

Rialto Unified School District

May 1, 2025 thru May 2, 2025

Base Menu Spreadsheet

HS BIC BREAKFAST

Portion Values - Detailed

Generated on: 4/29/2025 11:41:25 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)
Thu - 05/01/2025																
HS BIC BREAKFAST	Total	5825														
BANA CHOC-CHUNKY MONKEY 2013	1 EACH	5825	280	15	220	3.00	1.80	20.0	115	0.0	23	5.0	48.0	8.0	3.00	0.00
Juice, Wildberry, 4oz, 2024	Each(4oz)	5825	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	722	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)	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			471	21	438	3.37	1.83	445.1	3199	35.56	59	13.28	85.08	8.35	3.18	0.00
% of Calories											49.8%	11.3%	72.3%	16.0%	6.1%	0.0%
Nutrient Guideline			450-600		640										<10.00	
Fri - 05/02/2025																
HS BIC BREAKFAST	Total	5750														
Concha, WG PINK-24	1 EACH	5750	200	5	90	2.00	1.80	40.0	40	0.0	8	5.0	34.0	6.0	1.50	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
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			392	11	306	3.00	1.89	274.6	1100	91.80	43	14.13	71.22	6.33	1.70	0.00
% of Calories											44.2%	14.4%	72.7%	14.5%	3.9%	0.0%
Nutrient Guideline			450-600		640										<10.00	
Weighted Average																
			432	16	372	3.19	1.86	359.8	2149	63.68	51	13.71	78.15	7.34	2.44	0.00
											106.3%	12.7%	72.4%	15.3%	5.1%	0.0%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Rialto Unified School District

May 1, 2025 thru May 2, 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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	432			450 - 600													
Cholesterol (mg)	16																
Sodium 1 (mg)	372			640													
Fiber (g)	3.19																
Iron (mg)	1.86																
Calcium (mg)	359.8																
Vitamin A (IU)	2149																
Sugars (g)	51	47.26%															
Vitamin C (mg)	63.68																
Protein (g)	13.71	12.71%															
Carbohydrate (g)	78.15	72.44%															
Total Fat (g)	7.34	15.31%															
Saturated Fat (g)	2.44	5.09%															
Trans Fat ¹ (g)	0.00	0.00%															

*Data comparisons are not available for one or two day selections

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Rialto Unified School District

May 5, 2025 thru May 9, 2025

Base Menu Spreadsheet

HS BIC BREAKFAST

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)
Mon - 05/05/2025																
HS BIC BREAKFAST	Total	5750														
Cluster Brk, Whole Grain '22	1 EACH	5750	260	0	190	3.00	2.70	80.0	70	0.0	14	5.0	38.0	10.0	2.50	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 % of Calories			454	6	406	3.96	2.70	309.6	1122	30.00	50 43.8%	14.13 12.4%	76.04 67.0%	10.33 20.5%	2.70 5.3%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Tue - 05/06/2025																
HS BIC BREAKFAST	Total	5750														
Waffles, Vanilla	pkg	5750	271	17	226	2.26	0.00	9.0	68	0.0	14	5.65	37.27	10.17	2.82	0.00
Orange juice, DW, 4oz.2024	1 EACH	5750	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	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 % of Calories			463	23	442	3.26	0.09	243.6	1128	91.80	49 42.2%	14.78 12.8%	74.49 64.3%	10.49 20.4%	3.02 5.9%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Wed - 05/07/2025																
HS BIC BREAKFAST	Total	5825														
BAR, DOUBLE CHOC CHIP	EACH(2G)	5825	270	0	230	5.00	2.70	20.0	105	0.0	21	5.0	48.0	8.0	2.50	0.00
Juice, Wildberry, 4oz, 2024	1 EACH	5825	60	0	15	0.00	0.00	200.0	2000	30.0	15	0.0	15.0	0.0	0.00	0.00
BANANAS	1 EACH	722	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)	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

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Rialto Unified School District

May 5, 2025 thru May 9, 2025

Base Menu Spreadsheet

HS BIC BREAKFAST

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)
Weighted Daily Average % of Calories			461	6	448	5.33	2.73	438.0	3055	31.09	56 48.5%	13.25 11.5%	85.16 73.9%	8.33 16.3%	2.69 5.2%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Thu - 05/08/2025																
HS BIC BREAKFAST	Total	4000														
FRENCH TST Mini Cinna '23	SERV	4500	220	115	330	3.00	1.80	80.0	193	3.6	8	9.0	30.0	8.0	1.50	0.00
Juice, apple 4oz. DW-2024	Each(4oz)	4500	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)	4500	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)	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)	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	137	584	3.84	2.17	334.7	1144	39.87	52 44.9%	18.70 16.1%	78.00 67.2%	9.81 19.0%	2.12 4.1%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Fri - 05/09/2025																
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
Orange juice, DW, 4oz.2024	EACH(4 oz)	5788	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	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
Weighted Daily Average % of Calories			423	58	371	2.24	1.11	279.9	1447	46.02	*58 *54.9%	13.42 12.7%	73.45 69.5%	8.61 18.3%	1.14 2.4%	*0.01 *0.0%
Nutrient Guideline			450-600		640										<10.00	

Weighted Average			453	46	450	3.73	1.76	321.2	1579	47.75	*53 *105.1	14.86 13.1%	77.43 68.4%	9.51 18.9%	2.33 4.6%	*0.00 *0.0%
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Rialto Unified School District

May 5, 2025 thru May 9, 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)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	453		450 - 600		100%												
Cholesterol (mg)	46																
Sodium 1 (mg)	450		640		70%												
Fiber (g)	3.73																
Iron (mg)	1.76																
Calcium (mg)	321.2																
Vitamin A (IU)	1579																
Sugars (g)	53	46.72%				Missing											
Vitamin C (mg)	47.75																
Protein (g)	14.86	13.12%															
Carbohydrate (g)	77.43	68.37%															
Total Fat (g)	9.51	18.90%															
Saturated Fat (g)	2.33	4.63%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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Rialto Unified School District

May 12, 2025 thru May 16, 2025

Base Menu Spreadsheet

HS BIC BREAKFAST

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)
Mon - 05/12/2025																
HS BIC BREAKFAST	Total	4155														
Cinnamon Swirls, WG 2024	Serving	4155	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	4155	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
APPLES,Fresh sliced 2017	pkg. (3 oz)	2077	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)	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 % of Calories			500	16	343	4.50	0.45	729.6	1075	122.68	59 47.2%	15.10 12.1%	87.38 69.9%	9.24 16.6%	2.65 4.8%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Tue - 05/13/2025																
HS BIC BREAKFAST	Total	4925														
Uncrustable, Grape Wh,Che-2016	1 each	4925	300	0	280	4.00	0.18	260.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
Juice, Wildberry, 4oz, 2024	Each(4oz)	4925	60	0	15	0.00	0.00	200.0	2000	30.0	15	0.0	15.0	0.0	0.00	0.00
Craisins, Watermelon	serv. (1.1 6 oz)	2462	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)	662	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)	4263	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			535	6	497	5.50	0.18	680.2	2993	30.00	59 44.4%	17.13 12.8%	80.19 60.0%	17.34 29.2%	3.20 5.4%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Wed - 05/14/2025																
HS BIC BREAKFAST	Total	3265														
CEREAL,LUCKY CHARMS '23	BOWL	3265	218	0	358	3.36	3.02	84.0	420	5.04	18	4.48	46.48	2.24	0.00	0.00
Juice, Wildberry, 4oz, 2024	Each(4oz)	3265	60	0	15	0.00	0.00	200.0	2000	30.0	15	0.0	15.0	0.0	0.00	0.00
BANANAS	1 EACH	1632	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)	225	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)	3040	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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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' (g)
Weighted Daily Average % of Calories			443	6	580	4.67	3.16	496.9	3418	39.43	58 52.6%	13.10 11.8%	92.60 83.5%	2.58 5.2%	0.16 0.3%	0.00 0.0%
Nutrient Guideline			450-600		640											<10.00

Thu - 05/15/2025																
HS BIC BREAKFAST	Total	4155														
Waffles, Mini Maple 2017	pkg	4155	210	0	170	3.00	0.72	20.0	65	0.0	13	4.0	38.0	6.0	1.00	0.00
Juice, apple 4oz. DW-2024	Each(4oz)	4155	55	0	15	0.00	0.00	0.0	0	30.0	15	0.0	15.0	0.0	0.00	0.00
TANGERINES,FRESH	Serving	2077	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)	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 % of Calories			430	6	391	4.51	0.85	265.9	1587	52.42	55 51.6%	12.78 11.9%	83.61 77.9%	6.51 13.6%	1.18 2.5%	0.00 0.0%
Nutrient Guideline			450-600		640											<10.00

Fri - 05/16/2025																
HS BIC BREAKFAST	Total	5788														
Cinnis, Mini	pkg(2G)	5788	240	0	270	2.00	1.44	40.0	75	0.0	15	5.0	39.0	7.0	1.50	0.00
Orange juice, DW, 4oz.2024	1 EACH	5788	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
GRAPES,Fresh PKG '23	serv.(1/2 cup)	1625	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)	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 % of Calories			424	6	488	2.12	1.48	267.8	1134	30.52	50 46.8%	14.18 13.4%	74.56 70.4%	7.31 15.5%	1.68 3.6%	0.00 0.0%
Nutrient Guideline			450-600		640											<10.00

Weighted Average			466	8	460	4.26	1.22	488.1	2041	55.01	56 108.7%	14.46 12.4%	83.67 71.8%	8.60 16.6%	1.77 3.4%	0.00 0.0%
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Rialto Unified School District

May 12, 2025 thru May 16, 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)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	466		450 - 600		100%												
Cholesterol (mg)	8																
Sodium 1 (mg)	460			640	72%												
Fiber (g)	4.26																
Iron (mg)	1.22																
Calcium (mg)	488.1																
Vitamin A (IU)	2041																
Sugars (g)	56	48.30%															
Vitamin C (mg)	55.01																
Protein (g)	14.46	12.40%															
Carbohydrate (g)	83.67	71.76%															
Total Fat (g)	8.60	16.59%															
Saturated Fat (g)	1.77	3.42%															
Trans Fat ¹ (g)	0.00	0.00%															

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Rialto Unified School District

May 19, 2025 thru May 23, 2025

Base Menu Spreadsheet

HS BIC BREAKFAST

Portion Values - Detailed

Page 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)
Mon - 05/19/2025																
HS BIC BREAKFAST	Total	4425														
UBR - BRKFST CINN ROUND	EACH(2G)	4425	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	4425	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	1625	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)	575	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)	3850	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			489	11	407	6.88	0.72	260.3	1048	30.03	59 48.6%	14.15 11.6%	86.43 70.7%	8.45 15.5%	3.20 5.9%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Tue - 05/20/2025																
HS BIC BREAKFAST	Total	5231														
Concha, WG PINK-'24	Each(2G)	6155	200	5	90	2.00	1.80	40.0	40	0.0	8	5.0	34.0	6.0	1.50	0.00
Juice, apple 4oz. DW-2024	Each(4oz)	6155	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)	1622	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)	575	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)	5580	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			451	13	364	2.48	2.16	300.9	1183	35.87	51 45.4%	15.50 13.7%	82.97 73.6%	7.38 14.7%	1.95 3.9%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Wed - 05/21/2025																
HS BIC BREAKFAST	Total	4425														
Mini Brkfst Apple Bites '25	1 EACH	4425	260	0	140	2.96	1.50	39.8	*N/A*	*N/A*	14	6.0	37.99	9.98	4.50	0.00
Orange juice, DW, 4oz.2024	EACH(4 oz	4425	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
BANANAS	1 EACH	1625	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)	575	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)	3850	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

May 19, 2025 thru May 23, 2025

Base Menu Spreadsheet

HS BIC BREAKFAST

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)
Weighted Daily Average			468	6	356	3.93	1.59	271.1	*1059	*33.23	51	15.53	79.68	10.43	4.74	0.00
% of Calories											43.6%	13.3%	68.1%	20.1%	9.1%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Thu - 05/22/2025																
HS BIC BREAKFAST	Total	4155														
Donut, Super Bakery '22	1 EACH	4155	250	5	250	0.50	5.40	200.0	2000	30.0	15	5.0	29.0	11.0	3.00	0.00
Juice, apple 4oz. DW-2024	Each(4oz)	4155	55	0	15	0.00	0.00	0.0	0	30.0	15	0.0	15.0	0.0	0.00	0.00
TANGERINES,FRESH	Serving	2077	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)	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			470	11	471	2.01	5.53	445.9	3522	82.42	57	13.78	74.61	11.51	3.18	0.00
% of Calories											48.9%	11.7%	63.6%	22.1%	6.1%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Fri - 05/23/2025																
HS BIC BREAKFAST	Total	3344														
BREAD, BLUEBERRY,fzegg	1 EACH	4226	128	30	87	0.91	0.60	20.5	45	0.14	*11	2.32	19.61	4.65	0.54	*0.00
Orange juice, DW, 4oz.2024	EACH(4 oz	4226	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
APPLES,Fresh sliced	pkg. (2oz)	1855	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)	688	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)	3538	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	46	381	2.26	0.85	327.6	1372	106.65	*59	14.50	70.95	6.39	0.99	*0.00
% of Calories											*58.2%	14.4%	70.5%	14.3%	2.2%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Weighted Average			456	17	396	3.51	2.17	321.2	*1637	*57.64	*55	14.69	78.93	8.83	2.81	*0.00
											*109.5	12.9%	69.2%	17.4%	5.6%	*0.0%

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Rialto Unified School District

May 19, 2025 thru May 23, 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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	456		450 - 600		100%												
Cholesterol (mg)	17																
Sodium 1 (mg)	396		640		62%												
Fiber (g)	3.51																
Iron (mg)	2.17																
Calcium (mg)	321.2																
Vitamin A (IU)	1637					Missing											
Sugars (g)	55	48.68%				Missing											
Vitamin C (mg)	57.64					Missing											
Protein (g)	14.69	12.89%															
Carbohydrate (g)	78.93	69.24%															
Total Fat (g)	8.83	17.44%															
Saturated Fat (g)	2.81	5.55%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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Rialto Unified School District

May 26, 2025 thru May 30, 2025

Base Menu Spreadsheet

HS BIC BREAKFAST

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 ¹ (g)
Mon - 05/26/2025																
HS BIC BREAKFAST HOLIDAY	Total 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	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			450-600		640											<10.00

Tue - 05/27/2025																
HS BIC BREAKFAST POP TARTS,Wh.Gr Strawberry-'24	Total 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
Juice, apple 4oz. DW-2024	1 EACH	5750	55	0	15	0.00	0.00	0.0	0	30.0	15	0.0	15.0	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 % of Calories			554	6	577	6.96	3.60	419.6	1952	30.00	67 48.2%	12.13 8.8%	114.04 82.3%	4.83 7.8%	2.20 3.6%	0.00 0.0%
Nutrient Guideline			450-600		640											<10.00

Wed - 05/28/2025																
HS BIC BREAKFAST Cinnamon Swirls, WG 2024	Total Serving	3988	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	1 EACH	3988	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
APPLES,Fresh sliced	pkg. (2oz)	1994	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)	356	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)	3632	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			492	16	344	4.00	0.45	728.1	1080	91.80	58 46.8%	15.09 12.3%	85.44 69.5%	9.22 16.9%	2.63 4.8%	0.00 0.0%
Nutrient Guideline			450-600		640											<10.00

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Rialto Unified School District

May 26, 2025 thru May 30, 2025

Base Menu Spreadsheet

HS BIC BREAKFAST

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)
Thu - 05/29/2025																
HS BIC BREAKFAST	Total	5825														
BANA CHOC-CHUNKY MONKEY 2013	1 EACH	5825	280	15	220	3.00	1.80	20.0	115	0.0	23	5.0	48.0	8.0	3.00	0.00
Juice, Wildberry, 4oz, 2024	Each(4oz)	5825	60	0	15	0.00	0.00	200.0	2000	30.0	15	0.0	15.0	0.0	0.00	0.00
Craisins	1/4 Cup	722	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)	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 % of Calories			472	21	438	3.20	1.81	437.7	3059	30.01	59 50.2%	13.12 11.1%	85.41 72.5%	8.33 15.9%	3.18 6.1%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Fri - 05/30/2025																
HS BIC BREAKFAST HOLIDAY	Total SERVING	1 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			450-600		640										<10.00	

Weighted Average			506	14	453	4.72	1.95	528.5	2030	50.60	61 108.8%	13.45 10.6%	94.96 75.1%	7.46 13.3%	2.67 4.7%	0.00 0.0%
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Rialto Unified School District

May 26, 2025 thru May 30, 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)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	506			450 - 600	100%												
Cholesterol (mg)	14																
Sodium 1 (mg)	453			640	71%												
Fiber (g)	4.72																
Iron (mg)	1.95																
Calcium (mg)	528.5																
Vitamin A (IU)	2030																
Sugars (g)	61	48.34%															
Vitamin C (mg)	50.60																
Protein (g)	13.45	10.63%															
Carbohydrate (g)	94.96	75.08%															
Total Fat (g)	7.46	13.27%															
Saturated Fat (g)	2.67	4.75%															
Trans Fat ¹ (g)	0.00	0.00%															

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