

Rialto Unified School District

Oct 1, 2025 thru Oct 31, 2025

Base Menu Spreadsheet

HS BIC BREAKFAST

Portion Values - Detailed

Page 1

Generated on: 9/26/2025 11:07:46 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 - 10/01/2025																
HS BIC BREAKFAST	Total	4500														
Uncrustable, Grape Wh,Che-2016	1 each	4500	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	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)	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)	4000	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			506	6	499	4.41	0.31	483.1	990	31.84	55 43.4%	17.40 13.8%	74.22 58.7%	17.44 31.0%	3.22 5.7%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Thu - 10/02/2025																
HS BIC BREAKFAST	Total	4500														
Donuts, Choc Super Bakery '24	1 EACH	4500	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	4500	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Craisins, Watermelon	serv. (1.1 6 oz)	4500	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)	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)	4000	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			605	6	527	6.00	2.00	257.7	1164	30.00	75 49.9%	14.11 9.3%	103.33 68.3%	16.28 24.2%	9.17 13.6%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Fri - 10/03/2025																
HS BIC BREAKFAST	Total	4500														
BAR, DOUBLE CHOC CHIP	1 EACH	4500	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	4500	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	4500	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)	4000	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

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Base Menu Spreadsheet

HS BIC BREAKFAST

Portion Values - Detailed

Page 2

Generated on: 9/26/2025 11:07:46 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 % of Calories			539	6	452	8.02	2.95	498.8	4194	74.86	72 53.6%	14.47 10.7%	104.74 77.7%	8.80 14.7%	2.73 4.6%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Mon - 10/06/2025																
HS BIC BREAKFAST	Total	4500														
Cinnamon Swirls, WG 2024	Serving	4500	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	4500	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)	4500	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)	4000	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			513	16	342	4.93	0.36	726.4	1078	30.00	61 47.7%	15.11 11.8%	90.94 70.9%	9.27 16.3%	2.66 4.7%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Tue - 10/07/2025																
HS BIC BREAKFAST	Total	4500														
Concha, WG CHOCOLATE '24	1 each	1500	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	1500	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)	1500	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	4500	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)	4500	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)	4000	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			414	11	308	4.00	1.98	466.7	3034	153.60	47 45.8%	13.11 12.7%	76.33 73.8%	6.28 13.6%	1.67 3.6%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

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HS BIC BREAKFAST

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Page 3

Generated on: 9/26/2025 11:07:46 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 - 10/08/2025																
HS BIC BREAKFAST	Total	5500														
CEREAL, LUCKY CHARMS '23	BOWL	4500	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	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)	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)	4000	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			347	5	473	3.09	2.58	251.3	1154	30.17	49 56.0%	10.54 12.1%	72.57 83.6%	2.19 5.7%	0.18 0.5%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Thu - 10/09/2025																
HS BIC BREAKFAST	Total	4500														
Waffles, Mini Maple 2017	pkg	4500	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	4500	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Craisins, Watermelon	serv. (1.1 6 oz)	4500	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)	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)	4000	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			495	6	387	6.00	0.72	246.7	1229	30.00	69 56.1%	13.11 10.6%	99.33 80.3%	6.28 11.4%	1.17 2.1%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Fri - 10/10/2025																
HS BIC BREAKFAST	Total	4500														
Cinnis, Mini	1 EACH	4500	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	4500	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	4500	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)	4000	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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Page 4

Oct 1, 2025 thru Oct 31, 2025

HS BIC BREAKFAST

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Weighted Daily Average % of Calories			509	6	492	5.02	1.69	518.8	4164	74.86	66 52.0%	14.47 11.4%	95.74 75.2%	7.80 13.8%	1.73 3.1%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Mon - 10/13/2025																
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	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			450-600		640										<10.00	

Tue - 10/14/2025																
HS BIC BREAKFAST OATMEAL CHOC-CHIP BAR-2017	Total EACH(2.5 oz)	4500 4500	290	20	240	3.00	1.80	20.0	110	0.0	22	5.0	47.0	9.0	3.00	0.00
Juice, Wildberry, 4oz, 2024	1 EACH	4500	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)	4500	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)	4000	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			504	26	458	5.00	1.98	446.7	3104	153.60	61 48.8%	13.11 10.4%	89.33 70.9%	9.28 16.6%	3.17 5.7%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Wed - 10/15/2025																
HS BIC BREAKFAST Bagel, Mini w/Cinn CC '25	Total 1 Each	4500 4500	230	10	190	2.00	1.60	30.0	100	0.0	13	6.0	42.0	6.0	2.00	0.00
Juice, apple 4oz. DW-2024	1 EACH	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)	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)	4000	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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Page 5

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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			436	16	409	2.41	1.73	253.1	1090	31.84	54 49.5%	14.40 13.2%	84.22 77.3%	6.44 13.3%	2.22 4.6%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Thu - 10/16/2025																
HS BIC BREAKFAST	Total	4500														
Mini Donuts, WG Powdered Sugar	1 each	4500	280	0	290	2.00	1.08	20.0	110	0.0	22	5.0	42.0	10.0	3.00	0.00
Orange juice, DW, 4oz. 2024	1 EACH	4500	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Craisins, Watermelon	serv. (1.1 6 oz)	4500	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)	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)	4000	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			565	6	507	5.00	1.08	246.7	1274	30.00	78 55.5%	14.11 10.0%	103.33 73.2%	10.28 16.4%	3.17 5.0%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Fri - 10/17/2025																
HS BIC BREAKFAST	Total	4500														
BREAD, STRAWBERRY, fzegg	Serv. (2 G)	4500	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	4500	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	4500	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)	4000	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	58	374	4.42	1.29	515.3	4168	78.28	*72 *58.3%	13.41 10.9%	90.56 73.7%	8.99 16.5%	1.19 2.2%	*0.01 *0.0%
Nutrient Guideline			450-600		640										<10.00	

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Page 6

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Mon - 10/20/2025																
HS BIC BREAKFAST	Total	4500														
Cinnamon Roll-Wh.Wheat-IW-2017	1 EACH	4500	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.0	11.0	6.00	0.00
Orange juice, DW, 4oz.2024	EACH(4 oz	4500	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)	4500	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)	4000	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			514	11	527	4.93	1.80	246.7	1378	31.20	61 47.7%	14.11 11.0%	93.97 73.2%	11.28 19.8%	6.17 10.8%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Tue - 10/21/2025																
HS BIC BREAKFAST	Total	4500														
BANA CHOC-CHUNKY MONKE Y 2013	1 EACH	4500	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	1 EACH	4500	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)	4500	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)	4000	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	21	438	5.00	1.98	446.7	3109	153.60	62 50.6%	13.11 10.6%	90.33 73.1%	8.28 15.1%	3.17 5.8%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

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Rialto Unified School District

Oct 1, 2025 thru Oct 31, 2025

Base Menu Spreadsheet

HS BIC BREAKFAST

Portion Values - Detailed

Page 7

Generated on: 9/26/2025 11:07:46 AM

	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)
Wed - 10/22/2025																
HS BIC BREAKFAST	Total	4500														
CEREAL,MALT-O, SCOOTERS'25	BOWL	4500	156	0	260	3.90	11.69	129.9	650	19.49	*N/A*	5.2	29.89	2.6	0.00	0.00
Juice, apple 4oz. DW-2024	1 EACH	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)	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)	4500	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			375	7	502	4.31	11.83	375.3	1751	51.33	*43 *45.9%	14.49 15.4%	74.33 79.3%	3.04 7.3%	0.22 0.5%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	
Thu - 10/23/2025																
HS BIC BREAKFAST	Total	4500														
Croissant,Sausage & Cheese '25	1 Each	4500	222	35	406	2.20	1.61	154.3	182	0.0	3	12.14	18.28	11.3	5.43	0.16
Orange juice, DW, 4oz.2024	1 EACH	4500	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Craisins, Watermelon	serv. (1.1 6 oz)	4500	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)	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)	4000	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			507	41	623	5.20	1.61	381.0	1347	30.00	59 46.5%	21.25 16.8%	79.61 62.8%	11.58 20.5%	5.60 9.9%	0.16 0.3%
Nutrient Guideline			450-600		640										<10.00	

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Rialto Unified School District

Oct 1, 2025 thru Oct 31, 2025

Base Menu Spreadsheet

HS BIC BREAKFAST

Portion Values - Detailed

Page 8

Generated on: 9/26/2025 11:07:46 AM

	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)
Fri - 10/24/2025																
HS BIC BREAKFAST	Total	4500														
Concha, WG CHOCOLATE '24	1 each	1500	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	1500	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)	1500	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	4500	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	4500	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)	4000	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			469	11	312	5.02	2.05	518.8	4129	74.86	59 50.5%	14.47 12.3%	90.74 77.4%	6.80 13.0%	1.73 3.3%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Mon - 10/27/2025																
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 % of Calories			554	6	576	6.96	3.60	429.6	2052	30.00	66 47.4%	13.13 9.5%	113.04 81.6%	4.83 7.8%	2.20 3.6%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

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Rialto Unified School District

Oct 1, 2025 thru Oct 31, 2025

Base Menu Spreadsheet

HS BIC BREAKFAST

Portion Values - Detailed

Page 9

Generated on: 9/26/2025 11:07:46 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)
Tue - 10/28/2025																
HS BIC BREAKFAST	Total	5750														
Muffin, Choc Chip-Buena Vista '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 % of Calories			447	27	457	3.04	1.89	445.0	*2960	*91.80	55 49.6%	12.13 10.9%	79.19 70.9%	8.32 16.8%	2.19 4.4%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Wed - 10/29/2025																
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 % of Calories			479	6	498	4.05	0.20	478.2	948	30.23	48 40.4%	17.15 14.3%	67.28 56.2%	17.31 32.5%	3.18 6.0%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Thu - 10/30/2025																
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, Watermelon	serv. (1.1 6 oz)	2077	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)	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

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 10

Oct 1, 2025 thru Oct 31, 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			550	6	528	4.50	2.00	255.9	1110	30.00	64 46.2%	14.10 10.3%	89.40 65.0%	16.25 26.6%	9.15 15.0%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Fri - 10/31/2025																
HS BIC BREAKFAST	Total	5788														
BAR, DOUBLE CHOC CHIP	1 EACH	5788	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	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
Weighted Daily Average % of Calories			475	6	449	5.85	2.77	453.5	3372	42.59	59 50.1%	13.48 11.4%	88.64 74.7%	8.42 15.9%	2.68 5.1%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Weighted Average			490	14	461	4.87	2.20	406.4	*2218	*59.76	*61 *111.6	14.31 11.7%	88.69 72.3%	9.34 17.1%	3.12 5.7%	*0.01 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	490		450 - 600	100%				
Cholesterol (mg)	14							
Sodium 1 (mg)	461		640	72%				
Fiber (g)	4.87							
Iron (mg)	2.20							
Calcium (mg)	406.4							
Vitamin A (IU)	2218							
Sugars (g)	61	49.62%			Missing			
Vitamin C (mg)	59.76				Missing			
Protein (g)	14.31	11.67%			Missing			
Carbohydrate (g)	88.69	72.34%						
Total Fat (g)	9.34	17.14%						
Saturated Fat (g)	3.12	5.72%	<10.00%					
Trans Fat ¹ (g)	0.01	0.01%			Missing			

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