

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Apr 1, 2025 thru Apr 4, 2025

PRE-K BIC # 1

Generated on: 4/2/2025 7:41:35 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 - 04/01/2025																
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
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	35	351	2.41	1.93	376.4	626	1.84	37 39.4%	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 - 04/02/2025																
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 - 04/03/2025																
PRE-K BIC # 1	Total	300														
Sndwich Chx & Sausage 2020	serving	300	159	26	312	1.40	1.10	110.0	110	0.0	2	9.7	16.0	6.4	2.60	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

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

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Rialto Unified School District

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Base Menu Spreadsheet

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			313	41	462	3.40	1.28	470.0	660	123.60	22	18.70	38.00	8.90	4.10	0.00
% of Calories											27.9%	23.9%	48.6%	25.6%	11.8%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Fri - 04/04/2025																
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
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	1 EACH	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			465	20	409	2.00	2.00	945.0	630	30.00	63	17.00	87.00	5.50	2.00	0.00
% of Calories											54.2%	14.6%	74.8%	10.6%	3.9%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Weighted Average			357	28	369	2.94	4.45	560.4	687	39.76	37	15.00	58.13	6.89	2.54	0.00
											94.0%	16.8%	65.2%	17.4%	6.4%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	357		350 - 500	100%				
Cholesterol (mg)	28							
Sodium 1 (mg)	369		540	68%				
Fiber (g)	2.94							
Iron (mg)	4.45							
Calcium (mg)	560.4							
Vitamin A (IU)	687							
Sugars (g)	37	41.76%						
Vitamin C (mg)	39.76							
Protein (g)	15.00	16.81%						
Carbohydrate (g)	58.13	65.16%						
Total Fat (g)	6.89	17.38%	<=30.00%					
Saturated Fat (g)	2.54	6.40%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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Rialto Unified School District

Apr 7, 2025 thru Apr 11, 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)	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 - 04/07/2025																
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, Watermelon	serv. (1.1 6 oz)	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Craisins, Watermelon	serv. (1.1 6 oz)	299	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)	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			480	59	440	5.00	1.44	380.0	695	0.00	53 44.2%	15.00 12.5%	79.00 65.8%	11.50 21.6%	5.50 10.3%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Tue - 04/08/2025																
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
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			405	75	535	3.00	1.00	371.4	500	30.00	46 45.4%	14.00 13.8%	63.00 62.2%	10.50 23.3%	3.50 7.8%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Wed - 04/09/2025																
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

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 7, 2025 thru Apr 11, 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)
Thu - 04/10/2025																
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 - 04/11/2025																
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
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			441	20	396	2.41	2.13	941.4	576	1.84	56 51.2%	16.29 14.8%	80.89 73.4%	5.66 11.6%	2.05 4.2%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Weighted Average			402	39	397	4.21	4.24	505.6	837	33.57	44 98.0%	14.08 14.0%	68.19 67.9%	8.20 18.4%	3.03 6.8%	0.00 0.0%
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Apr 7, 2025 thru Apr 11, 2025

Base Menu Spreadsheet

PRE-K BIC # 1

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Nutrient	Menu AVG	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)
Calories	402	% of Cals	Weekly Target		% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Cholesterol (mg)	39		350 - 500		100%												
Sodium 1 (mg)	397		540		74%												
Fiber (g)	4.21																
Iron (mg)	4.24																
Calcium (mg)	505.6																
Vitamin A (IU)	837																
Sugars (g)	44	43.55%															
Vitamin C (mg)	33.57																
Protein (g)	14.08	14.01%															
Carbohydrate (g)	68.19	67.86%															
Total Fat (g)	8.20	18.36%	<=30.00%														
Saturated Fat (g)	3.03	6.79%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 14, 2025 thru Apr 18, 2025

PRE-K BIC # 1

Generated on: 4/2/2025 7:42:04 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 - 04/14/2025																
PRE-K BIC # 1	Total	300														
Waffles, Strawberry	pkg	300	230	35	310	2.00	1.00	8.0	0	0.0	11	5.0	34.0	9.0	1.50	0.00
Craisins, Watermelon	serv. (1.1 6 oz)	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Craisins, Watermelon	serv. (1.1 6 oz)	299	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)	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	50	460	5.00	1.00	358.0	620	0.00	49 42.6%	14.00 12.2%	76.00 66.1%	11.50 22.5%	3.00 5.9%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Tue - 04/15/2025																
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 - 04/16/2025																
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

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Apr 14, 2025 thru Apr 18, 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			389	35	350	3.93	1.80	370.0	614	0.00	37	13.00	62.64	9.50	2.50	0.00
% of Calories											37.8%	13.4%	64.5%	22.0%	5.8%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Thu - 04/17/2025																
PRE-K BIC # 1	Total	300														
CEREAL,MULTI-GRAIN CHEER	Bowl (28	300	110	0	105	2.00	12.60	100.0	300	3.6	6	2.0	23.0	1.0	0.00	0.00
IOS'24	Grams)															
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	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
	pint)															
Weighted Daily Average			264	15	255	4.00	12.78	460.0	850	127.20	26	11.00	45.00	3.50	1.50	0.00
% of Calories											39.4%	16.7%	68.2%	11.9%	5.1%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Fri - 04/18/2025																
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
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	300	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
	pint)															
Weighted Daily Average			465	20	409	2.00	2.00	945.0	630	30.00	63	17.00	87.00	5.50	2.00	0.00
% of Calories											54.2%	14.6%	74.8%	10.6%	3.9%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Weighted Average			392	32	373	3.47	3.90	501.9	669	31.81	43	13.66	66.31	7.93	2.31	0.00
											98.0%	13.9%	67.7%	18.2%	5.3%	0.0%

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Rialto Unified School District

Apr 14, 2025 thru Apr 18, 2025

Base Menu Spreadsheet

PRE-K BIC # 1

Portion Values - Detailed

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Nutrient	Menu AVG	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)
Calories	392		350 - 500		100%												
Cholesterol (mg)	32																
Sodium 1 (mg)	373		540		69%												
Fiber (g)	3.47																
Iron (mg)	3.90																
Calcium (mg)	501.9																
Vitamin A (IU)	669																
Sugars (g)	43	43.55%															
Vitamin C (mg)	31.81																
Protein (g)	13.66	13.95%															
Carbohydrate (g)	66.31	67.71%															
Total Fat (g)	7.93	18.23%	<=30.00%														
Saturated Fat (g)	2.31	5.31%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Apr 21, 2025 thru Apr 25, 2025

PRE-K BIC # 1

Generated on: 4/2/2025 7:42:17 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 - 04/21/2025																
PRE-K BIC # 1	Total	300														
Burrito,Brk,Egg & Sausage '25	1 each	300	208	46	399	3.31	2.01	122.6	64	0.99	2	10.35	24.79	7.46	2.53	0.00
Craislns, Watermelon	serv. (1.1 6 oz)	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Craislns, Watermelon	serv. (1.1 6 oz)	299	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)	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			438	61	549	6.31	2.01	472.6	684	0.99	40 36.3%	19.35 17.7%	66.79 61.0%	9.96 20.5%	4.03 8.3%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Tue - 04/22/2025																
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 - 04/23/2025																
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
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

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Apr 21, 2025 thru Apr 25, 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			320	15	256	4.63	12.86	455.1	865	12.39	32 40.5%	12.10 15.1%	60.07 75.1%	3.83 10.8%	1.61 4.5%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Thu - 04/24/2025																
PRE-K BIC # 1	Total	300														
Waffles, Fun N Fruti '24	pkg	300	210	35	290	2.00	1.08	8.0	0	0.0	10	5.0	31.0	8.0	1.50	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			364	50	440	4.00	1.26	368.0	550	123.60	30 33.0%	14.00 15.4%	53.00 58.2%	10.50 26.0%	3.00 7.4%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Fri - 04/25/2025																
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			394	44	435	4.07	3.85	521.7	635	33.76	41 93.6%	15.15 15.4%	64.75 65.8%	8.09 18.5%	2.84 6.5%	0.00 0.0%
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Rialto Unified School District

Apr 21, 2025 thru Apr 25, 2025

Base Menu Spreadsheet

PRE-K BIC # 1

Portion Values - Detailed

Page 3

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Nutrient	Menu AVG	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)
Calories	394		Weekly Target	350 - 500	100%	Miss Data	Shortfall	Overage	Error Messages (if any)								
Cholesterol (mg)	44																
Sodium 1 (mg)	435			540	81%												
Fiber (g)	4.07																
Iron (mg)	3.85																
Calcium (mg)	521.7																
Vitamin A (IU)	635																
Sugars (g)	41	41.58%															
Vitamin C (mg)	33.76																
Protein (g)	15.15	15.40%															
Carbohydrate (g)	64.75	65.81%															
Total Fat (g)	8.09	18.50%															
Saturated Fat (g)	2.84	6.49%															
Trans Fat ¹ (g)	0.00	0.00%															

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Rialto Unified School District

Apr 28, 2025 thru Apr 30, 2025

Base Menu Spreadsheet

PRE-K BIC # 1

Portion Values - Detailed

Page 1

Generated on: 4/2/2025 7:43:24 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)	Tr-Fat ¹ (g)
Mon - 04/28/2025															
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	0.00
Craisins, Watermelon	serv. (1.16 oz)	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00
Craisins, Watermelon	serv. (1.16 oz)	299	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	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	0.00
Weighted Daily Average % of Calories			480	59	440	5.00	1.44	380.0	695	0.00	53 44.2%	15.00 12.5%	79.00 65.8%	11.50 21.6%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	

Tue - 04/29/2025															
PRE-K BIC # 1	Total	300													
Croissant,Sausage & Cheese '25	1 Each	300	222	35	406	2.20	1.61	154.3	182	0.0	3	12.14	18.28	11.3	0.16
GRAPES,Fresh PKG '23	serv.(1/2 c up)	1	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.00
GRAPES,Fresh PKG '23	serv.(1/2 c up)	299	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	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	0.00
Weighted Daily Average % of Calories			373	50	557	2.62	1.74	510.7	728	1.84	24 25.7%	21.43 23.0%	40.17 43.1%	13.96 33.7%	0.16 0.4%
Nutrient Guideline			350-500		540									<=30.0	

Wed - 04/30/2025															
PRE-K BIC # 1	Total	300													
CEREAL,MULTI-GRAIN CHEERIO S'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
Crisps, Apple-Strawberry '22	BAG (0.34 oz)	1	39	0	0	1.93	0.00	0.0	34	0.0	7	0.0	9.64	0.0	0.00
Crisps, Apple-Strawberry '22	BAG (0.34 oz)	299	39	0	0	1.93	0.00	0.0	34	0.0	7	0.0	9.64	0.0	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	0.00

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Rialto Unified School District

Apr 28, 2025 thru Apr 30, 2025

Base Menu Spreadsheet

PRE-K BIC # 1

Portion Values - Detailed

Page 2

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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)	Tr-Fat ¹ (g)
Weighted Daily Average			269	15	255	3.93	12.60	450.0	834	3.60	27	11.00	46.64	3.50	0.00
% of Calories											39.8%	16.4%	69.5%	11.7%	0.0%
Nutrient Guideline			350-500		540									<=30.0	

Weighted Average			374	41	417	3.85	5.26	446.9	752	1.81	35	15.81	55.27	9.65	0.05
											83.2%	16.9%	59.1%	23.2%	0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	374		350 - 500	100%				
Cholesterol (mg)	41							
Sodium 1 (mg)	417		540	77%				
Fiber (g)	3.85							
Iron (mg)	5.26							
Calcium (mg)	446.9							
Vitamin A (IU)	752							
Sugars (g)	35	36.99%						
Vitamin C (mg)	1.81							
Protein (g)	15.81	16.91%						
Carbohydrate (g)	55.27	59.13%						
Total Fat (g)	9.65	23.24%	<=30.00%					
Trans Fat ¹ (g)	0.05	0.13%						

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