

Rialto Unified School District

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

PRE-K LUNCH

Portion Values - Detailed

Page 1

Generated on: 9/23/2026 6:13:49 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)
Thu - 10/01/2026																
PRE-K LUNCH	Total	800														
Nacho,TURKEY TACO, '25	Serving(3 .2 oz)	800	436	39	501	1.89	226.80	75.6	19	0.0	4	16.77	43.38	24.42	5.64	0.00
CORN,CANNED,YELLOW PS .2 5 cup	Serving	1050	27	0	84	0.82	0.11	1.2	19	0.74	2	0.94	5.88	0.5	0.10	0.00
STRAWBERRIES: frozen unswtnd.	Serv(1/2 Cup)	1050	39	0	2	2.32	0.83	17.7	50	45.53	5	0.48	10.09	0.12	0.01	0.00
Salsa, LaVictoria 1oz	Serv(1oz)	1050	9	0	189	0.00	0.00	0.0	0	0.0	1	0.0	1.89	0.0	0.00	0.00
Dressing, Buttermilk Ranch '26	Pouch (12g EACH(1/2 pint)	1050	49	4	106	0.04	0.03	1.5	0	0.0	1	0.61	1.02	4.92	0.77	0.10
MILK,1% DW 2024		800	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			720	59	1151	6.06	228.06	452.4	609	60.72	29 16.0%	28.44 15.8%	82.16 45.7%	34.20 42.8%	8.29 10.4%	0.13 0.2%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Fri - 10/02/2026																
PRE-K LUNCH	Total	800														
Penne, Alfredo, JTM Cheesy '26	1 CUP	800	114	1	11	8.47	0.95	16.2	*5	*0.0	1	3.88	21.82	0.97	0.10	*0.00
TOMATOES, CHERRY-PS 2018	Serving	1050	7	0	2	0.45	0.10	3.7	310	5.1	1	0.33	1.45	0.07	0.01	0.00
PEACHES, Diced XtraLite Syp PS	serving	1050	30	0	5	0.00	0.00	0.0	150	0.6	7	0.0	7.0	0.0	0.00	0.00
Dressing, Buttermilk Ranch '26	Pouch (12g EACH(1/2 pint)	1050	49	4	106	0.04	0.03	1.5	0	0.0	1	0.61	1.02	4.92	0.77	0.10
MILK,1% DW 2024		800	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			347	20	309	9.11	1.12	373.0	*1109	*7.49	26 29.8%	14.12 16.3%	48.25 55.7%	10.03 26.0%	2.62 6.8%	*0.13 *0.3%
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

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

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

PRE-K LUNCH

Portion Values - Detailed

Page 2

Generated on: 9/23/2026 6:13:49 PM

	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 - 10/05/2026																
PRE-K LUNCH	Total	720														
TAMALE, CHICKENRED W/ BEANS 26	1 EACH	720	420	45	1030	5.00	2.30	90.0	*0	*0.0	1	18.0	43.0	21.0	3.00	*0.00
SALAD 3/WAY	1/4 CUP	810	5	0	3	0.27	0.01	0.3	33	0.99	*0	0.27	1.07	0.0	0.00	*0.00
APPLES,Fresh sliced	pkg. (2oz)	810	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	810	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK,1% SHELF ST WS PK'2026	EACH(1/2 pint)	720	100	10	105	0.00	0.00	250.0	150	0.0	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			642	62	1296	7.58	2.53	373.0	*245	*140.34	*21 *12.9%	26.92 16.8%	67.59 42.1%	32.06 44.9%	5.93 8.3%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Tue - 10/06/2026																
PRE-K LUNCH	Total	720														
TERIYAKI BEEF DUNKERS '26	SERVING (4each)	720	180	40	350	1.00	1.00	16.0	0	0.0	7	13.0	10.0	10.0	4.00	0.00
RICE, ORIENTAL-BROWN RICE-2014	1/2 CUP	720	113	1	133	1.32	0.51	2.9	1	0.44	*0	3.24	22.92	1.12	0.04	0.00
CUCUMBER, SLICED PS	serving	810	4	0	1	0.13	0.07	4.2	27	0.73	0	0.17	0.94	0.03	0.01	0.00
BANANAS	1 EACH	810	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
Dressing, Buttermilk Ranch '26	Pouch (12g)	810	49	4	106	0.04	0.03	1.5	0	0.0	1	0.61	1.02	4.92	0.77	0.10
MILK,1% SHELF ST WS PK'2026	EACH(1/2 pint)	720	100	10	105	0.00	0.00	250.0	150	0.0	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			554	55	709	5.46	1.92	280.9	255	11.14	*34 *24.6%	26.36 19.0%	73.08 52.7%	19.56 31.8%	6.54 10.6%	0.11 0.2%
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

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

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

PRE-K LUNCH

Portion Values - Detailed

Page 3

Generated on: 9/23/2026 6:13:49 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 - 10/07/2026																
PRE-K LUNCH	Total	720														
Popcorn Chicken-Wh.Grain '26	Serving	720	160	50	310	2.00	1.00	10.0	112	1.0	0	12.0	12.0	7.0	1.50	0.00
POTATOES,MASHED	1/4 CUP	810	24	0	188	0.14	0.02	17.5	80	0.42	*0	0.36	1.86	1.7	0.81	*0.00
BROCCOLI,Raw:Fresh0.25'C PK '25	Serving 1/4 cup	810	7	0	7	0.57	0.16	10.3	137	19.62	0	0.62	1.46	0.08	0.03	0.00
APPLESAUCE CUP-MOTT'S	1 EACH	810	50	0	0	1.00	0.00	0.0	55	12.0	11	0.0	13.0	0.0	0.00	0.00
Dressing, Buttermilk Ranch '26	Pouch (12g	810	49	4	106	0.04	0.03	1.5	0	0.0	1	0.61	1.02	4.92	0.77	0.10
MILK,1% SHELF ST WS PK'2026	EACH(1/2 pint)	720	100	10	105	0.00	0.00	250.0	150	0.0	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			407	64	754	3.97	1.24	293.0	568	37.05	*26	21.79	43.51	17.04	4.80	*0.11
% of Calories											*25.4%	21.4%	42.7%	37.7%	10.6%	*0.2%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Thu - 10/08/2026																
PRE-K LUNCH	Total	720														
Ch-Burger w/WhWheat Bun-'24EL	1 EACH	720	305	46	680	3.40	3.43	144.0	148	0.0	6	20.09	32.5	10.8	3.75	*6.30
CHILI 3-BEANS,dry'24	1 CUP	812	177	0	379	8.72	3.47	77.5	798	8.84	*4	10.48	33.42	0.95	0.17	*0.00
Blueberries, Frozen	Serv(1/2 Cup)	812	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
CATSUP	1 oz	812	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
MUSTARD	.5 oz	812	9	0	166	0.60	0.24	9.5	16	0.05	0	0.56	0.87	0.5	0.03	0.00
MILK,1% SHELF ST WS PK'2026	EACH(1/2 pint)	720	100	10	105	0.00	0.00	250.0	150	0.0	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			697	56	1701	16.27	7.77	499.0	1444	14.47	*38	40.91	103.21	15.49	5.53	*6.30
% of Calories											*21.6%	23.5%	59.2%	20.0%	7.1%	*8.1%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Fri - 10/09/2026																
PRE-K LUNCH	Total	720														
Macaroni & Cheese	serving (1/2 c)	720	250	55	856	0.48	0.68	571.2	613	0.43	3	11.94	12.55	16.95	9.92	*0.57
TOMATOES, CHERRY-PS 2018	Serving	812	7	0	2	0.45	0.10	3.7	310	5.1	1	0.33	1.45	0.07	0.01	0.00
PEACHES, Diced XtraLite Syrup PS	serving	812	30	0	5	0.00	0.00	0.0	150	0.6	7	0.0	7.0	0.0	0.00	0.00
Dressing, Buttermilk Ranch '26	Pouch (12g	812	49	4	106	0.04	0.03	1.5	0	0.0	1	0.61	1.02	4.92	0.77	0.10
MILK,1% SHELF ST WS PK'2026	EACH(1/2 pint)	720	100	10	105	0.00	0.00	250.0	150	0.0	12	8.0	12.0	2.5	1.50	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.

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

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

PRE-K LUNCH

Portion Values - Detailed

Page 4

Generated on: 9/23/2026 6:13:49 PM

	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			447	69	1088	1.03	0.82	827.0	1282	6.86	24	21.00	35.23	25.09	12.30	*0.68
% of Calories											21.8%	18.8%	31.5%	50.5%	24.8%	*1.4%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Mon - 10/12/2026																
PRE-K LUNCH	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			550-650		1230									<=30.0	<10.00	
Tue - 10/13/2026																
PRE-K LUNCH	Total	1000														
Chicken, Teriyaki and Rice '24	BOX	1000	349	83	739	3.47	2.14	16.7	4785	2.91	*8	24.13	49.99	6.14	1.27	0.00
BROCCOLI,Raw:Fresh0.25'C PK '25	Serving 1/4 cup	1000	7	0	7	0.57	0.16	10.3	137	19.62	0	0.62	1.46	0.08	0.03	0.00
BANANAS	1 EACH	1000	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
Dressing, Buttermilk Ranch '26	Pouch (12g	1000	49	4	106	0.04	0.03	1.5	0	0.0	1	0.61	1.02	4.92	0.77	0.10
MILK,1% SHELF ST WS PK'2026	EACH(1/2 pint)	1000	100	10	105	0.00	0.00	250.0	150	0.0	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			595	97	958	6.71	2.59	283.6	5137	31.32	*33	34.46	87.54	13.97	3.68	0.10
% of Calories											*22.4%	23.2%	58.8%	21.1%	5.6%	0.1%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Wed - 10/14/2026																
PRE-K LUNCH	Total	1000														
Chicken & Waffles, WG 2024	Serving	1000	455	54	665	6.00	3.20	60.0	157	87.0	22	20.0	63.06	14.0	3.00	0.00
SALAD 3/WAY	1/4 CUP	1000	5	0	3	0.27	0.01	0.3	33	0.99	*0	0.27	1.07	0.0	0.00	*0.00
APPLESAUCE CUP-MOTT'S	1 EACH	1200	50	0	0	1.00	0.00	0.0	55	12.0	11	0.0	13.0	0.0	0.00	0.00
Dressing, Buttermilk Ranch '26	Pouch (12g	1200	49	4	106	0.04	0.03	1.5	0	0.0	1	0.61	1.02	4.92	0.77	0.10
MILK,1% SHELF ST WS PK'2026	EACH(1/2 pint)	1000	100	10	105	0.00	0.00	250.0	150	0.0	12	8.0	12.0	2.5	1.50	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.

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

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

PRE-K LUNCH

Portion Values - Detailed

Page 5

Generated on: 9/23/2026 6:13:49 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' (g)
Weighted Daily Average			679	68	900	7.51	3.24	312.1	406	102.39	*48	29.00	92.96	22.41	5.42	*0.12
% of Calories											*28.0%	17.1%	54.7%	29.7%	7.2%	*0.2%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Thu - 10/15/2026																
PRE-K LUNCH	Total	900														
ITALIAN PASTA BAKE 2021	servings	900	237	35	680	8.89	3.06	149.6	735	11.2	*5	15.87	26.75	7.34	3.08	*0.00
CARROT, Sticks '24	1/2 Cup	1100	25	0	42	1.71	0.18	20.1	10191	3.6	3	0.57	5.84	0.15	0.02	0.00
PEACHES, Diced XtraLite Sy PS	serving	1100	30	0	5	0.00	0.00	0.0	150	0.6	7	0.0	7.0	0.0	0.00	0.00
Dressing, Buttermilk Ranch '26	Pouch (12g	1100	49	4	106	0.04	0.03	1.5	0	0.0	1	0.61	1.02	4.92	0.77	0.10
MILK,1% SHELF ST WS PK'2026	EACH(1/2 pint)	900	100	10	105	0.00	0.00	250.0	150	0.0	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			465	49	972	11.02	3.32	426.0	13524	16.34	*29	25.32	55.70	16.04	5.54	*0.12
% of Calories											*25.4%	21.8%	48.0%	31.1%	10.7%	*0.2%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Fri - 10/16/2026																
PRE-K LUNCH	Total	800														
PIZZA, DETROIT STYLE '26	5.80 OZ	800	370	35	700	2.00	2.40	400.0	*N/A*	*N/A*	5	20.0	44.0	14.0	6.00	*N/A*
TOMATOES, CHERRY-PS 2018	Serving	1100	7	0	2	0.45	0.10	3.7	310	5.1	1	0.33	1.45	0.07	0.01	0.00
PEACHES, Diced XtraLite Sy PS	serving	1100	30	0	5	0.00	0.00	0.0	150	0.6	7	0.0	7.0	0.0	0.00	0.00
Dressing, Buttermilk Ranch '26	Pouch (12g	1100	49	4	106	0.04	0.03	1.5	0	0.0	1	0.61	1.02	4.92	0.77	0.10
MILK,1% SHELF ST WS PK'2026	EACH(1/2 pint)	800	100	10	105	0.00	0.00	250.0	150	0.0	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			588	50	960	2.67	2.58	657.2	*783	*7.84	28	29.29	69.02	23.37	8.57	*0.13
% of Calories											19.2%	19.9%	46.9%	35.8%	13.1%	*0.2%
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

' - 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

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

PRE-K LUNCH

Portion Values - Detailed

Page 6

Generated on: 9/23/2026 6:13:49 PM

	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)
Mon - 10/19/2026																
PRE-K LUNCH	Total	750														
FISH STICKS, POLLOCK -2026	SERV.(4 sticks)	750	210	55	290	3.00	1.44	59.0	0	0.0	0	18.0	23.0	5.0	0.50	0.00
CARROT PS, sticks	Serving	950	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
APPLES,Fresh sliced	pkg. (2oz)	950	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
Dressing, Buttermilk Ranch '26	Pouch (12g)	950	49	4	106	0.04	0.03	1.5	0	0.0	1	0.61	1.02	4.92	0.77	0.10
CATSUP	.5 oz	950	17	0	154	0.05	0.06	2.6	90	0.7	4	0.18	4.66	0.02	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	750	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			457	75	770	5.65	1.78	426.8	677	157.44	27	28.00	54.33	13.76	2.97	0.12
% of Calories											23.6%	24.5%	47.5%	27.1%	5.9%	0.2%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Tue - 10/20/2026																
PRE-K LUNCH	Total	800														
Chicken, tempura nuggets '26	Serving (4 ea)	800	220	35	350	1.00	1.00	0.0	0	0.0	0	12.0	10.0	15.0	3.00	0.00
BARBECUE BEANS -2018 PS	Servings	1050	97	0	391	3.38	1.03	31.7	153	0.75	*5	4.02	22.75	0.31	0.06	*0.00
BANANAS	1 EACH	1050	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
Dressing, Buttermilk Ranch '26	Pouch (12g)	1000	49	4	106	0.04	0.03	1.5	0	0.0	1	0.61	1.02	4.92	0.77	0.10
CATSUP	.5 oz	1000	17	0	154	0.05	0.06	2.6	90	0.7	4	0.18	4.66	0.02	0.00	0.00
MILK,1% SHELF ST WS PK'2026	EACH(1/2 pint)	750	100	10	105	0.00	0.00	250.0	150	0.0	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			642	49	1288	9.00	2.80	287.6	538	13.39	*39	27.21	88.48	24.37	5.59	*0.12
% of Calories											*24.2%	16.9%	55.1%	34.2%	7.8%	*0.2%
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

' - 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

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

PRE-K LUNCH

Portion Values - Detailed

Page 7

Generated on: 9/23/2026 6:13:49 PM

	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)
Wed - 10/21/2026																
PRE-K LUNCH	Total	800														
Chicken,Orange EL	3.6 OZ	800	150	40	300	0.00	0.72	10.0	0	0.0	11	11.0	20.0	3.0	0.00	0.00
Noodles, Chow Mein '23	1/2 Cup	800	167	1	761	3.82	1.38	32.3	2288	8.68	*2	5.53	27.21	5.04	0.79	*0.00
BROCCOLI,Raw:Fresh0.25'C PK '25	Serving 1/4 cup	1050	7	0	7	0.57	0.16	10.3	137	19.62	0	0.62	1.46	0.08	0.03	0.00
APPLESAUCE CUP-MOTT'S	1 EACH	1050	50	0	0	1.00	0.00	0.0	55	12.0	11	0.0	13.0	0.0	0.00	0.00
Dressing, Buttermilk Ranch '26	Pouch (12g	1050	49	4	106	0.04	0.03	1.5	0	0.0	1	0.61	1.02	4.92	0.77	0.10
MILK,1% SHELF ST WS PK'2026	EACH(1/2 pint)	800	100	10	105	0.00	0.00	250.0	150	0.0	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			557	56	1315	5.93	2.35	307.8	2690	50.19	*41	26.15	79.53	17.10	3.33	*0.13
% of Calories											*29.3%	18.8%	57.2%	27.7%	5.4%	*0.2%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Thu - 10/22/2026																
PRE-K LUNCH	Total	800														
Nacho,TURKEY TACO, '25	Serving(3 .2 oz)	800	436	39	501	1.89	226.80	75.6	19	0.0	4	16.77	43.38	24.42	5.64	0.00
CORN,CANNED,YELLOW PS .2 5 cup	Serving	1050	27	0	84	0.82	0.11	1.2	19	0.74	2	0.94	5.88	0.5	0.10	0.00
STRAWBERRIES: frozen unswtnd.	Serv(1/2 Cup)	1050	39	0	2	2.32	0.83	17.7	50	45.53	5	0.48	10.09	0.12	0.01	0.00
Salsa, LaVictoria 1oz	Serv(1oz)	1050	9	0	189	0.00	0.00	0.0	0	0.0	1	0.0	1.89	0.0	0.00	0.00
Dressing, Buttermilk Ranch '26	Pouch (12g	1050	49	4	106	0.04	0.03	1.5	0	0.0	1	0.61	1.02	4.92	0.77	0.10
MILK,1% DW 2024	EACH(1/2 pint)	800	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			720	59	1151	6.06	228.06	452.4	609	60.72	29	28.44	82.16	34.20	8.29	0.13
% of Calories											16.0%	15.8%	45.7%	42.8%	10.4%	0.2%
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

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

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

PRE-K LUNCH

Portion Values - Detailed

Page 8

Generated on: 9/23/2026 6:13:49 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)
Fri - 10/23/2026																
PRE-K LUNCH	Total	800														
Penne, Alfredo, JTM Cheesy '26	1 CUP	800	114	1	11	8.47	0.95	16.2	*5	*0.0	1	3.88	21.82	0.97	0.10	*0.00
TOMATOES, CHERRY-PS 2018	Serving	1050	7	0	2	0.45	0.10	3.7	310	5.1	1	0.33	1.45	0.07	0.01	0.00
PEACHES, Diced XtraLite Syt PS	serving	1050	30	0	5	0.00	0.00	0.0	150	0.6	7	0.0	7.0	0.0	0.00	0.00
Dressing, Buttermilk Ranch '26	Pouch (12g	1050	49	4	106	0.04	0.03	1.5	0	0.0	1	0.61	1.02	4.92	0.77	0.10
MILK,1% DW 2024	EACH(1/2 pint)	800	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			347	20	309	9.11	1.12	373.0	*1109	*7.49	26	14.12	48.25	10.03	2.62	*0.13
% of Calories											29.8%	16.3%	55.7%	26.0%	6.8%	*0.3%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Mon - 10/26/2026																
PRE-K LUNCH	Total	720														
TAMALE, CHICKENRED W/ BEANS 26	1 EACH	720	420	45	1030	5.00	2.30	90.0	*0	*0.0	1	18.0	43.0	21.0	3.00	*0.00
SALAD 3/WAY	1/4 CUP	810	5	0	3	0.27	0.01	0.3	33	0.99	*0	0.27	1.07	0.0	0.00	*0.00
APPLES,Fresh sliced	pkg. (2oz)	810	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	810	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK,1% SHELF ST WS PK'2026	EACH(1/2 pint)	720	100	10	105	0.00	0.00	250.0	150	0.0	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			642	62	1296	7.58	2.53	373.0	*245	*140.34	*21	26.92	67.59	32.06	5.93	*0.00
% of Calories											*12.9%	16.8%	42.1%	44.9%	8.3%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Tue - 10/27/2026																
PRE-K LUNCH	Total	720														
TERIYAKI BEEF DUNKERS '26	SERVING (4each)	720	180	40	350	1.00	1.00	16.0	0	0.0	7	13.0	10.0	10.0	4.00	0.00
RICE, ORIENTAL-BROWN RICE-2014	1/2 CUP	720	113	1	133	1.32	0.51	2.9	1	0.44	*0	3.24	22.92	1.12	0.04	0.00
CUCUMBER, SLICED PS	serving	810	4	0	1	0.13	0.07	4.2	27	0.73	0	0.17	0.94	0.03	0.01	0.00
BANANAS	1 EACH	810	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
Dressing, Buttermilk Ranch '26	Pouch (12g	810	49	4	106	0.04	0.03	1.5	0	0.0	1	0.61	1.02	4.92	0.77	0.10
MILK,1% SHELF ST WS PK'2026	EACH(1/2 pint)	720	100	10	105	0.00	0.00	250.0	150	0.0	12	8.0	12.0	2.5	1.50	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.

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

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

PRE-K LUNCH

Portion Values - Detailed

Page 9

Generated on: 9/23/2026 6:13:49 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)
Weighted Daily Average			554	55	709	5.46	1.92	280.9	255	11.14	*34	26.36	73.08	19.56	6.54	0.11
% of Calories											*24.6%	19.0%	52.7%	31.8%	10.6%	0.2%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Wed - 10/28/2026																
PRE-K LUNCH	Total	720														
Popcorn Chicken-Wh.Grain '26	Serving	720	160	50	310	2.00	1.00	10.0	112	1.0	0	12.0	12.0	7.0	1.50	0.00
POTATOES,MASHED	1/4 CUP	810	24	0	188	0.14	0.02	17.5	80	0.42	*0	0.36	1.86	1.7	0.81	*0.00
BROCCOLI,Raw:Fresh0.25'C PK '25	Serving 1/4 cup	810	7	0	7	0.57	0.16	10.3	137	19.62	0	0.62	1.46	0.08	0.03	0.00
APPLESAUCE CUP-MOTT'S	1 EACH	810	50	0	0	1.00	0.00	0.0	55	12.0	11	0.0	13.0	0.0	0.00	0.00
Dressing, Buttermilk Ranch '26	Pouch (12g	810	49	4	106	0.04	0.03	1.5	0	0.0	1	0.61	1.02	4.92	0.77	0.10
MILK,1% SHELF ST WS PK'2026	EACH(1/2 pint)	720	100	10	105	0.00	0.00	250.0	150	0.0	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			407	64	754	3.97	1.24	293.0	568	37.05	*26	21.79	43.51	17.04	4.80	*0.11
% of Calories											*25.4%	21.4%	42.7%	37.7%	10.6%	*0.2%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Thu - 10/29/2026																
PRE-K LUNCH	Total	720														
Ch-Burger w/WhWheat Bun-'24EL	1 EACH	720	305	46	680	3.40	3.43	144.0	148	0.0	6	20.09	32.5	10.8	3.75	*6.30
CHILI 3-BEANS,dry'24	1 CUP	812	177	0	379	8.72	3.47	77.5	798	8.84	*4	10.48	33.42	0.95	0.17	*0.00
Blueberries, Frozen	Serv(1/2 Cup)	812	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
CATSUP	1 oz	812	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
MUSTARD	.5 oz	812	9	0	166	0.60	0.24	9.5	16	0.05	0	0.56	0.87	0.5	0.03	0.00
MILK,1% SHELF ST WS PK'2026	EACH(1/2 pint)	720	100	10	105	0.00	0.00	250.0	150	0.0	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			697	56	1701	16.27	7.77	499.0	1444	14.47	*38	40.91	103.21	15.49	5.53	*6.30
% of Calories											*21.6%	23.5%	59.2%	20.0%	7.1%	*8.1%
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

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

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

PRE-K LUNCH

Portion Values - Detailed

Page 10

Generated on: 9/23/2026 6:13:49 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)
Fri - 10/30/2026																
PRE-K LUNCH	Total	720														
Macaroni & Cheese	serving (1 /2 c)	720	250	55	856	0.48	0.68	571.2	613	0.43	3	11.94	12.55	16.95	9.92	*0.57
TOMATOES, CHERRY-PS 2018	Serving	812	7	0	2	0.45	0.10	3.7	310	5.1	1	0.33	1.45	0.07	0.01	0.00
PEACHES, Diced XtraLite Syt PS	serving	812	30	0	5	0.00	0.00	0.0	150	0.6	7	0.0	7.0	0.0	0.00	0.00
Dressing, Buttermilk Ranch '26	Pouch (12g	812	49	4	106	0.04	0.03	1.5	0	0.0	1	0.61	1.02	4.92	0.77	0.10
MILK, 1% SHELF ST WS PK'2026	EACH(1/2 pint)	720	100	10	105	0.00	0.00	250.0	150	0.0	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			447	69	1088	1.03	0.82	827.0	1282	6.86	24	21.00	35.23	25.09	12.30	*0.68
% of Calories											21.8%	18.8%	31.5%	50.5%	24.8%	*1.4%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Weighted Average			553	58	1008	7.02	24.08	423.7	*1656	*44.53	*30	26.59	68.27	20.86	6.05	*0.75
											*49.6%	19.2%	49.4%	33.9%	9.9%	*1.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	553		550 - 650	100%				
Cholesterol (mg)	58							
Sodium 1 (mg)	1008		1230	82%				
Sodium 1a (mg)	1008		1110	91%				
Fiber (g)	7.02							
Iron (mg)	24.08							
Calcium (mg)	423.7							
Vitamin A (IU)	1656				Missing			
Sugars (g)	30	22.03%			Missing			
Vitamin C (mg)	44.53				Missing			
Protein (g)	26.59	19.24%						
Carbohydrate (g)	68.27	49.39%						
Total Fat (g)	20.86	33.95%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	6.05	9.85%	<10.00%					
Trans Fat ¹ (g)	0.75	1.22%			Missing			

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.