vitamin C (mg)	77.06							
Protein (g)	15.40	12.58%						
Carbohydrate (g)	92.05	75.22%						
Total Fat (g)	7.00	12.87%						
Saturated Fat (g)	1.76	3.24%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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Rialto Unified School District

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Aug 25, 2025 thru Aug 29, 2025

HS BIC BREAKFAST

Generated on: 8/12/2025 11:04:26 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcsm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 08/25/2025																
HS BIC BREAKFAST	Total	5500														
UBR - BRKFST CINN ROUND	1 EACH	5500	280	5	190	6.29	0.68	29.8	8	0.01	19	5.0	44.0	8.0	3.00	0.00
Orange juice, DW, 4oz.2024	EACH(4 oz	5500	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Crisps, Apple-Strawberry '22	BAG (0.3 4 oz)	5500	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)	500	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)	5000	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			494	11	409	8.22	0.68	253.4	1096	30.01	58 47.2%	14.09 11.4%	87.09 70.6%	8.23 15.0%	3.14 5.7%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Tue - 08/26/2025																
HS BIC BREAKFAST	Total	5500														
Mini Brkfst Apple Bites '25	1 EACH	5500	260	0	140	2.96	1.50	39.8	*N/A*	*N/A*	14	6.0	37.99	9.98	4.50	0.00
Juice, Wildberry, 4oz, 2024	1 EACH	5500	60	0	15	0.00	0.00	200.0	2000	30.0	15	0.0	15.0	0.0	0.00	0.00
APPLES,Fresh sliced	pkg. (2oz)	5500	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)	500	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)	5000	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			474	6	359	4.96	1.68	463.4	*3005	*153.60	54 45.2%	14.09 11.9%	80.44 67.9%	10.21 19.4%	4.64 8.8%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Wed - 08/27/2025																
HS BIC BREAKFAST	Total	5825														
Uncrustable, Grape Wh,Che-2016	1 each	5825	300	0	280	4.00	0.18	260.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
Juice, apple 4oz. DW-2024	1 EACH	5825	55	0	15	0.00	0.00	0.0	0	30.0	15	0.0	15.0	0.0	0.00	0.00
GRAPES,Fresh PKG '23	serv.(1/2 cup)	5825	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)	675	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)	5150	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00

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

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 25, 2025 thru Aug 29, 2025

HS BIC BREAKFAST

Generated on: 8/12/2025 11:04:27 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)
Weighted Daily Average			506	6	499	4.41	0.31	483.8	988	31.84	55	17.40	74.19	17.45	3.23	0.00
% of Calories											43.4%	13.8%	58.7%	31.0%	5.7%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Thu - 08/28/2025																
HS BIC BREAKFAST	Total	4155														
Donuts, Choc Super Bakery '24	1 EACH	4155	320	0	310	3.00	2.00	31.0	0	0.0	19	5.0	42.0	16.0	9.00	0.00
Orange juice, DW, 4oz.2024	1 EACH	4155	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Craisins	1/4 Cup	4155	93	0	2	1.61	0.12	2.7	14	0.06	22	0.05	25.09	0.33	0.03	0.00
MILK,1% DW 2024	EACH(1/2 pint)	412	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)	3743	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			588	6	530	4.61	2.12	258.6	1064	30.06	73	14.15	100.50	16.58	9.17	0.00
% of Calories											50.0%	9.6%	68.3%	25.4%	14.0%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Fri - 08/29/2025																
HS BIC BREAKFAST	Total	5788														
BREAD, STRAWBERRY,fzegg	Serv. (2 G)	5788	223	52	152	1.40	1.04	36.5	80	3.42	*20	3.93	33.82	8.19	0.96	*0.01
Juice, Wildberry, 4oz, 2024	1 EACH	5788	60	0	15	0.00	0.00	200.0	2000	30.0	15	0.0	15.0	0.0	0.00	0.00
TANGERINES,FRESH	Serving	5788	89	0	3	3.02	0.25	62.2	1144	44.86	18	1.36	22.41	0.52	0.07	0.00
MILK,1% DW 2024	EACH(1/2 pint)	622	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)	5163	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			492	58	374	4.42	1.29	514.6	4170	78.28	*72	13.40	90.57	8.98	1.19	*0.01
% of Calories											*58.4%	10.9%	73.7%	16.4%	2.2%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Weighted Average			511	17	434	5.32	1.22	394.8	*2065	*64.76	*62	14.63	86.56	12.29	4.27	*0.00
											*110.0	11.5%	67.8%	21.7%	7.5%	*0.0%

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Rialto Unified School District

Aug 25, 2025 thru Aug 29, 2025

Base Menu Spreadsheet

HS BIC BREAKFAST

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcum (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	511		450 - 600		100%												
Cholesterol (mg)	17																
Sodium 1 (mg)	434			640	68%												
Fiber (g)	5.32																
Iron (mg)	1.22																
Calcium (mg)	394.8																
Vitamin A (IU)	2065					Missing											
Sugars (g)	62	48.88%				Missing											
Vitamin C (mg)	64.76					Missing											
Protein (g)	14.63	11.46%															
Carbohydrate (g)	86.56	67.81%															
Total Fat (g)	12.29	21.66%															
Saturated Fat (g)	4.27	7.53%		<10.00%													
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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