

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 11, 2025 thru Aug 15, 2025

Middle School Lunch

Generated on: 8/12/2025 10:29:56 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 ¹ (g)
Mon - 08/11/2025																
Middle School Lunch	Total	3199														
HOT DOG-BEEF W/WHEAT BUN	SERVING	800	388	40	984	3.00	2.87	80.0	25	0.0	5	14.94	32.97	22.84	8.93	0.00
Chicken, Teriyaki and Rice '24	BOX(2M MA/2G)	400	349	83	739	3.47	2.14	16.7	4785	2.91	*8	24.13	49.99	6.14	1.27	0.00
Chicken, Orange Sec-'24	BOX(2M MA/2G)	400	364	41	654	3.47	2.02	26.7	4750	2.91	*12	17.63	62.99	5.05	0.10	0.00
Pizza, Pep Wedge Sicilian '24	1 EACH	500	336	38	647	3.03	1.39	449.5	406	8.62	5	18.75	34.62	13.65	6.09	0.00
Spicy Chicken Sandwich WG-2013	Sand(2M MA/3G)	500	380	20	620	5.00	3.80	110.0	15	0.0	4	20.0	44.0	15.0	2.50	0.00
YOGURT PARFAIT W/ GRANO LA 2023	serving	500	487	12	254	4.32	2.00	456.6	455	48.69	*15	14.55	87.9	8.18	1.98	*0.00
SALAD, CHEF, '24	SALAD	422	435	139	753	2.50	1.83	183.6	1155	6.15	*7	20.34	33.38	25.11	5.97	*0.00
SLUSH, KIWI STRAWBERRY '23	container s, 4oz	500	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
SLUSH, BERRY BERRY BLUE '23	container s, 4oz	500	80	0	0	0.00	0.00	0.0	75	90.0	15	0.0	19.0	0.0	0.00	0.00
SLUSH, PARADISE PUNCH '23	container s, 4oz	500	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
BEANS, PINTO SEASONED-2017	1/2 Cup BP	100	64	0	259	3.21	1.21	45.2	70	2.89	*0	3.44	11.71	0.61	0.12	*0.00
GARDEN SALAD-2014	1 EACH	750	40	0	15	1.11	0.78	16.2	4983	19.68	3	2.01	8.79	0.17	0.03	0.00
Potato Wedges, seasoned	SERVING	600	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES, Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES, Fresh PKG '23	serv. (1/2 cup)	365	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Asian Pears, Fresh 2017	serving	100	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	342	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE WEDGES '23	Serv (1/2 Cup)	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK, 1% DW 2024	EACH (1/2 pint)	1200	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)	2000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	800	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	400	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	400	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Sauce, Taco, Tapatio 2017	1 each	400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	422	4	0	194	0.10	0.09	1.7	0	0.0	0	0.44	0.45	0.0	0.00	0.00
Tajin 2022	PKG	400	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	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 11, 2025 thru Aug 15, 2025

Middle School Lunch

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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			691	65	1097	1410.4	3.15	480.6	6136	39.26	*42	29.99	100.32	19.03	5.92	*0.00
% of Calories											*24.2%	17.4%	58.1%	24.8%	7.7%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Tue - 08/12/2025																
Middle School Lunch	Total	3199														
ChickenFajitasW/CheeseBOWL'25	BOX	400	574	*128	1063	5.25	3.79	280.3	*608	27.95	*1	32.86	46.8	30.53	7.62	*0.00
Chicken, Teriyaki and Rice '24	BOX	400	349	83	739	3.47	2.14	16.7	4785	2.91	*8	24.13	49.99	6.14	1.27	0.00
Chicken,Orange Sec-'24	BOX	400	364	41	654	3.47	2.02	26.7	4750	2.91	*12	17.63	62.99	5.05	0.10	0.00
BUZZBURGER	Burger(2 MMA,2G)	400	279	48	310	3.00	3.15	84.4	15	0.0	*3	20.93	29.0	9.7	3.03	*0.00
Spicy Chicken Sandwich WG-2013	1 EACH	500	380	20	620	5.00	3.80	110.0	15	0.0	4	20.0	44.0	15.0	2.50	0.00
YOGURT PARFAIT W/ GRANO	serving	400	487	12	254	4.32	2.00	456.6	455	48.69	*15	14.55	87.9	8.18	1.98	*0.00
LA 2023																
spicy chicken/tapatío salad	1 EACH	422	424	26	684	5.24	4.38	67.1	1512	11.72	*10	15.4	42.32	23.27	4.22	*0.01
CHIPS,NACHO RF DORITOS.2025	1 each	600	130	0	220	1.00	0.36	20.0	0	0.0	0	2.0	19.0	5.0	1.00	0.00
CHIPS,RF Doritos flamas, 2017	1 each	500	130	0	200	2.00	0.00	28.0	5	0.0	1	2.0	20.0	5.0	0.50	0.00
BEANS, PINTO SEASONED-2017	1/2 Cup BP	300	64	0	259	3.21	1.21	45.2	70	2.89	*0	3.44	11.71	0.61	0.12	*0.00
GARDEN SALAD-2014	1 EACH	750	40	0	15	1.11	0.78	16.2	4983	19.68	3	2.01	8.79	0.17	0.03	0.00
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES,Fresh PKG '23	serving	550	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Asian Pears, Fresh 2017	serving	300	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	342	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% DW 2024	EACH(1/2 pint)	1200	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)	2000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	500	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	400	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	400	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Sauce, Taco, Tapatio 2017	1 each	400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	422	4	0	194	0.10	0.09	1.7	0	0.0	0	0.44	0.45	0.0	0.00	0.00
Tajin 2022	PKG	400	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00

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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)
Weighted Daily Average % of Calories			624	*56	995	1410.9	3.31	418.2	*6018	26.48	*36 *22.8%	29.36 18.8%	90.39 57.9%	16.95 24.4%	3.77 5.4%	*0.01 *0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Wed - 08/13/2025																
Middle School Lunch	Total	3199														
Wings & Mac Mango Habanero '25	SERVING	500	654	125	1370	1.86	2.20	560.0	1650	0.61	*15	38.67	61.57	27.81	11.17	*0.00
Chicken, Teriyaki and Rice '24	BOX	400	349	83	739	3.47	2.14	16.7	4785	2.91	*8	24.13	49.99	6.14	1.27	0.00
Chicken, Orange Sec-'24	BOX	400	364	41	654	3.47	2.02	26.7	4750	2.91	*12	17.63	62.99	5.05	0.10	0.00
Pizza, Pep Wedge Sicilian '24	1 EACH	400	336	38	647	3.03	1.39	449.5	406	8.62	5	18.75	34.62	13.65	6.09	0.00
Sply Chicken Sandwich WG-2013	1 EACH	400	380	20	620	5.00	3.80	110.0	15	0.0	4	20.0	44.0	15.0	2.50	0.00
YOGURT PARFAIT W/ GRANO LA 2023	serving	400	487	12	254	4.32	2.00	456.6	455	48.69	*15	14.55	87.9	8.18	1.98	*0.00
Salad, Honey Bee Cowboy Fiesta	1 each	400	816	41	977	12.77	5.80	361.9	1946	33.07	*8	17.71	73.1	53.38	12.47	*0.00
BEANS, PINTO SEASONED-2017	1/2 Cup BP	400	64	0	259	3.21	1.21	45.2	70	2.89	*0	3.44	11.71	0.61	0.12	*0.00
GARDEN SALAD-2014	1 EACH	750	40	0	15	1.11	0.78	16.2	4983	19.68	3	2.01	8.79	0.17	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES, Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES, Fresh PKG '23	serving	465	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Asian Pears, Fresh 2017	serving	500	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	342	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK, 1% DW 2024	EACH (1/2 pint)	1200	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)	2000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	400	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.36	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	400	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Sauce, Taco, Tapatio 2017	1 each	400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	422	4	0	194	0.10	0.09	1.7	0	0.0	0	0.44	0.45	0.0	0.00	0.00
Tajin 2022	PKG	400	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			697	59	1073	1411.9	3.08	542.4	6292	27.96	*38 *21.6%	30.76 17.7%	98.79 56.7%	20.16 26.0%	5.98 7.7%	*0.00 *0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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Portion Values - Detailed

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Aug 11, 2025 thru Aug 15, 2025

Middle School Lunch

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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 - 08/14/2025																
Middle School Lunch	Total	3199														
TACO Walkin, TURKEY, '25	Serving(3 .2 oz)	500	435	44	776	2.00	0.40	293.2	77	0.0	4	25.79	31.53	24.17	3.83	0.00
Chicken, Teriyaki and Rice '24	BOX	400	349	83	739	3.47	2.14	16.7	4785	2.91	*8	24.13	49.99	6.14	1.27	0.00
Chicken, Orange Sec-'24	BOX	400	364	41	654	3.47	2.02	26.7	4750	2.91	*12	17.63	62.99	5.05	0.10	0.00
BUZZBURGER	Burger(2 MMA,2G)	400	279	48	310	3.00	3.15	84.4	15	0.0	*3	20.93	29.0	9.7	3.03	*0.00
Spicy Chicken Sandwich WG-2013	1 EACH	400	380	20	620	5.00	3.80	110.0	15	0.0	4	20.0	44.0	15.0	2.50	0.00
YOGURT PARFAIT W/ GRANO LA 2023	serving	500	487	12	254	4.32	2.00	456.6	455	48.69	*15	14.55	87.9	8.18	1.98	*0.00
Grinder, turkey&cheese-EI-'24	1 EACH	500	367	78	1049	3.00	2.45	248.1	175	0.0	3	34.54	32.68	12.7	3.97	0.16
CHIPS,NACHO RF DORITOS.2025	1 each	400	130	0	220	1.00	0.36	20.0	0	0.0	0	2.0	19.0	5.0	1.00	0.00
CHIPS,RF Doritos flamas, 2017	1 each	400	130	0	200	2.00	0.00	28.0	5	0.0	1	2.0	20.0	5.0	0.50	0.00
BEANS, PINTO SEASONED-2017	1/2 Cup BP	100	64	0	259	3.21	1.21	45.2	70	2.89	*0	3.44	11.71	0.61	0.12	*0.00
GARDEN SALAD-2014	1 EACH	750	40	0	15	1.11	0.78	16.2	4983	19.68	3	2.01	8.79	0.17	0.03	0.00
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES,Fresh PKG '23	serving	365	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Asian Pears, Fresh 2017	serving	100	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	342	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% DW 2024	EACH(1/2 pint)	1200	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)	2000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	400	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	400	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Sauce, Taco, Tapatio 2017	1 each	400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	422	4	0	194	0.10	0.09	1.7	0	0.0	0	0.44	0.45	0.0	0.00	0.00
Tajin 2022	PKG	400	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			604	55	1005	1409.7	2.53	463.8	5788	22.36	*34	32.00	86.51	15.06	3.38	*0.03
% of Calories											*22.8%	21.2%	57.3%	22.4%	5.0%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 5

Aug 11, 2025 thru Aug 15, 2025

Middle School Lunch

Generated on: 8/12/2025 10:29:56 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 ¹ (g)
Fri - 08/15/2025																
Middle School Lunch	Total	3199														
Tamale,2Cheese&GreenChile '24	each-5.10 oz	400	345	36	711	2.56	0.87	418.6	458	2.45	2	15.95	29.66	18.01	9.47	0.00
Chicken, Teriyaki and Rice '24	BOX	400	349	83	739	3.47	2.14	16.7	4785	2.91	*8	24.13	49.99	6.14	1.27	0.00
Chicken,Orange Sec-'24	BOX	400	364	41	654	3.47	2.02	26.7	4750	2.91	*12	17.63	62.99	5.05	0.10	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	400	380	20	620	5.00	3.80	110.0	15	0.0	4	20.0	44.0	15.0	2.50	0.00
YOGURT PARFAIT W/ GRANO LA 2023	serving	400	487	12	254	4.32	2.00	456.6	455	48.69	*15	14.55	87.9	8.18	1.98	*0.00
Salad, QB Island Mac '25	1 each	400	522	44	688	4.92	3.26	66.9	2967	7.83	*6	20.42	58.13	25.79	4.16	*0.00
BEANS, PINTO SEASONED-2017	1/2 Cup BP	100	64	0	259	3.21	1.21	45.2	70	2.89	*0	3.44	11.71	0.61	0.12	*0.00
GARDEN SALAD-2014	1 EACH	750	40	0	15	1.11	0.78	16.2	4983	19.68	3	2.01	8.79	0.17	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
SLUSH, KIWI STRAWBERRY '23	container s, 4oz	700	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
SLUSH, BERRY BERRY BLUE '23	container s, 4oz	700	80	0	0	0.00	0.00	0.0	75	90.0	15	0.0	19.0	0.0	0.00	0.00
SLUSH, BLUE RASPBERRY '23	container s, 4oz	700	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES,Fresh PKG '23	serving	365	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Asian Pears, Fresh 2017	serving	100	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	342	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% DW 2024	EACH(1/2 pint)	2997	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)	2000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	400	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	400	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Sauce, Taco, Tapatio 2017	1 each	400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	422	4	0	194	0.10	0.09	1.7	0	0.0	0	0.44	0.45	0.0	0.00	0.00
Tajin 2022	PKG	400	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			657	48	897	1409.7	2.39	605.7	6676	42.72	*50	29.35	102.29	14.21	4.45	*0.00
% of Calories											*30.3%	17.9%	62.3%	19.5%	6.1%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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Rialto Unified School District

Aug 11, 2025 thru Aug 15, 2025

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 6

Generated on: 8/12/2025 10:29:56 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 ¹ (g)
Weighted Average			655	*57	1014	1410.5	2.89	502.1	*6182	31.75	*40 *54.8%	30.29 18.5%	95.66 58.5%	17.08 23.5%	4.70 6.5%	*0.01 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	655		600 - 700	100%				
Cholesterol (mg)	57				Missing			
Sodium 1 (mg)	1014		1360	75%				
Sodium 1a (mg)	1014		1225	83%				
Fiber (g)	1410.53							
Iron (mg)	2.89							
Calcium (mg)	502.1							
Vitamin A (IU)	6182				Missing			
Sugars (g)	40	24.36%			Missing			
Vitamin C (mg)	31.75							
Protein (g)	30.29	18.51%						
Carbohydrate (g)	95.66	58.46%						
Total Fat (g)	17.08	23.49%	<=30.00%					
Saturated Fat (g)	4.70	6.46%	<10.00%					
Trans Fat ¹ (g)	0.01	0.01%			Missing			

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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)
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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Aug 18, 2025 thru Aug 22, 2025

Middle School Lunch

Generated on: 8/12/2025 10:30:14 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																
Middle School Lunch	Total	3199														
CHILI VERDEFRIES w/cheese-2	SERVING,	500	476	118	1119	2.61	2.25	120.5	129	13.95	*1	40.82	33.04	20.07	6.07	*0.00
018																
Rolls, dinner,wht GalassosSEC	1 each	500	80	0	149	1.00	1.00	47.8	10	0.0	2	2.99	15.94	1.0	0.00	0.00
Chicken, Teriyaki and Rice '24	BOX(2M	500	349	83	739	3.47	2.14	16.7	4785	2.91	*8	24.13	49.99	6.14	1.27	0.00
	MA/2G)															
Chicken,Orange Sec-'24	BOX(2M	500	364	41	654	3.47	2.02	26.7	4750	2.91	*12	17.63	62.99	5.05	0.10	0.00
	MA/2G)															
Pizza, Pep Wedge Sicilian '24	1 EACH	500	336	38	647	3.03	1.39	449.5	406	8.62	5	18.75	34.62	13.65	6.09	0.00
Spicy Chicken Sandwich WG-2013	Sand(2M	500	380	20	620	5.00	3.80	110.0	15	0.0	4	20.0	44.0	15.0	2.50	0.00
	MA/3G)															
YOGURT PARFAIT W/ GRANO	serving	400	487	12	254	4.32	2.00	456.6	455	48.69	*15	14.55	87.9	8.18	1.98	*0.00
LA 2023																
SALAD,CHEF, '24	SALAD	400	435	139	753	2.50	1.83	183.6	1155	6.15	*7	20.34	33.38	25.11	5.97	*0.00
SLUSH, KIWI STRAWBERRY '23	container	500	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
	s, 4oz															
SLUSH, BERRY BERRY BLUE '23	container	500	80	0	0	0.00	0.00	0.0	75	90.0	15	0.0	19.0	0.0	0.00	0.00
	s, 4oz															
SLUSH, PARADISE PUNCH '23	container	500	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
	s, 4oz															
BEANS, PINTO SEASONED-2017	1/2 Cup BP	100	64	0	259	3.21	1.21	45.2	70	2.89	*0	3.44	11.71	0.61	0.12	*0.00
GARDEN SALAD-2014	1 EACH	750	40	0	15	1.11	0.78	16.2	4983	19.68	3	2.01	8.79	0.17	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES,Fresh PKG '23	serv.(1/2	365	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
	cup)															
Asian Pears, Fresh 2017	serving	100	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	342	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE WEDGES '23	Serv (1/2	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
	Cup)															
MILK,1% DW 2024	EACH(1/2	1200	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
	pint)															
MILK,NF Chocolate DW 2024	EACH (1/	2000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
	2 pint)															
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	400	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.36	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	400	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Sauce, Taco, Tapatio 2017	1 each	400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Aug 18, 2025 thru Aug 22, 2025

Middle School Lunch

Generated on: 8/12/2025 10:30:14 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)
Mon - 08/18/2025																
SOY SAUCE, LOW SODIUM	PACKETT	422	4	0	194	0.10	0.09	1.7	0	0.0	0	0.44	0.45	0.0	0.00	0.00
Tajin 2022	PKG	400	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			696	76	1093	1410.5	3.03	472.7	6428	40.28	*41 *23.8%	34.00 19.5%	102.54 58.9%	16.72 21.6%	4.67 6.0%	*0.00 *0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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Rialto Unified School District

Aug 18, 2025 thru Aug 22, 2025

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 4

Generated on: 8/12/2025 10:30:14 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)
Tue - 08/19/2025																
Middle School Lunch	Total	3199														
Penne, Alfredo, Chx & Broc '24	1 Cup	500	411	65	977	10.13	2.66	323.0	691	22.74	7	24.14	43.48	14.73	6.45	0.09
Chicken, Teriyaki and Rice '24	BOX	400	349	83	739	3.47	2.14	16.7	4785	2.91	*8	24.13	49.99	6.14	1.27	0.00
Chicken, Orange Sec-'24	BOX	500	364	41	654	3.47	2.02	26.7	4750	2.91	*12	17.63	62.99	5.05	0.10	0.00
BUZZBURGER	Burger(2 MMA,2G)	500	279	48	310	3.00	3.15	84.4	15	0.0	*3	20.93	29.0	9.7	3.03	*0.00
Spicy Chicken Sandwich WG-2013	1 EACH	500	380	20	620	5.00	3.80	110.0	15	0.0	4	20.0	44.0	15.0	2.50	0.00
YOGURT PARFAIT W/ GRANO LA 2023	serving	500	487	12	254	4.32	2.00	456.6	455	48.69	*15	14.55	87.9	8.18	1.98	*0.00
spicy chicken/tapatío salad	1 EACH	400	424	26	684	5.24	4.38	67.1	1512	11.72	*10	15.4	42.32	23.27	4.22	*0.01
CHIPS,NACHO RF DORITOS.2025	1 each	600	130	0	220	1.00	0.36	20.0	0	0.0	0	2.0	19.0	5.0	1.00	0.00
CHIPS,Cool Ranch 2017	1 each	600	130	0	160	2.00	0.36	40.0	5	0.0	1	2.0	19.0	5.0	1.00	0.00
CHIPS,RF Doritos flamas, 2017	1 each	500	130	0	200	2.00	0.00	28.0	5	0.0	1	2.0	20.0	5.0	0.50	0.00
BEANS, PINTO SEASONED-2017	1/2 Cup BP	300	64	0	259	3.21	1.21	45.2	70	2.89	*0	3.44	11.71	0.61	0.12	*0.00
GARDEN SALAD-2014	1 EACH	750	40	0	15	1.11	0.78	16.2	4983	19.68	3	2.01	8.79	0.17	0.03	0.00
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES,Fresh PKG '23	serving	550	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Asian Pears, Fresh 2017	serving	300	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	342	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% DW 2024	EACH(1/2 pint)	1200	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)	2000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	500	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	400	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	400	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Sauce, Taco, Tapatío 2017	1 each	400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	422	4	0	194	0.10	0.09	1.7	0	0.0	0	0.44	0.45	0.0	0.00	0.00
Tajin 2022	PKG	400	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			674	53	1079	1412.5	3.51	458.4	6204	28.07	*38	30.95	100.23	16.93	4.15	*0.02
% of Calories											*22.3%	18.4%	59.5%	22.6%	5.5%	*0.0%
Nutrient Guideline			600-700		1360									<=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

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Rialto Unified School District

Aug 18, 2025 thru Aug 22, 2025

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 5

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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 - 08/20/2025																
Middle School Lunch	Total	3199														
Pupusa,Birria,rice&bean bowl	1 each	500	456	20	1051	6.53	3.07	292.7	3665	23.52	*4	17.26	67.77	14.06	3.03	*0.00
Chicken, Teriyaki and Rice '24	BOX	400	349	83	739	3.47	2.14	16.7	4785	2.91	*8	24.13	49.99	6.14	1.27	0.00
Chicken,Orange Sec-'24	BOX	400	364	41	654	3.47	2.02	26.7	4750	2.91	*12	17.63	62.99	5.05	0.10	0.00
Pizza, Pep Wedge Sicilian '24	1 EACH	600	336	38	647	3.03	1.39	449.5	406	8.62	5	18.75	34.62	13.65	6.09	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	400	380	20	620	5.00	3.80	110.0	15	0.0	4	20.0	44.0	15.0	2.50	0.00
YOGURT PARFAIT W/ GRANO LA 2023	serving	400	487	12	254	4.32	2.00	456.6	455	48.69	*15	14.55	87.9	8.18	1.98	*0.00
Salad, Honey Bee Cowboy Fiesta	1 each	400	816	41	977	12.77	5.80	361.9	1946	33.07	*8	17.71	73.1	53.38	12.47	*0.00
BEANS, PINTO SEASONED-2017	1/2 Cup BP	600	64	0	259	3.21	1.21	45.2	70	2.89	*0	3.44	11.71	0.61	0.12	*0.00
GARDEN SALAD-2014	1 EACH	750	40	0	15	1.11	0.78	16.2	4983	19.68	3	2.01	8.79	0.17	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES,Fresh PKG '23	serving	465	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Asian Pears, Fresh 2017	serving	500	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	342	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% DW 2024	EACH(1/2 pint)	1200	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)	2000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	400	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	400	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Sauce, Taco, Tapatio 2017	1 each	400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	422	4	0	194	0.10	0.09	1.7	0	0.0	0	0.44	0.45	0.0	0.00	0.00
Tajin 2022	PKG	400	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			691	45	1080	1413.0	3.38	531.6	6637	32.26	*36	28.80	102.66	18.90	5.10	*0.00
% of Calories											*21.0%	16.7%	59.4%	24.6%	6.6%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 6

Aug 18, 2025 thru Aug 22, 2025

Middle School Lunch

Generated on: 8/12/2025 10:30:14 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 - 08/21/2025																
Middle School Lunch	Total	3199														
ENCHILADA, GREEN CHICKEN	6.25 OUN	400	421	52	1039	6.08	3.08	213.0	284	8.89	*3	20.86	55.71	13.71	3.50	*0.00
-2012	CE															
Chicken, Teriyaki and Rice '24	BOX	500	349	83	739	3.47	2.14	16.7	4785	2.91	*8	24.13	49.99	6.14	1.27	0.00
Chicken, Orange Sec-'24	BOX	500	364	41	654	3.47	2.02	26.7	4750	2.91	*12	17.63	62.99	5.05	0.10	0.00
BUZZBURGER	Burger(2 MMA,2G)	400	279	48	310	3.00	3.15	84.4	15	0.0	*3	20.93	29.0	9.7	3.03	*0.00
Spicy Chicken Sandwich WG-2013	1 EACH	400	380	20	620	5.00	3.80	110.0	15	0.0	4	20.0	44.0	15.0	2.50	0.00
YOGURT PARFAIT W/ GRANO	serving	400	487	12	254	4.32	2.00	456.6	455	48.69	*15	14.55	87.9	8.18	1.98	*0.00
LA 2023																
Grinder, turkey&cheese-EI-'24	1 EACH	600	367	78	1049	3.00	2.45	248.1	175	0.0	3	34.54	32.68	12.7	3.97	0.16
CHIPS,DORITO,RFCOOLRANC	BAG 1OZ	400	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
H 1oz																
CHIPS,NACHO RF DORITOS.2025	1 each	400	130	0	220	1.00	0.36	20.0	0	0.0	0	2.0	19.0	5.0	1.00	0.00
CHIPS,RF Doritos flamas, 2017	1 each	400	130	0	200	2.00	0.00	28.0	5	0.0	1	2.0	20.0	5.0	0.50	0.00
BEANS, PINTO SEASONED-2017	1/2 Cup BP	100	64	0	259	3.21	1.21	45.2	70	2.89	*0	3.44	11.71	0.61	0.12	*0.00
GARDEN SALAD-2014	1 EACH	750	40	0	15	1.11	0.78	16.2	4983	19.68	3	2.01	8.79	0.17	0.03	0.00
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES,Fresh PKG '23	serving	365	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Asian Pears, Fresh 2017	serving	100	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	342	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% DW 2024	EACH(1/2 pint)	1200	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)	2000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	400	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	400	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Sauce, Taco, Tapatio 2017	1 each	400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	422	4	0	194	0.10	0.09	1.7	0	0.0	0	0.44	0.45	0.0	0.00	0.00
Tajin 2022	PKG	400	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			607	61	1082	1410.3	3.00	439.5	6101	22.13	*35	32.51	90.36	13.49	3.32	*0.04
% of Calories											*22.7%	21.4%	59.5%	20.0%	4.9%	*0.1%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 7

Aug 18, 2025 thru Aug 22, 2025

Middle School Lunch

Generated on: 8/12/2025 10:30:14 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)
Fri - 08/22/2025																
Middle School Lunch	Total	3199														
NACHOS,Queso Blanco '23	1 EACH	400	462	42	521	6.10	3.70	385.6	201	0.0	*0	13.96	40.22	26.08	10.08	0.00
Chicken, Teriyaki and Rice '24	BOX	400	349	83	739	3.47	2.14	16.7	4785	2.91	*8	24.13	49.99	6.14	1.27	0.00
Chicken,Orange Sec-'24	BOX	400	364	41	654	3.47	2.02	26.7	4750	2.91	*12	17.63	62.99	5.05	0.10	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	400	380	20	620	5.00	3.80	110.0	15	0.0	4	20.0	44.0	15.0	2.50	0.00
YOGURT PARFAIT W/ GRANO LA 2023	serving	400	487	12	254	4.32	2.00	456.6	455	48.69	*15	14.55	87.9	8.18	1.98	*0.00
Salad, QB Island Mac '25	1 each	400	522	44	688	4.92	3.26	66.9	2967	7.83	*6	20.42	58.13	25.79	4.16	*0.00
BEANS, PINTO SEASONED-2017	1/2 Cup BP	100	64	0	259	3.21	1.21	45.2	70	2.89	*0	3.44	11.71	0.61	0.12	*0.00
GARDEN SALAD-2014	1 EACH	750	40	0	15	1.11	0.78	16.2	4983	19.68	3	2.01	8.79	0.17	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
SLUSH, KIWI STRAWBERRY '23	container s, 4oz	700	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
SLUSH, BERRY BERRY BLUE '23	container s, 4oz	700	80	0	0	0.00	0.00	0.0	75	90.0	15	0.0	19.0	0.0	0.00	0.00
SLUSH, BLUE RASPBERRY '23	container s, 4oz	700	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES,Fresh PKG '23	serving	365	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Asian Pears, Fresh 2017	serving	100	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	342	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% DW 2024	EACH(1/2 pint)	2997	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)	2000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	400	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	400	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Sauce, Taco, Tapatio 2017	1 each	400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	422	4	0	194	0.10	0.09	1.7	0	0.0	0	0.44	0.45	0.0	0.00	0.00
Tajin 2022	PKG	400	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			671	49	874	1410.1	2.75	601.6	6644	42.41	*50	29.11	103.61	15.22	4.53	*0.00
% of Calories											*29.6%	17.3%	61.7%	20.4%	6.1%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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Rialto Unified School District

Aug 18, 2025 thru Aug 22, 2025

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 8

Generated on: 8/12/2025 10:30:14 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 Average			668	57	1041	1411.3	3.13	500.7	6403	33.03	*40 *53.8%	31.07 18.6%	99.88 59.8%	16.25 21.9%	4.35 5.9%	*0.01 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	668		600 - 700	100%				
Cholesterol (mg)	57							
Sodium 1 (mg)	1041		1360	77%				
Sodium 1a (mg)	1041		1225	85%				
Fiber (g)	1411.31							
Iron (mg)	3.13							
Calcium (mg)	500.7							
Vitamin A (IU)	6403							
Sugars (g)	40	23.89%			Missing			
Vitamin C (mg)	33.03							
Protein (g)	31.07	18.61%						
Carbohydrate (g)	99.88	59.81%						
Total Fat (g)	16.25	21.90%	<=30.00%					
Saturated Fat (g)	4.35	5.87%	<10.00%					
Trans Fat ¹ (g)	0.01	0.02%			Missing			

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Rialto Unified School District

Aug 25, 2025 thru Aug 29, 2025

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 1

Generated on: 8/12/2025 10:30:53 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 - 08/25/2025																
Middle School Lunch	Total	3199														
Shawarma, Rice Bowl '25	Serving	500	587	*66	596	6.24	3.12	80.3	102	0.7	*4	33.98	71.94	17.49	5.22	*0.00
Chicken, Teriyaki and Rice '24	BOX(2M MA/2G)	400	349	83	739	3.47	2.14	16.7	4785	2.91	*8	24.13	49.99	6.14	1.27	0.00
Chicken, Orange Sec-'24	BOX(2M MA/2G)	400	364	41	654	3.47	2.02	26.7	4750	2.91	*12	17.63	62.99	5.05	0.10	0.00
Pizza, Pep Wedge Sicilian '24	1 EACH	500	336	38	647	3.03	1.39	449.5	406	8.62	5	18.75	34.62	13.65	6.09	0.00
Spicy Chicken Sandwich WG-2013	Sand(2M MA/3G)	400	380	20	620	5.00	3.80	110.0	15	0.0	4	20.0	44.0	15.0	2.50	0.00
YOGURT PARFAIT W/ GRANO LA 2023	serving	400	487	12	254	4.32	2.00	456.6	455	48.69	*15	14.55	87.9	8.18	1.98	*0.00
SALAD, CHEF, '24	SALAD	400	435	139	753	2.50	1.83	183.6	1155	6.15	*7	20.34	33.38	25.11	5.97	*0.00
SLUSH, KIWI STRAWBERRY '23	container s, 4oz	500	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
SLUSH, BERRY BERRY BLUE '23	container s, 4oz	500	80	0	0	0.00	0.00	0.0	75	90.0	15	0.0	19.0	0.0	0.00	0.00
SLUSH, PARADISE PUNCH '23	container s, 4oz	500	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
BEANS, PINTO SEASONED-2017	1/2 Cup BP	100	64	0	259	3.21	1.21	45.2	70	2.89	*0	3.44	11.71	0.61	0.12	*0.00
GARDEN SALAD-2014	1 EACH	750	40	0	15	1.11	0.78	16.2	4983	19.68	3	2.01	8.79	0.17	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES, Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES, Fresh PKG '23	serv.(1/2 cup)	365	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Asian Pears, Fresh 2017	serving	100	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	342	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE WEDGES '23	Serv (1/2 Cup)	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK, 1% DW 2024	EACH (1/2 pint)	1200	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)	2000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	400	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	400	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Sauce, Taco, Tapatio 2017	1 each	400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	422	4	0	194	0.10	0.09	1.7	0	0.0	0	0.44	0.45	0.0	0.00	0.00
Tajin 2022	PKG	400	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00

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

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Rialto Unified School District

Aug 25, 2025 thru Aug 29, 2025

Base Menu Spreadsheet

Middle School Lunch

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)
Weighted Daily Average			667	*63	925	1410.5	2.76	454.1	6124	38.03	*41	30.54	101.22	15.34	4.42	*0.00
% of Calories											*24.5%	18.3%	60.7%	20.7%	6.0%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Tue - 08/26/2025																
Middle School Lunch	Total	3199														
TINGA CHEESY NACHOS '25	Serving	600	630	113	951	3.79	2.04	586.4	934	7.65	*1	44.98	35.28	33.39	10.75	*0.00
Chicken, Teriyaki and Rice '24	BOX	400	349	83	739	3.47	2.14	16.7	4785	2.91	*8	24.13	49.99	6.14	1.27	0.00
Chicken, Orange Sec-'24	BOX	400	364	41	654	3.47	2.02	26.7	4750	2.91	*12	17.63	62.99	5.05	0.10	0.00
BUZZBURGER	Burger(2 MMA,2G)	400	279	48	310	3.00	3.15	84.4	15	0.0	*3	20.93	29.0	9.7	3.03	*0.00
Spicy Chicken Sandwich WG-2013	1 EACH	400	380	20	620	5.00	3.80	110.0	15	0.0	4	20.0	44.0	15.0	2.50	0.00
YOGURT PARFAIT W/ GRANO	serving	400	487	12	254	4.32	2.00	456.6	455	48.69	*15	14.55	87.9	8.18	1.98	*0.00
LA 2023																
spicy chicken/tapatío salad	1 EACH	400	424	26	684	5.24	4.38	67.1	1512	11.72	*10	15.4	42.32	23.27	4.22	*0.01
CHIPS,NACHO RF DORITOS.2025	1 each	600	130	0	220	1.00	0.36	20.0	0	0.0	0	2.0	19.0	5.0	1.00	0.00
CHIPS,DORITO,RF COOL RANC	BAG 1OZ	600	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
H 1oz																
CHIPS,RF Doritos flamas, 2017	1 each	500	130	0	200	2.00	0.00	28.0	5	0.0	1	2.0	20.0	5.0	0.50	0.00
BEANS, PINTO SEASONED-2017	1/2 Cup BP	300	64	0	259	3.21	1.21	45.2	70	2.89	*0	3.44	11.71	0.61	0.12	*0.00
GARDEN SALAD-2014	1 EACH	750	40	0	15	1.11	0.78	16.2	4983	19.68	3	2.01	8.79	0.17	0.03	0.00
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES,Fresh PKG '23	serving	550	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Asian Pears, Fresh 2017	serving	300	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	342	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% DW 2024	EACH(1/2 pint)	1200	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)	2000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	500	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	400	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	400	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Sauce, Taco, Tapatio 2017	1 each	400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	422	4	0	194	0.10	0.09	1.7	0	0.0	0	0.44	0.45	0.0	0.00	0.00
Tajin 2022	PKG	400	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00

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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

Middle School Lunch

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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			656	60	1017	1410.7	3.07	489.3	6106	24.33	*35 *21.6%	32.96 20.1%	89.49 54.6%	18.77 25.7%	4.73 6.5%	*0.01 *0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Wed - 08/27/2025																
Middle School Lunch	Total	3199														
Wings & Mac House BBQ Sauce '25	SERVING	500	683	125	1557	3.20	2.36	566.7	1780	4.82	*11	38.93	66.26	27.84	11.18	*0.00
Chicken, Teriyaki and Rice '24	BOX	400	349	83	739	3.47	2.14	16.7	4785	2.91	*8	24.13	49.99	6.14	1.27	0.00
Chicken, Orange Sec '24	BOX	400	364	41	654	3.47	2.02	26.7	4750	2.91	*12	17.63	62.99	5.05	0.10	0.00
Pizza, Pep Wedge Sicilian '24	1 EACH	400	336	38	647	3.03	1.39	449.5	406	8.62	5	18.75	34.62	13.65	6.09	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	400	380	20	620	5.00	3.80	110.0	15	0.0	4	20.0	44.0	15.0	2.50	0.00
YOGURT PARFAIT W/ GRANO LA 2023	serving	400	487	12	254	4.32	2.00	456.6	455	48.69	*15	14.55	87.9	8.18	1.98	*0.00
Salad, Honey Bee Cowboy Fiesta	1 each	400	816	41	977	12.77	5.80	361.9	1946	33.07	*8	17.71	73.1	53.38	12.47	*0.00
BEANS, PINTO SEASONED-2017	1/2 Cup BP	100	64	0	259	3.21	1.21	45.2	70	2.89	*0	3.44	11.71	0.61	0.12	*0.00
GARDEN SALAD-2014	1 EACH	750	40	0	15	1.11	0.78	16.2	4983	19.68	3	2.01	8.79	0.17	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES, Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES, Fresh PKG '23	serving	465	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Asian Pears, Fresh 2017	serving	500	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	342	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK, 1% DW 2024	EACH (1/2 pint)	1200	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)	2000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	400	28	5	85	11222	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH #2-HS/MS	OUNCE	400	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Sauce, Taco, Tapatio 2017	1 each	400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	422	4	0	194	0.10	0.09	1.7	0	0.0	0	0.44	0.45	0.0	0.00	0.00
Tajin 2022	PKG	400	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			695	59	1078	1411.8	2.99	539.2	6306	28.34	*37 *21.3%	30.48 17.5%	98.43 56.6%	20.10 26.0%	5.97 7.7%	*0.00 *0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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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

Middle School Lunch

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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 - 08/28/2025																
Middle School Lunch	Total	3199														
Pozole, Red Turkey	12.6 oz	400	485	48	1129	3.53	228.88	92.3	384	1.88	*1	22.5	52.75	21.08	6.02	*0.00
Chicken, Teriyaki and Rice '24	BOX	400	349	83	739	3.47	2.14	16.7	4785	2.91	*8	24.13	49.99	6.14	1.27	0.00
Chicken, Orange Sec-'24	BOX	400	364	41	654	3.47	2.02	26.7	4750	2.91	*12	17.63	62.99	5.05	0.10	0.00
BUZZBURGER	Burger(2 MMA,2G)	400	279	48	310	3.00	3.15	84.4	15	0.0	*3	20.93	29.0	9.7	3.03	*0.00
Spicy Chicken Sandwich WG-2013	1 EACH	522	380	20	620	5.00	3.80	110.0	15	0.0	4	20.0	44.0	15.0	2.50	0.00
YOGURT PARFAIT W/ GRANO	serving	900	487	12	254	4.32	2.00	456.6	455	48.69	*15	14.55	87.9	8.18	1.98	*0.00
LA 2023																
Grinder, turkey&cheese-El-'24	1 EACH	422	367	78	1049	3.00	2.45	248.1	175	0.0	3	34.54	32.68	12.7	3.97	0.16
CHIPS,DORITO,RFCOOLRANC	BAG 1OZ	400	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
H 1oz																
CHIPS,NACHO RF DORITOS.2025	1 each	400	130	0	220	1.00	0.36	20.0	0	0.0	0	2.0	19.0	5.0	1.00	0.00
CHIPS,RF Doritos flamas, 2017	1 each	400	130	0	200	2.00	0.00	28.0	5	0.0	1	2.0	20.0	5.0	0.50	0.00
BEANS, PINTO SEASONED-2017	1/2 Cup BP	100	64	0	259	3.21	1.21	45.2	70	2.89	*0	3.44	11.71	0.61	0.12	*0.00
GARDEN SALAD-2014	1 EACH	750	40	0	15	1.11	0.78	16.2	4983	19.68	3	2.01	8.79	0.17	0.03	0.00
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES,Fresh PKG '23	serving	365	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Asian Pears, Fresh 2017	serving	100	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	342	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% DW 2024	EACH(1/2 pint)	1200	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)	2000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	400	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	400	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Sauce, Taco, Tapatio 2017	1 each	400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	422	4	0	194	0.10	0.09	1.7	0	0.0	0	0.44	0.45	0.0	0.00	0.00
Tajin 2022	PKG	400	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			663	55	1055	1410.4	31.42	484.8	5877	28.68	*36	32.52	100.05	15.21	3.78	*0.03
% of Calories											*21.7%	19.6%	60.4%	20.6%	5.1%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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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

Middle School Lunch

Generated on: 8/12/2025 10:30:53 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)
Fri - 08/29/2025																
Middle School Lunch	Total	3199														
RAVIOLI, WG CHEESE-'24	Serving	400	339	77	856	4.36	3.86	321.1	908	13.06	*6	23.09	44.89	9.37	4.05	*0.00
BREAD, STICK	1 each	400	99	0	94	0.99	1.43	0.0	5	0.0	1	0.99	14.88	2.98	0.50	0.00
Chicken, Teriyaki and Rice '24	BOX	400	349	83	739	3.47	2.14	16.7	4785	2.91	*8	24.13	49.99	6.14	1.27	0.00
Chicken, Orange Sec-'24	BOX	400	364	41	654	3.47	2.02	26.7	4750	2.91	*12	17.63	62.99	5.05	0.10	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	400	380	20	620	5.00	3.80	110.0	15	0.0	4	20.0	44.0	15.0	2.50	0.00
YOGURT PARFAIT W/ GRANO LA 2023	serving	400	487	12	254	4.32	2.00	456.6	455	48.69	*15	14.55	87.9	8.18	1.98	*0.00
Salad, QB Island Mac '25	1 each	400	522	44	688	4.92	3.26	66.9	2967	7.83	*6	20.42	58.13	25.79	4.16	*0.00
BEANS, PINTO SEASONED-2017	1/2 Cup BP	100	64	0	259	3.21	1.21	45.2	70	2.89	*0	3.44	11.71	0.61	0.12	*0.00
GARDEN SALAD-2014	1 EACH	750	40	0	15	1.11	0.78	16.2	4983	19.68	3	2.01	8.79	0.17	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
SLUSH, KIWI STRAWBERRY '23	container s, 4oz	700	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
SLUSH, BERRY BERRY BLUE '23	container s, 4oz	700	80	0	0	0.00	0.00	0.0	75	90.0	15	0.0	19.0	0.0	0.00	0.00
SLUSH, BLUE RASPBERRY '23	container s, 4oz	700	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
APPLES, Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES, Fresh PKG '23	serving	365	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Asian Pears, Fresh 2017	serving	100	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	342	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK, 1% DW 2024	EACH (1/2 pint)	2997	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)	2000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	400	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	400	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Sauce, Taco, Tapatio 2017	1 each	400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	422	4	0	194	0.10	0.09	1.7	0	0.0	0	0.44	0.45	0.0	0.00	0.00
Tajin 2022	PKG	400	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			668	53	927	1410.0	2.94	593.5	6733	44.04	*50	30.37	106.06	13.50	3.83	*0.00
% of Calories											*30.2%	18.2%	63.5%	18.2%	5.2%	*0.0%
Nutrient Guideline			600-700		1360									<=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

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

Aug 25, 2025 thru Aug 29, 2025

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 6

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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 Average			670	*58	1000	1410.7	8.64	512.2	6229	32.69	*40 *53.6%	31.37 18.7%	99.05 59.1%	16.58 22.3%	4.55 6.1%	*0.01 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	670		600 - 700	100%				
Cholesterol (mg)	58				Missing			
Sodium 1 (mg)	1000		1360	74%				
Sodium 1a (mg)	1000		1225	82%				
Fiber (g)	1410.74							
Iron (mg)	8.64							
Calcium (mg)	512.2							
Vitamin A (IU)	6229							
Sugars (g)	40	23.83%			Missing			
Vitamin C (mg)	32.69							
Protein (g)	31.37	18.73%						
Carbohydrate (g)	99.05	59.13%						
Total Fat (g)	16.58	22.28%	<=30.00%					
Saturated Fat (g)	4.55	6.11%	<10.00%					
Trans Fat ¹ (g)	0.01	0.01%			Missing			

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

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