

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Mar 1, 2023 thru Mar 3, 2023

PRESCHOOL

Generated on: 3/1/2023 3:40:53 PM

	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)
Wed - 03/01/2023																
PRESCHOOL	Total	5000														
CHICKEN,OVEN ROASTED	2 OZ	4500	136	50	56	0.02	0.72	8.7	91	0.03	*0	15.51	0.15	7.71	2.15	*0.00
Roll, dinner,white,wht Galassos	1 each	4500	150	0	270	3.00	1.80	80.0	15	0.0	3	7.0	29.0	2.0	0.00	0.00
SALAD 3/WAY, side,2021	servings	8000	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
BANANAS	1 EACH	6500	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
DRESSING, RANCH .50oz	Servings	6225	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
MILK,1% HOLLANDIA 2017	1 EACH	6500	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			600	68	592	7.75	2.78	562.9	3796	21.42	*38	37.57	84.47	16.94	4.78	*0.00
% of Calories											*25.7%	25.1%	56.3%	25.4%	7.2%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Th - 03/02/2023																
PRESCHOOL	Total	300														
Green Eggs & Ham#2021	2 ounce	250	173	554	55	0.00	2.06	95.0	744	0.11	*1	9.14	1.56	14.12	4.43	*N/A*
PANCAKES, APLSAUCE SCRT	1 EACH	250	150	36	300	1.58	1.08	123.4	54	0.34	*4	4.58	22.7	4.73	0.83	*0.00
CG, 22																
BROCCOLI,raw: fresh .75 CUP	Serving	500	23	0	23	1.77	0.50	32.1	425	60.88	1	1.92	4.53	0.25	0.02	*N/A*
STRAWBERRIES,FRESH	Serving	500	23	0	1	1.44	0.30	11.5	9	42.34	4	0.48	5.53	0.22	0.01	*N/A*
SYRUP	1 OZ	250	66	0	23	0.00	0.01	0.9	0	0.0	6	0.0	17.43	0.0	0.00	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	500	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			601	517	604	6.67	3.95	838.8	2221	176.40	*41	33.78	78.17	20.65	6.93	*0.00
% of Calories											*27.0%	22.5%	52.0%	30.9%	10.4%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 03/03/2023																
PRESCHOOL	Total	500														
QUESADILLA,CHEESE, 2022	1 EACH	100	427	48	950	1.00	2.06	556.1	724	0.0	*0	18.94	33.15	23.97	12.38	*0.00
SALAD 3/WAY, side,2021	servings	1000	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
APPLES,Fresh sliced 2017	pkg. (3 oz)	1000	51	0	0	3.00	0.18	10.0	50	185.4	9	0.0	12.0	0.0	0.00	0.00
Salsa, LaVictoria 2017 2oz	Serving	1000	19	0	340	0.00	0.00	0.0	0	6.8	2	0.0	3.78	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	1000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			502	40	1197	8.20	0.97	844.3	4951	397.65	*51	27.35	77.96	9.91	5.49	*0.00
% of Calories											*40.9%	21.8%	62.2%	17.8%	9.9%	*0.0%
Nutrient Guideline			550-650		1230									<=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

Mar 1, 2023 thru Mar 3, 2023

Base Menu Spreadsheet

PRESCHOOL

Portion Values - Detailed

Page 2

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	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 Average			567	208	797	7.54	2.56	748.7	3656	198.49	*43 *68.9%	32.90 23.2%	80.20 56.5%	15.83 25.1%	5.74 9.1%	*0.00 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	567		550 - 650	100%				
Cholesterol (mg)	208							
Sodium (mg)	797		1230					
Fiber (g)	7.54							
Iron (mg)	2.56							
Calcium (mg)	748.7							
Vitamin A (IU)	3656							
Sugars (g)	43	30.61%			Missing			
Vitamin C (mg)	198.49							
Protein (g)	32.90	23.19%						
Carbohydrate (g)	80.20	56.54%						
Total Fat (g)	15.83	25.11%						
Saturated Fat (g)	5.74	9.10%	<=30.00%					
Trans Fat ¹ (g)	0.00	0.00%	<10.00%		Missing			

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Mar 6, 2023 thru Mar 10, 2023

PRESCHOOL

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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 - 03/06/2023																
PRESCHOOL	Total	500														
SLOPPY JOE on Wheat Bun-2015	SERVINGS	200	421	57	578	4.93	4.81	132.4	400	5.34	*9	25.93	47.96	15.46	4.96	*0.78
CARROT, sticks '22	Serving	500	54	0	91	3.69	0.40	43.5	22161	7.78	6	1.23	12.63	0.32	0.05	0.00
GRAPES,Fresh	serving	500	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
DRESSING, RANCH .50oz	Servings	900	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
MILK,1% HOLLANDIA 2017	1 EACH	900	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			558	55	712	6.51	2.61	755.3	23314	18.05	*51	32.44	78.17	17.71	5.91	*0.31
% of Calories											*36.4%	23.2%	56.0%	28.6%	9.5%	*0.5%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 03/07/2023																
PRESCHOOL	Total	500														
Queso Blanco and Turkey Tray'23	1 EACH	200	280	75	752	1.04	0.99	322.9	0	0.0	0	19.59	3.99	20.17	10.16	0.10
TORTILLA CHIPS-2021	SERVING.	200	280	0	200	6.00	3.60	80.0	200	0.0	*N/A*	4.0	38.0	12.0	2.00	0.00
BEANS, PINTO SEASONED-2017	1/2 CUP	900	83	0	189	3.65	1.28	33.3	32	2.48	*1	5.02	15.13	0.32	0.06	*0.00
APPLES,Fresh sliced 2017	pkg. (3 oz)	900	51	0	0	3.00	0.18	10.0	50	185.4	9	0.0	12.0	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	900	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			681	57	991	14.78	4.46	869.1	1128	342.50	*43	38.27	94.43	17.94	7.66	*0.04
% of Calories											*25.1%	22.5%	55.4%	23.7%	10.1%	*0.1%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 03/08/2023																
PRESCHOOL	Total	500														
PIZZA,PEP-WG-4X6 ARDELLAS -2013	1 EACH	200	330	38	670	3.58	1.36	470.4	469	12.65	5	18.64	31.94	14.46	6.25	0.00
SALAD 3/WAY, side,2021	servings	1200	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
ORANGES	1 EACH	1200	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.02	*N/A*
DRESSING, RANCH .50oz	Servings	1	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
MILK,1% HOLLANDIA 2017	1 EACH	1200	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			572	51	660	9.36	1.01	1136.0	6354	143.53	*59	37.90	87.58	12.21	6.17	*0.00
% of Calories											*41.0%	26.5%	61.2%	19.2%	9.7%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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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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Mar 6, 2023 thru Mar 10, 2023

PRESCHOOL

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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* (g)
Thu - 03/09/2023																
PRESCHOOL HOLIDAY	Total 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	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 03/10/2023																
PRESCHOOL HOLIDAY	Total 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	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			604	55	787	10.22	2.69	920.1	10265	168.02	*51 *75.6%	36.20 24.0%	86.73 57.4%	15.95 23.8%	6.58 9.8%	*0.12 *0.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	604		550 - 650	100%				
Cholesterol (mg)	55							
Sodium (mg)	787		1230					
Fiber (g)	10.22							
Iron (mg)	2.69							
Calcium (mg)	920.1							
Vitamin A (IU)	10265							
Sugars (g)	51	33.61%			Missing			
Vitamin C (mg)	168.02							
Protein (g)	36.20	23.98%						
Carbohydrate (g)	86.73	57.45%						
Total Fat (g)	15.95	23.78%	<=30.00%					
Saturated Fat (g)	6.58	9.81%	<10.00%					
Trans Fat* (g)	0.12	0.18%			Missing			

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Rialto Unified School District

Mar 13, 2023 thru Mar 17, 2023

Base Menu Spreadsheet

PRESCHOOL

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcmm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/13/2023																
PRESCHOOL HOLIDAY	Total SERVING	1 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			550-650		1230									<=30.0	<10.00	

Tue - 03/14/2023																
PRESCHOOL HOLIDAY	Total SERVING	1 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			550-650		1230									<=30.0	<10.00	

Wed - 03/15/2023																
PRESCHOOL HOLIDAY	Total SERVING	1 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			550-650		1230									<=30.0	<10.00	

Thu - 03/16/2023																
PRESCHOOL HOLIDAY	Total SERVING	1 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			550-650		1230									<=30.0	<10.00	

Fri - 03/17/2023																
PRESCHOOL HOLIDAY	Total SERVING	1 1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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Rialto Unified School District

Mar 13, 2023 thru Mar 17, 2023

Base Menu Spreadsheet

PRESCHOOL

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)
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	0		550 - 650	0%		550		Correction Required - Calories are Low
Cholesterol (mg)	0							
Sodium (mg)	0		1230					
Fiber (g)	0.00							
Iron (mg)	0.00							
Calcium (mg)	0.0							
Vitamin A (IU)	0							
Sugars (g)	0							
Vitamin C (mg)	0.00							
Protein (g)	0.00							
Carbohydrate (g)	0.00							
Total Fat (g)	0.00		<=30.00%					
Saturated Fat (g)	0.00		<10.00%					
Trans Fat ¹ (g)	0.00							

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Rialto Unified School District

Mar 20, 2023 thru Mar 24, 2023

Base Menu Spreadsheet

PRESCHOOL

Portion Values - Detailed

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	Portion Size	Relmb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calom (mg)	Vlt-A (IU)	Vlt-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/20/2023																
PRESCHOOL	Total	500														
TERIYAKI BEEF DUNKERS	1 SERVING (4each)	500	159	39	382	0.60	1.60	14.0	49	0.0	9	13.6	11.7	6.5	2.60	0.00
RICE, ORIENTAL-BROWN RIC E-2014	1/2 CUP	500	97	1	133	1.12	0.44	2.9	1	0.44	*0	2.79	19.61	0.98	0.04	*0.00
CARROT, sticks '22	Serving	500	54	0	91	3.69	0.40	43.5	22161	7.78	6	1.23	12.63	0.32	0.05	0.00
PINEAPPLE, IN JUICE	Serving	500	54	0	1	1.18	0.25	14.5	45	8.51	13	0.46	14.08	0.1	0.01	*N/A*
DRESSING, RANCH	1 oz	500	65	6	150	0.03	0.02	18.0	1	0.16	*1	0.52	2.01	7.1	1.19	*0.00
MILK,1% HOLLANDIA 2017	1 EACH	500	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			549	61	907	6.62	2.71	442.9	22758	19.28	*43 *31.3%	29.59 21.6%	76.03 55.4%	17.49 28.7%	5.39 8.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 03/21/2023																
PRESCHOOL	Total	500														
CHICKEN PATTY,WG/HMSTL B UN2017	1 EACH	500	334	33	648	5.00	3.80	100.0	95	87.0	3	22.0	42.0	10.0	2.00	0.00
CUCUMBER, SLICED 2021	serving	500	12	0	2	0.39	0.22	12.5	82	2.18	1	0.51	2.83	0.09	0.02	*N/A*
PEACHES, Diced Xtra Lite Syrup	serving	500	60	0	10	0.00	0.00	0.0	300	1.2	0	0.0	14.0	0.0	0.00	0.00
DRESSING, RANCH .50oz	Servings	500	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
MILK,1% HOLLANDIA 2017	1 EACH	500	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			558	51	875	5.40	4.03	471.4	978	92.86	19 13.4%	33.76 24.2%	75.82 54.4%	16.14 26.0%	4.12 6.6%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 03/22/2023																
PRESCHOOL	Total	500														
ITALIAN PASTA BAKE 2021	servings	500	237	35	680	8.89	3.06	149.6	735	11.2	*5	15.87	26.75	7.34	3.08	*0.00
SALAD 3/WAY, side,2021	servings	700	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
APRICOTS: canned,light syrup	serving	700	80	0	5	2.02	0.49	13.9	1672	3.42	19	0.67	20.86	0.06	0.00	*N/A*
DRESSING, RANCH .50oz	Servings	700	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
MILK,1% HOLLANDIA 2017	1 EACH	700	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			587	60	1007	13.14	3.90	680.7	6372	25.36	*53 *35.9%	33.67 22.9%	85.18 58.0%	15.98 24.5%	6.03 9.2%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Mar 20, 2023 thru Mar 24, 2023

Base Menu Spreadsheet

PRESCHOOL

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)
Thu - 03/23/2023																
PRESCHOOL	Total	6000														
Pozole, Green Chicken 2022	14 oz	5000	245	70	1669	2.26	1.52	147.5	135	15.97	*6	19.2	25.89	6.64	2.83	*0.00
TORTILLA CHIPS-2021	SERVING.	5000	280	0	200	6.00	3.60	80.0	200	0.0	*N/A*	4.0	38.0	12.0	2.00	0.00
CABBAGE, SHREDDED	Serving	5500	13	0	9	1.31	0.25	21.0	51	19.22	2	0.67	3.05	0.05	0.02	*N/A*
ORANGE WEDGES	1 EACH	5500	62	0	0	3.14	0.13	52.4	295	69.69	12	1.23	15.39	0.16	0.03	*N/A*
DRESSING, RANCH .50oz	Servings	5000	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
MILK,1% HOLLANDIA 2017	1 EACH	4000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			613	71	1721	10.98	4.62	497.6	930	96.47	*28	28.63	81.63	20.35	5.56	*0.00
% of Calories											*18.1%	18.7%	53.3%	29.9%	8.2%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Fri - 03/24/2023																
PRESCHOOL	Total	500														
FISH STICKS, POLLOCK -2013	SERV.(4 sticks)	500	210	55	290	3.00	1.44	60.0	0	0.0	0	18.0	23.0	5.0	0.50	0.00
POTATO FROZEN,FRNCH-2021	SERVING	500	120	0	40	1.00	0.72	0.0	0	0.0	0	2.0	20.0	3.5	0.50	0.00
APPLES,Fresh	1 EACH	450	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
CATSUP	1 oz	500	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
MILK,1% HOLLANDIA 2017	1 EACH	500	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			548	70	748	6.98	2.31	417.5	734	10.11	34	31.32	84.49	11.21	2.54	*0.00
% of Calories											24.5%	22.9%	61.7%	18.4%	4.2%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Weighted Average			571	63	1051	8.63	3.51	502.0	6354	48.82	*35	31.39	80.63	16.23	4.73	*0.00
											*55.4%	22.0%	56.5%	25.6%	7.4%	*0.0%

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Rialto Unified School District

Mar 20, 2023 thru Mar 24, 2023

Base Menu Spreadsheet

PRESCHOOL

Portion Values - Detailed

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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	571		Weekly Target	550 - 650	100%	Miss Data	Shortfall	Overage	Error Messages (if any)								
Cholesterol (mg)	63																
Sodium (mg)	1051			1230													
Fiber (g)	8.63																
Iron (mg)	3.51																
Calcium (mg)	502.0																
Vitamin A (IU)	6354																
Sugars (g)	35	24.60%				Missing											
Vitamin C (mg)	48.82																
Protein (g)	31.39	21.99%															
Carbohydrate (g)	80.63	56.47%															
Total Fat (g)	16.23	25.58%															
Saturated Fat (g)	4.73	7.45%															
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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Rialto Unified School District

Mar 27, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

PRESCHOOL

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 - 03/27/2023																
PRESCHOOL	Total	500														
Ch-Burger w/WhWheat Bun-201	1 EACH	200	295	46	730	3.40	3.23	166.0	163	0.0	5	22.09	31.5	10.3	3.75	*0.00
5EL																
BARBECUE BEANS -2018 PS	Servings	200	99	0	391	3.38	1.04	31.8	151	0.75	*5	4.05	22.6	0.32	0.06	*0.00
CELERY STICKS 2021	serving	700	18	0	89	1.78	0.22	44.6	500	3.45	2	0.77	3.31	0.19	0.04	*N/A*
PEACHES, Diced Xtra Lite Syrup	serving	700	60	0	10	0.00	0.00	0.0	300	1.2	0	0.0	14.0	0.0	0.00	0.00
DRESSING, RANCH .50oz	Servings	700	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
CATSUP	.5 oz	900	19	0	154	0.05	0.07	2.7	87	0.7	4	0.21	4.46	0.03	0.01	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	900	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			562	50	1226	5.32	2.16	788.8	2304	12.50	*39	32.07	84.08	14.04	5.14	*0.00
% of Calories											*27.7%	22.8%	59.9%	22.5%	8.2%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 03/28/2023																
PRESCHOOL	Total	900														
MACARONI AND CHEESE '22	1/2 CUP	200	304	45	1252	0.47	0.50	693.6	2239	0.53	*5	25.1	20.89	13.87	9.08	*0.00
Roll, dinner,wh.wheat Galassos	1 each	1500	90	0	170	2.00	1.08	40.0	10	0.0	2	5.0	17.0	1.5	0.00	0.00
BEAN, GREEN	1 CUP	1200	27	0	339	2.57	1.22	35.1	471	5.81	*N/A*	1.62	6.08	0.14	0.03	*N/A*
GRAPES,Fresh	serving	1500	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	*N/A*
MILK,1% HOLLANDIA 2017	1 EACH	1500	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			556	35	1266	8.24	3.98	872.4	2129	17.99	*53	35.37	94.04	10.46	4.72	*0.00
% of Calories											*37.9%	25.4%	67.6%	16.9%	7.6%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 03/29/2023																
PRESCHOOL	Total	500														
Jambalaya, Chicken '23	Servings	400	336	*75	1105	3.71	2.83	41.1	*570	29.01	*5	17.84	38.38	14.94	2.78	*0.00
SALAD 3/WAY, side,2021	serving	600	18	0	13	1.00	0.10	6.5	1853	4.22	*1	0.78	3.89	0.06	0.01	*0.00
BANANAS	1 EACH	600	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
DRESSING, RANCH .50oz	Servings	400	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
MILK,1% HOLLANDIA 2017	1 EACH	600	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			569	*80	1133	7.33	2.71	473.8	*3358	41.76	*37	29.94	83.04	18.26	4.64	*0.00
% of Calories											*25.7%	21.1%	58.4%	28.9%	7.4%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 27, 2023 thru Mar 31, 2023

PRESCHOOL

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	Portion Size	Relmb 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)
Thu - 03/30/2023																
PRESCHOOL	Total	500														
TURKEY GRAVY -2022	3/8 CUP	200	148	45	755	0.04	1.41	15.6	3	0.6	*0	18.21	6.29	5.02	1.65	*0.00
POTATO,MASHED,IDAHO REA L 2020	Servings	200	23	0	91	0.26	0.08	8.6	0	0.0	0	0.52	4.65	0.13	0.00	*0.00
Roll, dinner,whte.wht Galassos	1 each	200	150	0	270	3.00	1.80	80.0	15	0.0	3	7.0	29.0	2.0	0.00	0.00
PEAS, Green	1/2 cup	700	3	0	7	0.17	0.04	0.8	22	0.39	*N/A*	0.18	0.51	0.01	0.00	0.00
ORANGE WEDGES	1 EACH	700	62	0	0	3.14	0.13	52.4	295	69.69	12	1.23	15.39	0.16	0.03	*N/A*
DRESSING, RANCH	1 oz	700	65	6	150	0.03	0.02	18.0	1	0.16	*1	0.52	2.01	7.1	1.19	*0.00
MILK,1% HOLLANDIA 2017	1 EACH	1200	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			597	63	1025	6.00	1.58	981.4	1652	104.34	*53	39.39	79.45	19.04	5.96	*0.00
% of Calories											*35.6%	26.4%	53.2%	28.7%	9.0%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Fri - 03/31/2023																
PRESCHOOL	Total	500														
Nacho Delx W/ 3bnCHILI, chz2023	SERVING	250	510	46	770	9.22	5.36	326.3	873	6.06	*0	19.34	48.89	24.73	9.15	*0.00
CARROT, sticks '22	Serving	600	54	0	91	3.69	0.40	43.5	22161	7.78	6	1.23	12.63	0.32	0.05	0.00
APRICOTS: canned,light syrup	serving	600	80	0	5	2.02	0.49	13.9	1672	3.42	19	0.67	20.86	0.06	0.00	*N/A*
DRESSING, RANCH .50oz	Servings	500	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
MILK,1% HOLLANDIA 2017	1 EACH	500	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			568	41	716	11.48	3.76	590.9	29537	18.93	*45	23.20	81.62	18.87	6.74	*0.00
% of Calories											*31.5%	16.3%	57.5%	29.9%	10.7%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Weighted Average																
			570	*54	1073	7.67	2.84	741.5	*7796	39.10	*45	31.99	84.45	16.13	5.44	*0.00
											*71.3%	22.4%	59.2%	25.5%	8.6%	*0.0%

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Rialto Unified School District

Mar 27, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

PRESCHOOL

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) Miss Data	Fiber (g) Shortfall	Iron (mg)	Calcium (mg) Overage	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	570		550 - 650	100%		Missing											
Cholesterol (mg)	54					Missing											
Sodium (mg)	1073		1230			Missing											
Fiber (g)	7.67					Missing											
Iron (mg)	2.84					Missing											
Calcium (mg)	741.5					Missing											
Vitamin A (IU)	7796					Missing											
Sugars (g)	45	31.71%				Missing											
Vitamin C (mg)	39.10					Missing											
Protein (g)	31.99	22.44%				Missing											
Carbohydrate (g)	84.45	59.23%				Missing											
Total Fat (g)	16.13	25.46%				Missing											
Saturated Fat (g)	5.44	8.58%				Missing											
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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