

Rialto Unified School District

Jan 7, 2025 thru Jan 10, 2025

Base Menu Spreadsheet

MS BIC Breakfast

Portion Values - Detailed

Page 1

Generated on: 1/13/2025 7:09:10 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 <sup>1</sup> (g)
Tue - 01/07/2025																
MS 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
BANANAS	1 EACH	1622	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)	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			469	13	364	3.17	2.20	300.4	1189	38.02	53 44.9%	15.75 13.4%	87.68 74.8%	7.44 14.3%	1.97 3.8%	0.00 0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Wed - 01/08/2025																
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	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
Craisins, Watermelon	serv. (1.1 6 oz)	2875	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)	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			530	16	341	4.50	0.36	729.3	1095	30.00	66 50.1%	15.13 11.4%	95.19 71.9%	9.32 15.8%	2.69 4.6%	0.00 0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Thu - 01/09/2025																
MS BIC Breakfast	Total	5825														
DOUBLE CHOC. BAR- 2017	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	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

\*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

<sup>1</sup> - 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.

Rialto Unified School District

Jan 7, 2025 thru Jan 10, 2025

Base Menu Spreadsheet

MS BIC Breakfast

Portion Values - Detailed

Page 2

Generated on: 1/13/2025 7:09:10 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 <sup>1</sup> (g)
Weighted Daily Average			461	6	448	5.37	2.73	445.1	3189	35.56	57	13.28	85.08	8.35	2.68	0.00
% of Calories											49.1%	11.5%	73.8%	16.3%	5.2%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Fri - 01/10/2025																
MS BIC Breakfast	Total	3344														
Cluster Brk, Whole Grain '22	1 EACH	4226	260	0	190	3.00	2.70	80.0	70	0.0	14	5.0	38.0	10.0	2.50	0.00
Juice, apple 4oz. DW-2024	Each(4oz)	4226	55	0	15	0.00	0.00	0.0	0	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	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			565	8	512	4.52	3.45	386.5	1266	39.30	63	16.71	95.19	13.20	3.48	0.00
% of Calories											44.4%	11.8%	67.3%	21.0%	5.5%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Weighted Average			506	11	417	4.39	2.18	465.3	1685	35.72	60	15.22	90.79	9.58	2.70	0.00
											105.9%	12.0%	71.7%	17.0%	4.8%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	506		400 - 550	100%				
Cholesterol (mg)	11		600	69%				
Sodium 1 (mg)	417							
Fiber (g)	4.39							
Iron (mg)	2.18							
Calcium (mg)	465.3							
Vitamin A (IU)	1685							
Sugars (g)	60	47.09%						
Vitamin C (mg)	35.72							
Protein (g)	15.22	12.02%						
Carbohydrate (g)	90.79	71.72%						
Total Fat (g)	9.58	17.03%	<=30.00%					
Saturated Fat (g)	2.70	4.81%	<10.00%					
Trans Fat <sup>1</sup> (g)	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

<sup>1</sup> - 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.

# Rialto Unified School District

Jan 13, 2025 thru Jan 17, 2025

Base Menu Spreadsheet

MS BIC Breakfast

Portion Values - Detailed

Page 1

Generated on: 1/13/2025 7:09:28 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 <sup>1</sup> (g)
Mon - 01/13/2025																
MS BIC Breakfast	Total	4925														
Mini Donuts,Wh Gr Chocolate	1 each	4925	300	0	290	3.00	1.08	20.0	100	0.0	20	5.0	39.0	13.0	8.00	0.00
Juice, apple 4oz. DW-2024	Each(4oz)	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 (0.3 4 oz)	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	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			494	6	507	3.96	1.08	240.2	1050	30.00	57 45.9%	13.13 10.6%	78.01 63.1%	13.34 24.3%	8.20 14.9%	0.00 0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Tue - 01/14/2025																
MS 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	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 '23 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	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			400-550		600									<=30.0	<10.00	

Wed - 01/15/2025																
MS BIC Breakfast	Total	3265														
CEREAL,MALT-O,Marsh-Mateys*24	BOWL (2 oz.)	3265	210	0	380	3.00	18.00	200.0	1000	12.0	23	4.0	47.0	2.0	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

\*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

<sup>1</sup> - 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.

Rialto Unified School District

Jan 13, 2025 thru Jan 17, 2025

Base Menu Spreadsheet

MS BIC Breakfast

Portion Values - Detailed

Page 2

Generated on: 1/13/2025 7:09:28 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			435	6	601	4.31	18.13	612.9	3998	46.39	63 57.8%	12.62 11.6%	93.12 85.6%	2.34 4.8%	0.16 0.3%	0.00 0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Thu - 01/16/2025																	
MS BIC Breakfast	Total		4155														
FRENCH TST Mini Cinna '23	SERV		4155	220	115	330	3.00	1.80	80.0	193	3.6	8	9.0	30.0	8.0	1.50	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
GRAPES,Fresh PKG '23	serv.(1/2 cup)		2077	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)		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			410	121	549	3.21	1.87	308.1	1266	34.52	44 43.1%	18.24 17.8%	67.35 65.6%	8.33 18.3%	1.68 3.7%	0.00 0.0%	
Nutrient Guideline			400-550		600									<=30.0	<10.00		

Fri - 01/17/2025																	
MS BIC Breakfast	Total		5788														
BREAD,CHAMELEON,peach, 2017	1 EACH		5788	251	50	226	2.38	1.35	27.1	203	0.97	*31	4.18	47.74	5.45	0.70	*0.00
Juice, apple 4oz. DW-2024	Each(4oz)		5788	55	0	15	0.00	0.00	0.0	0	30.0	15	0.0	15.0	0.0	0.00	0.00
Craisins, Watermelon	serv. (1.1 6 oz)		1625	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)		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			457	56	445	3.23	1.35	243.1	1183	30.97	*71 *61.9%	12.28 10.8%	89.94 78.7%	5.72 11.3%	0.86 1.7%	*0.00 *0.0%	
Nutrient Guideline			400-550		600									<=30.0	<10.00		

Weighted Average			452	42	509	3.59	4.50	329.6	1725	46.74	*57 *112.9	14.21 12.6%	80.58 71.3%	8.04 16.0%	2.78 5.5%	*0.00 *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.

Rialto Unified School District

Jan 13, 2025 thru Jan 17, 2025

Base Menu Spreadsheet

MS BIC Breakfast

Portion Values - Detailed

Generated on: 1/13/2025 7:09:28 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 <sup>1</sup> (g)
<b>Nutrient</b>	<b>Menu AVG</b>	<b>% of Cals</b>	<b>Weekly Target</b>	<b>% of Target</b>	<b>Miss Data</b>	<b>Shortfall</b>	<b>Overage</b>	<b>Error Messages (if any)</b>								
Calories	452		400 - 550	100%												
Cholesterol (mg)	42															
Sodium 1 (mg)	509		600	85%												
Fiber (g)	3.59															
Iron (mg)	4.50															
Calcium (mg)	329.6															
Vitamin A (IU)	1725															
Sugars (g)	57	50.17%			Missing											
Vitamin C (mg)	46.74															
Protein (g)	14.21	12.58%														
Carbohydrate (g)	80.58	71.32%														
Total Fat (g)	8.04	16.02%	<=30.00%													
Saturated Fat (g)	2.78	5.54%	<10.00%													
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing											

\*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  
<sup>1</sup> - 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.

Rialto Unified School District

Jan 21, 2025 thru Jan 24, 2025

Base Menu Spreadsheet

MS BIC Breakfast

Portion Values - Detailed

Page 1

Generated on: 1/13/2025 7:09:42 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 <sup>1</sup> (g)
Tue - 01/21/2025																
MS 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
Orange juice, DW, 4oz.2024	EACH(4 oz	4925	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 '23 2oz	pkg. (2oz)	2462	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)	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			492	6	496	5.00	0.27	495.2	1058	91.79	49	18.13	69.19	17.34	3.20	0.00
% of Calories											40.1%	14.7%	56.3%	31.7%	5.9%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Wed - 01/22/2025																
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
Juice, Wildberry, 4oz, 2024	Each(4oz)	5750	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	2875	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)	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			525	16	343	4.31	0.49	921.8	2967	34.39	62	14.68	93.72	9.49	2.75	0.00
% of Calories											46.9%	11.2%	71.4%	16.3%	4.7%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Thu - 01/23/2025																
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	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
Craisins 2020	Serv.(1/2 Cup)	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	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

\*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.

# Rialto Unified School District

Jan 21, 2025 thru Jan 24, 2025

Base Menu Spreadsheet

MS BIC Breakfast

Portion Values - Detailed

Page 2

Generated on: 1/13/2025 7:09:42 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 <sup>1</sup> (g)
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 - 01/24/2025																
MS BIC Breakfast	Total	3988														
Croissant ,Egg, & Cheese-'24	Sandwich	3988	292	128	667	2.00	2.16	249.6	*160	*0.0	4	11.55	30.86	14.32	6.06	0.16
Juice, apple 4oz. DW-2024	Each(4oz)	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	serv.(1/2 cup)	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	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			482	134	887	2.20	2.23	466.2	*1139	*30.92	42	19.79	69.26	14.63	6.22	0.16
% of Calories											34.5%	16.4%	57.4%	27.3%	11.6%	0.3%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Weighted Average			494	41	529	4.03	0.96	532.7	*1573	*46.79	55	16.44	82.17	12.01	3.34	0.04
											100.1%	13.3%	66.5%	21.9%	6.1%	0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	494		400 - 550	100%				
Cholesterol (mg)	41							
Sodium 1 (mg)	529		600	88%				
Fiber (g)	4.03							
Iron (mg)	0.96							
Calcium (mg)	532.7							
Vitamin A (IU)	1573				Missing			
Sugars (g)	55	44.49%						
Vitamin C (mg)	46.79				Missing			
Protein (g)	16.44	13.30%						
Carbohydrate (g)	82.17	66.48%						
Total Fat (g)	12.01	21.86%	<=30.00%					
Saturated Fat (g)	3.34	6.07%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.04	0.07%						

\*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

<sup>1</sup> - 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.

Rialto Unified School District

Jan 27, 2025 thru Jan 31, 2025

Base Menu Spreadsheet

MS BIC Breakfast

Portion Values - Detailed

Page 1

Generated on: 1/13/2025 7:09:56 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 <sup>1</sup> (g)
Mon - 01/27/2025																
MS 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
Orange juice, DW, 4oz.2024	EACH(4 oz serv. (1.1 6 oz)	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, Watermelon	EACH(1/2 pint)	1622	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)	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			475	13	363	3.28	2.12	310.6	1324	35.30	55	16.58	88.03	7.33	1.93	0.00
% of Calories											46.4%	14.0%	74.1%	13.9%	3.7%	0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Tue - 01/28/2025																
MS BIC Breakfast	Total	5788														
Cinnis, Mini 2.29oz 2017	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
Juice, Wildberry, 4oz, 2024	Each(4oz)	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	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			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	

\*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  
<sup>1</sup> - 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.

Rialto Unified School District

Jan 27, 2025 thru Jan 31, 2025

Base Menu Spreadsheet

MS BIC Breakfast

Portion Values - Detailed

	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 <sup>1</sup> (g)
Wed - 01/29/2025																
MS BIC Breakfast	Total	4425														
UBR - BRKFST CINN ROUND 2 020	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
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
Weighted Daily Average % of Calories			488	11	407	7.25	0.78	261.2	1067	33.24	56 45.8%	14.53 11.9%	85.69 70.2%	8.45 15.6%	3.24 6.0%	0.00 0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

	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 <sup>1</sup> (g)
Thu - 01/30/2025																
MS BIC Breakfast	Total	5825														
DOUBLE CHOC. BAR- 2017	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, apple 4oz. DW-2024	Each(4oz)	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			449	6	448	5.05	2.72	238.2	1053	30.23	55 49.3%	13.15 11.7%	83.28 74.2%	8.31 16.7%	2.68 5.4%	0.00 0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

	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 <sup>1</sup> (g)
Fri - 01/31/2025																
MS BIC Breakfast	Total	3344														
BREAD,BANANA 2023	1 EACH	4226	329	39	170	3.91	1.14	28.0	87	4.04	*29	4.56	49.55	14.45	1.37	*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 '23 2oz	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

\*NA\* - 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.

# Rialto Unified School District

Jan 27, 2025 thru Jan 31, 2025

Base Menu Spreadsheet

MS BIC Breakfast

Portion Values - Detailed

Page 3

Generated on: 1/13/2025 7:09:56 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			656	58	486	6.05	1.54	337.1	1425	111.59	*81 *49.1%	17.34 10.6%	108.79 66.3%	18.77 25.7%	2.04 2.8%	*0.01 *0.0%
Nutrient Guideline			400-550		600									<=30.0	<10.00	

Weighted Average			499	19	438	4.75	1.73	321.0	1580	48.17	*60 *107.2	14.96 12.0%	88.27 70.7%	10.04 18.1%	2.31 4.2%	*0.00 *0.0%
------------------	--	--	-----	----	-----	------	------	-------	------	-------	---------------	----------------	----------------	----------------	--------------	----------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	499		400 - 550	100%				
Cholesterol (mg)	19							
Sodium 1 (mg)	438		600	73%				
Fiber (g)	4.75							
Iron (mg)	1.73							
Calcium (mg)	321.0							
Vitamin A (IU)	1580							
Sugars (g)	60	47.67%			Missing			
Vitamin C (mg)	48.17							
Protein (g)	14.96	11.98%						
Carbohydrate (g)	88.27	70.70%						
Total Fat (g)	10.04	18.08%	<=30.00%					
Saturated Fat (g)	2.31	4.17%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

\*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

<sup>1</sup> - 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.