

Rialto Unified School District

Dec 2, 2024 thru Dec 6, 2024

Base Menu Spreadsheet

MS BIC Breakfast

Portion Values - Detailed

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Generated on: 11/21/2024 11:40:33 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 - 12/02/2024																
MS BIC Breakfast	Total	4925														
Uncrustable, Grape Wh,Che-2016	1 each	4925	320	0	320	3.00	1.08	20.0	65	0.0	13	10.0	32.0	17.0	3.50	0.00
Juice, apple 4oz. DW-2024	CARTONS	4925	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	2462	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	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	1 EACH	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			514	6	537	3.96	1.08	240.2	1015	30.00	50	18.13	71.01	17.34	3.70	0.00
% of Calories											38.7%	14.1%	55.2%	30.3%	6.5%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Tue - 12/03/2024																
MS BIC Breakfast	Total	5750														
Cinnamon Swirls, WG 2024	Serving	5750	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	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 2017 2oz	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	1 EACH	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	1 EACH	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			492	16	341	4.00	0.45	734.3	1060	91.80	57	15.13	85.19	9.32	2.69	0.00
% of Calories											46.6%	12.3%	69.3%	17.1%	4.9%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Wed - 12/04/2024																
MS BIC Breakfast	Total	3265														
BREAD, STRAWBERRY,fzegg	1 EACH	3265	128	30	87	0.88	0.62	20.8	45	1.96	*12	2.32	19.47	4.63	0.54	*0.00
Juice, Wildberry, 4oz, 2024	CARTONS	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	1 EACH	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	1 EACH	3040	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			353	35	309	2.19	0.75	433.7	3043	36.35	*52	10.93	65.58	4.97	0.70	*0.00
% of Calories											*58.5%	12.4%	74.4%	12.7%	1.8%	*0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

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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 - 12/05/2024																
MS 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
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 2020	servings	2077	187	0	3	3.21	0.24	5.5	28	0.12	44	0.1	50.18	0.66	0.05	0.00
MILK,1% DW 2024	1 EACH	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	1 EACH	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			478	6	390	4.61	0.84	247.6	1129	30.06	67	13.15	96.49	6.58	1.18	0.00
% of Calories											56.4%	11.0%	80.7%	12.4%	2.2%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Fri - 12/06/2024																
MS BIC Breakfast	Total	3988														
Croissant ,Egg, & Cheese-2017	1 EACH	3988	292	189	682	3.00	2.12	268.3	620	0.0	3	12.57	31.68	13.85	6.56	0.16
Juice, apple 4oz. DW-2024	CARTONS	3988	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	serving	1994	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	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	1 EACH	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			482	195	902	3.21	2.19	484.9	1599	30.92	41	20.80	70.09	14.16	6.72	0.16
% of Calories											33.7%	17.3%	58.1%	26.4%	12.5%	0.3%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Weighted Average			464	52	496	3.59	1.06	428.1	1569	43.83	*53 *103.5	15.63 13.5%	77.67 67.0%	10.47 20.3%	3.00 5.8%	*0.03 *0.1%
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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)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	464		400 - 550		100%												
Cholesterol (mg)	52																
Sodium 1 (mg)	496		600		83%												
Fiber (g)	3.59																
Iron (mg)	1.06																
Calcium (mg)	428.1																
Vitamin A (IU)	1569																
Sugars (g)	53	45.99%				Missing											
Vitamin C (mg)	43.83																
Protein (g)	15.63	13.48%															
Carbohydrate (g)	77.67	66.98%															
Total Fat (g)	10.47	20.32%	<=30.00%														
Saturated Fat (g)	3.00	5.82%	<10.00%														
Trans Fat ¹ (g)	0.03	0.06%				Missing											

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Rialto Unified School District

Dec 9, 2024 thru Dec 13, 2024

Base Menu Spreadsheet

MS 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 - 12/09/2024																
MS BIC Breakfast	Total	5231														
Concha, WG PINK-'24	1 each	6155	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	1 EACH	6155	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Craisins 2020	servings	1622	187	0	3	3.21	0.24	5.5	28	0.12	44	0.1	50.18	0.66	0.05	0.00
MILK,1% DW 2024	1 EACH	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	1 EACH	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			499	13	364	3.35	2.19	312.3	1295	35.34	61	16.61	94.91	7.54	1.95	0.00
% of Calories											49.2%	13.3%	76.1%	13.6%	3.5%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Tue - 12/10/2024																
MS BIC Breakfast	Total	5788														
Cinnis, Mini 2.29oz 2017	pkg	5788	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	CARTONS	5788	60	0	15	0.00	0.00	200.0	2000	30.0	15	0.0	15.0	0.0	0.00	0.00
GRAPES,Fresh PKG.'23	servings	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	1 EACH	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	1 EACH	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			429	6	489	2.12	1.48	457.8	3034	30.52	51	13.18	75.56	7.31	1.68	0.00
% of Calories											47.2%	12.3%	70.5%	15.4%	3.5%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Wed - 12/11/2024																
MS BIC Breakfast	Total	4425														
UBR - BRKFST CINN ROUND 2 020	1 EACH	4425	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	1 EACH	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	1 EACH	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	1 EACH	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			468	6	407	3.96	2.80	311.3	1129	33.23	51	14.53	79.69	10.45	2.74	0.00
% of Calories											43.5%	12.4%	68.1%	20.1%	5.3%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

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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 - 12/12/2024																
MS BIC Breakfast	Total	5825														
DOUBLE CHOC. BAR- 2017	1 EACH	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, apple 4oz. DW-2024	CARTONS	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	serving	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	1 EACH	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	1 EACH	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			449	6	448	5.05	2.72	238.2	1053	30.23	55	13.15	83.28	8.31	2.68	0.00
% of Calories											49.3%	11.7%	74.2%	16.7%	5.4%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Fri - 12/13/2024																
MS BIC Breakfast	Total	3344														
BREAD,BANANA 2023	1 EACH	4226	163	19	84	1.41	0.57	12.9	44	1.99	*14	2.03	24.48	7.14	0.68	*0.00
Juice, Wildberry, 4oz, 2024	CARTONS	4226	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 2017 .50 CUP	SERVING	1855	28	0	1	1.31	0.07	3.3	29	2.51	6	0.14	7.53	0.09	0.02	0.00
MILK,1% DW 2024	1 EACH	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	1 EACH	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			449	33	378	2.51	0.76	554.5	3760	41.82	*63	12.96	78.11	9.58	1.17	*0.00
% of Calories											*56.2%	11.5%	69.5%	19.2%	2.3%	*0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Weighted Average			459	13	417	3.40	1.99	374.8	2054	34.23	*56	14.09	82.31	8.64	2.04	*0.00
											*110.4	12.3%	71.8%	16.9%	4.0%	*0.0%

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Nutrient	Menu AVG	Portion Size % of Cals	Reimb Qty Weekly Target	Cals (kcal) % of Target	Cholst (mg) Miss Data	Sodm (mg) Shortfall	Fiber (g) Overage	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)	Error Messages (if any)
Calories	459		400 - 550	100%														
Cholesterol (mg)	13																	
Sodium 1 (mg)	417		600	70%														
Fiber (g)	3.40																	
Iron (mg)	1.99																	
Calcium (mg)	374.8																	
Vitamin A (IU)	2054																	
Sugars (g)	56	49.05%			Missing													
Vitamin C (mg)	34.23																	
Protein (g)	14.09	12.28%																
Carbohydrate (g)	82.31	71.76%																
Total Fat (g)	8.64	16.95%	<=30.00%															
Saturated Fat (g)	2.04	4.01%	<10.00%															
Trans Fat ¹ (g)	0.00	0.00%			Missing													

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