

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Oct 1, 2025 thru Oct 31, 2025

PRE-K BIC # 1

Generated on: 10/1/2025 10:06:23 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat* (g)
Wed - 10/01/2025																
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
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 - 10/02/2025																
PRE-K BIC # 1	Total	300														
PIZZA,Bkft Bagel '22	1 EACH	300	240	15	340	3.00	2.00	196.0	55	2.0	4	11.0	31.0	8.0	2.50	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			394	30	490	5.00	2.18	656.0	605	125.60	24 24.4%	20.00 20.3%	53.00 53.8%	10.50 24.0%	4.00 9.1%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Fri - 10/03/2025																
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
Orange juice, DW, 4oz.2024	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Orange juice, DW, 4oz.2024	1 EACH	299	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	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	216	3.44	1.45	580.8	688	37.47	*38 *41.5%	17.98 19.4%	61.01 65.9%	4.87 11.8%	2.08 5.1%	*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

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Oct 1, 2025 thru Oct 31, 2025

PRE-K BIC # 1

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/06/2025																
PRE-K BIC # 1	Total	300														
Pudding, Rice and Shine	1/2 Cup	300	149	6	90	0.57	0.28	271.9	250	1.48	*5	6.91	25.87	1.91	0.98	*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			362	21	242	2.17	0.40	624.6	764	1.54	*41 *45.0%	15.96 17.6%	64.96 71.8%	4.74 11.8%	2.51 6.2%	*0.00 *0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Tue - 10/07/2025																
PRE-K BIC # 1	Total	300														
Muffins, Apple Cinn-Dave's	1 each	300	246	30	115	0.80	1.20	11.0	52	1.2	18	3.2	42.0	7.2	0.90	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			397	45	266	1.21	1.33	367.4	598	3.04	40 40.3%	12.49 12.6%	63.89 64.4%	9.86 22.4%	2.45 5.6%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Wed - 10/08/2025																
PRE-K BIC # 1	Total	300														
Snack'n Waffles, Maple	pkg	300	250	44	290	2.00	1.44	30.0	75	0.0	15	6.0	37.0	9.0	4.00	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			460	59	441	4.63	1.70	385.1	640	8.79	41 36.0%	16.10 14.0%	74.07 64.4%	11.83 23.2%	5.61 11.0%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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Base Menu Spreadsheet

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Oct 1, 2025 thru Oct 31, 2025

PRE-K BIC # 1

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/09/2025																
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			265	15	383	3.01	9.29	451.1	1056	127.24	22	11.02	46.30	3.01	1.50	0.00
% of Calories											33.2%	16.6%	69.8%	10.2%	5.1%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Fri - 10/10/2025																
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
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
Weighted Daily Average			449	20	395	3.93	2.00	935.0	564	0.00	56	16.00	82.64	5.50	2.00	0.00
% of Calories											49.7%	14.3%	73.7%	11.0%	4.0%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Mon - 10/13/2025																
PRE-K BIC # 1	Total	1														
HOLIDAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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Oct 1, 2025 thru Oct 31, 2025

PRE-K BIC # 1

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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)
Tue - 10/14/2025																
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
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			261	15	256	2.41	12.73	456.4	846	5.44	27 42.1%	11.29 17.3%	44.89 68.8%	3.66 12.6%	1.55 5.4%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Wed - 10/15/2025																
PRE-K BIC # 1	Total	300														
Muffins, Banana-Buena Vista 22	1 ea	300	230	20	200	2.00	1.80	20.0	80	0.0	16	4.0	39.0	7.0	1.00	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
Weighted Daily Average % of Calories			389	35	350	3.93	1.80	370.0	614	0.00	37 37.8%	13.00 13.4%	62.64 64.5%	9.50 22.0%	2.50 5.8%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Thu - 10/16/2025																
PRE-K BIC # 1	Total	1														
HOLIDAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/17/2025																
PRE-K BIC # 1	Total	1														
HOLIDAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Mon - 10/20/2025																
PRE-K BIC # 1	Total	300														
Snack'n Waffles, Cinnamon	pkg	300	250	44	290	2.00	1.44	30.0	75	0.0	15	6.0	37.0	9.0	4.00	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			463	59	442	3.61	1.56	382.7	589	0.06	51	15.05	76.09	11.83	5.53	0.00
% of Calories											44.0%	13.0%	65.7%	23.0%	10.7%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Tue - 10/21/2025																
PRE-K BIC # 1	Total	300														
Muffins, DBL ChocBuena Vista	1 ea	300	350	35	390	3.96	6.30	60.4	*N/A*	*N/A*	31	6.0	59.0	10.99	3.00	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			501	50	541	4.37	6.43	416.8	*546	*1.84	52	15.29	80.89	13.65	4.55	0.00
% of Calories											41.9%	12.2%	64.5%	24.5%	8.2%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/22/2025																
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	

Thu - 10/23/2025																
PRE-K BIC # 1	Total	300														
CEREAL,MALT-O, SCOOTERS'25	BOWL	300	156	0	260	3.90	11.69	129.9	650	19.49	*N/A*	5.2	29.89	2.6	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			310	15	410	5.90	11.87	489.9	1200	143.09	*20 *25.8%	14.20 18.3%	51.89 67.0%	5.10 14.8%	1.50 4.4%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Fri - 10/24/2025																
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	

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Rialto Unified School District

Oct 1, 2025 thru Oct 31, 2025

Base Menu Spreadsheet

PRE-K BIC # 1

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/27/2025																
PRE-K BIC # 1	Total	300														
Muffins, Apple Cinn-Dave's	1 each	300	246	30	115	0.80	1.20	11.0	52	1.2	18	3.2	42.0	7.2	0.90	0.00
Cralsins	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
Cralsins	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			459	45	267	2.41	1.32	363.7	566	1.26	54	12.25	81.09	10.03	2.43	0.00
% of Calories											47.4%	10.7%	70.6%	19.7%	4.8%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Tue - 10/28/2025																
PRE-K BIC # 1	Total	300														
Croissant, Ham & Swiss '25	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			451	37	731	0.41	6.13	511.4	546	1.84	25	22.29	48.89	17.66	10.55	0.00
% of Calories											22.6%	19.8%	43.4%	35.3%	21.1%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Wed - 10/29/2025																
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

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2025 thru Oct 31, 2025

PRE-K BIC # 1

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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			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 - 10/30/2025																
PRE-K BIC # 1	Total	300														
PIZZA,Bkft Bagel '22	1 EACH	300	240	15	340	3.00	2.00	196.0	55	2.0	4	11.0	31.0	8.0	2.50	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			394	30	490	5.00	2.18	556.0	605	125.60	24 24.4%	20.00 20.3%	53.00 53.8%	10.50 24.0%	4.00 9.1%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Fri - 10/31/2025																
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
Orange juice, DW, 4oz.2024	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Orange juice, DW, 4oz.2024	1 EACH	299	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	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	216	3.44	1.45	580.8	688	37.47	*38 *41.5%	17.98 19.4%	61.01 65.9%	4.87 11.8%	2.08 5.1%	*0.00 *0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Weighted Average			388	31	371	3.60	4.61	484.8	*696	*33.46	*37 *84.9%	15.19 15.7%	62.39 64.3%	8.51 19.7%	3.32 7.7%	*0.00 *0.0%
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Rialto Unified School District

Oct 1, 2025 thru Oct 31, 2025

Base Menu Spreadsheet

PRE-K BIC # 1

Portion Values - Detailed

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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	388		350 - 500	100%													
Cholesterol (mg)	31																
Sodium 1 (mg)	371		540	69%													
Fiber (g)	3.60																
Iron (mg)	4.61																
Calcium (mg)	484.8																
Vitamin A (IU)	696																
Sugars (g)	37	37.75%				Missing											
Vitamin C (mg)	33.46					Missing											
Protein (g)	15.19	15.66%				Missing											
Carbohydrate (g)	62.39	64.31%															
Total Fat (g)	8.51	19.74%															
Saturated Fat (g)	3.32	7.69%															
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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