

Rialto Unified School District

Aug 11, 2025 thru Aug 15, 2025

Base Menu Spreadsheet

PRE-K BIC # 1

Portion Values - Detailed

Page 1

Generated on: 8/12/2025 11:07:12 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																
PRE-K BIC # 1	Total	300														
Muffins, Blueberry 1.9-Dave's	1 each	300	118	18	74	1.80	0.75	5.3	34	0.68	8	2.4	19.5	3.3	0.50	0.00
Craisins	1/4 Cup	1	93	0	2	1.61	0.12	2.7	14	0.06	22	0.05	25.09	0.33	0.03	0.00
Craisins	1/4 Cup	299	93	0	2	1.61	0.12	2.7	14	0.06	22	0.05	25.09	0.33	0.03	0.00
MILK,1% DW 2024	EACH(1/2 pint)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			331	33	226	3.41	0.87	358.0	548	0.74	43 52.5%	11.45 13.8%	58.59 70.7%	6.13 16.7%	2.03 5.5%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Tue - 08/12/2025																
PRE-K BIC # 1	Total	300														
Croissant, Ham & Swiss '25	1 serving	300	300	22	580	0.00	6.00	155.0	0	0.0	4	13.0	27.0	15.0	9.00	0.00
GRAPES,Fresh PKG '23	serv.(1/2 cup)	1	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
GRAPES,Fresh PKG '23	serv.(1/2 cup)	299	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)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			451	37	731	0.41	6.13	511.4	546	1.84	25 22.6%	22.29 19.8%	48.89 43.4%	17.66 35.3%	10.55 21.1%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Wed - 08/13/2025																
PRE-K BIC # 1	Total	300														
CEREAL,MULTI-GRAIN CHEER IOS'24	Bowl (28 Grams)	300	110	0	105	2.00	12.60	100.0	300	3.6	6	2.0	23.0	1.0	0.00	0.00
Crisps, Apple-Strawberry '22	BAG (0.3 4 oz)	1	39	0	0	1.93	0.00	0.0	34	0.0	7	0.0	9.64	0.0	0.00	0.00
Crisps, Apple-Strawberry '22	BAG (0.3 4 oz)	299	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)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00

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Rialto Unified School District

Aug 11, 2025 thru Aug 15, 2025

Base Menu Spreadsheet

PRE-K BIC # 1

Portion Values - Detailed

Page 2

Generated on: 8/12/2025 11:07:12 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			269	15	255	3.93	12.60	450.0	834	3.60	27 39.8%	11.00 16.4%	46.64 69.5%	3.50 11.7%	1.50 5.0%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Thu - 08/14/2025																
PRE-K BIC # 1	Total	300														
CEREAL, MULTI-GRAIN CHEER IOS'24	Bowl (28 Grams)	300	110	0	105	2.00	12.60	100.0	300	3.6	6	2.0	23.0	1.0	0.00	0.00
APPLES, Fresh sliced 2017 2oz	pkg. (2oz)	1	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
APPLES, Fresh sliced 2017 2oz	pkg. (2oz)	299	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)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			264	15	255	4.00	12.78	460.0	850	127.20	26 39.4%	11.00 16.7%	45.00 68.2%	3.50 11.9%	1.50 5.1%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Fri - 08/15/2025																
PRE-K BIC # 1	Total	300														
Oats, Overnight Berry	1 Cup	300	195	4	52	3.44	1.45	220.8	88	7.48	*10	7.98	33.01	2.37	0.58	*0.00
Juice, apple 4oz. DW-2024	1 EACH	1	55	0	15	0.00	0.00	0.0	0	30.0	15	0.0	15.0	0.0	0.00	0.00
Juice, apple 4oz. DW-2024	1 EACH	299	55	0	15	0.00	0.00	0.0	0	30.0	15	0.0	15.0	0.0	0.00	0.00
MILK, 1% DW 2024	EACH (1/2 pint)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			370	19	217	3.44	1.45	570.8	588	37.47	*39 *42.5%	16.98 18.4%	62.01 67.0%	4.87 11.8%	2.08 5.1%	*0.00 *0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Weighted Average			337	24	337	3.04	6.77	470.1	673	34.17	*32 *86.0%	14.54 17.3%	52.23 62.0%	7.13 19.0%	3.53 9.4%	*0.00 *0.0%
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Rialto Unified School District

Aug 18, 2025 thru Aug 22, 2025

Base Menu Spreadsheet

PRE-K BIC # 1

Portion Values - Detailed

Page 1

Generated on: 8/12/2025 11:07:42 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcsm (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																
PRE-K BIC # 1	Total	300														
FRENCH TOAST W/ SAUS, PS '25	SERVING	300	307	178	480	0.00	2.88	18.0	204	0.0	8	17.69	31.0	12.79	2.95	0.50
Craisins	1/4 Cup	1	93	0	2	1.61	0.12	2.7	14	0.06	22	0.05	25.09	0.33	0.03	0.00
Craisins	1/4 Cup	299	93	0	2	1.61	0.12	2.7	14	0.06	22	0.05	25.09	0.33	0.03	0.00
MILK,1% DW 2024	EACH(1/2 pint)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			520	193	632	1.61	3.00	370.7	718	0.06	44 33.8%	26.74 20.6%	70.09 53.9%	15.62 27.0%	4.47 7.7%	0.50 0.9%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Tue - 08/19/2025																
PRE-K BIC # 1	Total	300														
Muffins, Blue-Buena Vista 22	1 ea	300	230	25	240	2.00	1.80	20.0	85	0.0	17	4.0	39.0	7.0	1.00	0.00
GRAPES,Fresh PKG '23	serv.(1/2 cup)	1	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
GRAPES,Fresh PKG '23	serv.(1/2 cup)	299	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)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			381	40	391	2.41	1.93	376.4	631	1.84	38 40.4%	13.29 14.0%	60.89 64.0%	9.66 22.8%	2.55 6.0%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Wed - 08/20/2025																
PRE-K BIC # 1	Total	300														
Pancakes, Confetti Bites 2022	pkg	300	210	10	210	4.00	3.60	20.0	1000	0.0	11	4.0	36.0	7.0	1.00	0.00
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
BANANAS	1 EACH	299	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)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			420	25	361	6.63	3.86	375.1	1565	8.79	37 35.6%	14.10 13.4%	73.07 69.6%	9.83 21.1%	2.61 5.6%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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Rialto Unified School District

Aug 18, 2025 thru Aug 22, 2025

Base Menu Spreadsheet

PRE-K BIC # 1

Portion Values - Detailed

Page 2

Generated on: 8/12/2025 11:07:42 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)
Thu - 08/21/2025																
PRE-K BIC # 1	Total	300														
CEREAL,RICE CHEX BOWL 10 Z'25	BOWL	300	111	0	233	1.01	9.11	91.1	506	3.64	2	2.03	24.3	0.51	0.00	0.00
APPLES,Fresh sliced	pkg. (2oz)	1	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh sliced	pkg. (2oz)	299	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)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			265	15	383	3.01	9.29	451.1	1056	127.24	22 33.2%	11.02 16.6%	46.30 69.8%	3.01 10.2%	1.50 5.1%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Fri - 08/22/2025																
PRE-K BIC # 1	Total	300														
Yogurt,Straww/crack-DW '24PSBK	SERVING	300	290	5	245	2.00	2.00	585.0	30	0.0	35	7.0	59.0	3.0	0.50	0.00
Juice, apple 4oz. DW-2024	1 EACH	1	55	0	15	0.00	0.00	0.0	0	30.0	15	0.0	15.0	0.0	0.00	0.00
Juice, apple 4oz. DW-2024	1 EACH	299	55	0	15	0.00	0.00	0.0	0	30.0	15	0.0	15.0	0.0	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			465	20	410	2.00	2.00	935.0	530	30.00	64 55.1%	16.00 13.8%	88.00 75.7%	5.50 10.6%	2.00 3.9%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Weighted Average			410	59	435	3.13	4.02	501.7	900	33.59	41 90.3%	16.23 15.8%	67.67 66.0%	8.72 19.1%	2.63 5.8%	0.10 0.2%
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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Aug 18, 2025 thru Aug 22, 2025

PRE-K BIC # 1

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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)	CalcM (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	410		350 - 500	100%														
Cholesterol (mg)	59																	
Sodium 1 (mg)	435		540	81%														
Fiber (g)	3.13																	
Iron (mg)	4.02																	
Calcium (mg)	501.7																	
Vitamin A (IU)	900																	
Sugars (g)	41	40.14%																
Vitamin C (mg)	33.59																	
Protein (g)	16.23	15.82%																
Carbohydrate (g)	67.67	65.98%																
Total Fat (g)	8.72	19.14%	<=30.00%															
Saturated Fat (g)	2.63	5.76%	<10.00%															
Trans Fat ¹ (g)	0.10	0.22%																

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Rialto Unified School District

Aug 25, 2025 thru Aug 29, 2025

Base Menu Spreadsheet

PRE-K BIC # 1

Portion Values - Detailed

Page 1

Generated on: 8/12/2025 11:07:56 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)
Mon - 08/25/2025																
PRE-K BIC # 1	Total	300														
Pupusa, Bean and Cheese '24	1 each	300	290	15	480	4.00	1.08	200.0	5	0.0	1	13.0	35.0	11.0	3.50	0.00
Craisins	1/4 Cup	1	93	0	2	1.61	0.12	2.7	14	0.06	22	0.05	25.09	0.33	0.03	0.00
Craisins	1/4 Cup	299	93	0	2	1.61	0.12	2.7	14	0.06	22	0.05	25.09	0.33	0.03	0.00
MILK,1% DW 2024	EACH(1/2 pint)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			503	30	632	5.61	1.20	552.7	519	0.06	37 29.4%	22.05 17.5%	74.09 58.9%	13.83 24.7%	5.03 9.0%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Tue - 08/26/2025																
PRE-K BIC # 1	Total	300														
Muffins, Choc.-20th Cent '24	1 ea	300	230	60	370	3.00	1.00	21.4	0	0.0	17	5.0	34.0	8.0	2.00	0.00
GRAPES,Fresh PKG '23	serv.(1/2 cup)	1	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
GRAPES,Fresh PKG '23	serv.(1/2 cup)	299	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)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			381	75	521	3.41	1.13	377.8	546	1.84	38 40.4%	14.29 15.0%	55.89 58.7%	10.66 25.2%	3.55 8.4%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Wed - 08/27/2025																
PRE-K BIC # 1	Total	300														
BAGEL W/ CREAM CHEESE, P S 25'	SERVING	300	233	20	290	3.30	1.80	37.0	*N/A*	*N/A*	4	7.9	36.5	6.61	4.06	0.00
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
BANANAS	1 EACH	299	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)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			443	35	441	5.93	2.06	392.1	*565	*8.79	30 27.4%	18.00 16.3%	73.57 66.4%	9.44 19.2%	5.67 11.5%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Aug 25, 2025 thru Aug 29, 2025

PRE-K BIC # 1

Generated on: 8/12/2025 11:07:56 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)
Thu - 08/28/2025																
PRE-K BIC # 1	Total	300														
CEREAL,RICE CHEX BOWL 10 Z'25	BOWL	300	111	0	233	1.01	9.11	91.1	506	3.64	2	2.03	24.3	0.51	0.00	0.00
APPLES,Fresh sliced	pkg. (2oz)	1	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh sliced	pkg. (2oz)	299	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)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			265	15	383	3.01	9.29	451.1	1056	127.24	22 33.2%	11.02 16.6%	46.30 69.8%	3.01 10.2%	1.50 5.1%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	
Fri - 08/29/2025																
PRE-K BIC # 1	Total	300														
BREAD,BANANA K-5	1/2 Slice	300	311	31	166	3.43	1.02	26.2	70	2.94	*27	3.96	45.76	14.21	1.30	*0.00
Juice, apple 4oz. DW-2024	1 EACH	1	55	0	15	0.00	0.00	0.0	0	30.0	15	0.0	15.0	0.0	0.00	0.00
Juice, apple 4oz. DW-2024	1 EACH	299	55	0	15	0.00	0.00	0.0	0	30.0	15	0.0	15.0	0.0	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			486	46	331	3.43	1.02	376.2	570	32.94	*56 *46.4%	12.96 10.7%	74.76 61.5%	16.71 30.9%	2.80 5.2%	*0.00 *0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	
Weighted Average			416	40	461	4.28	2.94	430.0	*651	*34.17	*37 *79.8%	15.66 15.1%	64.92 62.5%	10.73 23.2%	3.71 8.0%	*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.

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Aug 25, 2025 thru Aug 29, 2025

PRE-K BIC # 1

Generated on: 8/12/2025 11:07:56 AM

Nutrient	Menu AVG	Portion Size % of Cals	Reimb Qty Weekly Target	Cals (kcal) % of Target	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	416		350 - 500	100%													
Cholesterol (mg)	40																
Sodium 1 (mg)	461		540	85%													
Fiber (g)	4.28																
Iron (mg)	2.94																
Calcium (mg)	430.0																
Vitamin A (IU)	651																
Sugars (g)	37	35.46%				Missing											
Vitamin C (mg)	34.17					Missing											
Protein (g)	15.66	15.07%				Missing											
Carbohydrate (g)	64.92	62.47%															
Total Fat (g)	10.73	23.23%	<=30.00%														
Saturated Fat (g)	3.71	8.03%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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