Rialto Unified School District

Nov 2, 2026 thru Nov 6, 2026

Base Menu Spreadsheet

ELEM LUNCH, O.V.S.

Portion Values - Detailed

Generated on: 10/29/2026 10:34:22 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 - 11/02/2026																
ELEM LUNCH, O.V.S.	Total	7000														
Sandwich,Chicken EL '25	1 EACH	4000	344	33	598	5.00	4.00	78.0	80	87.0	4	20.0	43.0	10.5	2.00	0.00
Yogurt,Vanilla w/crack-DW '24	Serv. (8oz, 2G)	600	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (8oz, 2G)	600	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt,Cher-Van w/gran-DW '26	Serv.(8oz, 2G)	600	400	5	385	4.00	3.60	590.0	*0	*0.0	41	10.0	77.0	6.0	1.00	0.00
Yogurt,Peach w/crack-DW '24	Serv (8oz, 2G)	600	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	600	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Beans, Great North, Seas-'24	1/2 CUP	2500	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
SALAD 3/WAY, '23	1 cup	4000	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
APPLES,Fresh	1 EACH	4000	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
FRUIT MIX, Extra Light Syrup	Serv.(1/2 Cup)	4000	80	0	5	1.00	0.00	0.0	200	1.2	15	0.0	18.0	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	ounces	3000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
CATSUP	.5 oz	3000	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)	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/2 pint)	5000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			630	32	932	7.62	4.43	563.1	*2463	*58.44	*56	24.87	104.50	12.74	2.58	*0.00
% of Calories											*35.7%	15.8%	66.4%	18.2%	3.7%	*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***

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Rialto Unified School District

Nov 2, 2026 thru Nov 6, 2026

Base Menu Spreadsheet

ELEM LUNCH, O.V.S.

Portion Values - Detailed

Generated on: 10/29/2026 10:34:22 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)
Tue - 11/03/2026																
ELEM LUNCH, O.V.S.	Total	7000														
Chicken, Teriyaki and Rice '24	BOX	4000	349	83	739	3.47	2.14	16.7	4785	2.91	*8	24.13	49.99	6.14	1.27	0.00
Yogurt,Vanilla w/crack-DW '24	Serv. (8oz, 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (8oz, 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt,Cher-Van w/gran-DW '26	Serv.(8oz, 2G)	400	400	5	385	4.00	3.60	590.0	*0	*0.0	41	10.0	77.0	6.0	1.00	0.00
Yogurt,Peach w/crack-DW '24	Serv (8oz, 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
SALAD 3/WAY, '23	1 cup	5000	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
CUCUMBER, SLICED 2021	serving	5000	12	0	2	0.39	0.22	12.5	82	2.18	1	0.51	2.83	0.09	0.03	0.00
BANANAS	1 EACH	5000	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
Diced PearsIn Extra Light Syrp	Serv(1/2 Cup)	5000	60	0	5	2.00	0.00	0.0	60	0.0	12	0.0	16.0	0.0	0.00	0.00
Dressing, Buttermilk Ranch '26	Pouch (12g	3000	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)	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/2 pint)	5000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			579	58	780	6.84	2.89	435.9	*5367	*13.66	*53	26.35	101.79	8.35	1.87	0.04
% of Calories											*36.4%	18.2%	70.3%	13.0%	2.9%	0.1%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Nov 2, 2026 thru Nov 6, 2026

Base Menu Spreadsheet

ELEM LUNCH, O.V.S.

Portion Values - Detailed

Generated on: 10/29/2026 10:34:22 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)
Wed - 11/04/2026																
ELEM LUNCH, O.V.S.	Total	7000														
Chicken & Waffles, WG 2024	Serving	4000	455	54	665	6.00	3.20	60.0	157	87.0	22	20.0	63.06	14.0	3.00	0.00
Yogurt,Vanilla w/crack-DW '24	Serv. (8oz, 2G)	600	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (8oz, 2G)	600	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt,Peach w/crack-DW '24	Serv (8oz, 2G)	600	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	600	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt,Cher-Van w/gran-DW '26	Serv.(8oz, 2G)	600	400	5	385	4.00	3.60	590.0	*0	*0.0	41	10.0	77.0	6.0	1.00	0.00
SALAD 3/WAY, '23	1 cup	4000	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
CORN,CANNED,YELLOW .50cup	Serv(1/2 Cup)	1000	55	0	168	1.64	0.22	2.5	38	1.48	4	1.88	11.76	1.0	0.20	0.00
GRAPES,Fresh	Serv.(1/2 Cup)	1000	66	0	2	0.89	0.29	13.9	99	3.97	16	0.63	17.02	0.35	0.11	0.00
APPLESAUCE, UNSWEETNED	serving	1000	51	0	2	1.34	0.28	4.9	35	1.22	11	0.21	13.75	0.12	0.01	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
SYRUP	1 OZ	4000	81	0	12	0.00	0.00	0.0	73	0.0	15	0.0	21.06	0.0	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/2 pint)	5000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			637	41	788	5.79	3.78	534.6	*2325	*54.00	61	24.16	108.07	12.21	2.73	0.01
% of Calories											38.0%	15.2%	67.9%	17.3%	3.9%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Nov 2, 2026 thru Nov 6, 2026

Base Menu Spreadsheet

ELEM LUNCH, O.V.S.

Portion Values - Detailed

Generated on: 10/29/2026 10:34:22 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-Fat¹ (g)
Thu - 11/05/2026																
ELEM LUNCH, O.V.S.	Total	7500														
Pozole, Red Turkey'22 CK	14 oz	3300	157	26	1313	2.22	1.60	19.8	628	2.11	*1	12.02	17.28	3.9	1.57	*0.00
TORTILLA CHIPS-2021	Serv(2oz)	3300	283	0	255	1.89	226.80	75.6	0	0.0	0	1.89	37.8	15.12	3.78	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	300	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt,Peach w/crack-DW '24	Serv (8oz , 2G)	300	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt,Cher-Van w/gran-DW '26	Serv.(8oz , 2G)	300	400	5	385	4.00	3.60	590.0	*0	*0.0	41	10.0	77.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (8oz , 2G)	300	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt,Vanilla w/crack-DW '24	Serv. (8oz, 2G)	300	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
CABBAGE, SHREDDED	Serv(1/2 Cup)	6000	9	0	6	0.88	0.16	14.0	34	12.81	1	0.45	2.03	0.04	0.01	0.00
CARROT, Sticks '24	1/2 Cup	5000	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 Xtra Lite Syrup	serving	6500	60	0	10	0.00	0.00	0.0	300	1.2	13	0.0	14.0	0.0	0.00	0.00
FRUIT MIX, Extra Light Syrup	Serv.(1/2 Cup)	5000	80	0	5	1.00	0.00	0.0	200	1.2	15	0.0	18.0	0.0	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	2500	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/2 pint)	5000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Salsa, LaVictoria 1oz	Serv(1oz)	1	9	0	189	0.00	0.00	0.0	0	0.0	1	0.0	1.89	0.0	0.00	0.00
Weighted Daily Average			523	21	1002	5.11	101.53	434.5	*8334	*15.42	*50	16.87	87.73	10.53	3.08	*0.00
% of Calories											*38.3%	12.9%	67.1%	18.1%	5.3%	*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

Nov 2, 2026 thru Nov 6, 2026

ELEM LUNCH, O.V.S.

Generated on: 10/29/2026 10:34:22 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)
Fri - 11/06/2026																
ELEM LUNCH, O.V.S.	Total	7000														
PIZZA, DETROIT STYLE '26	5.80 OZ	5000	370	35	700	2.00	2.40	400.0	*N/A*	*N/A*	5	20.0	44.0	14.0	6.00	*N/A*
Yogurt,Vanilla w/crack-DW '24	Serv. (8oz, 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (8oz, 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt,Cher-Van w/gran-DW '26	Serv.(8oz, 2G)	400	400	5	385	4.00	3.60	590.0	*0	*0.0	41	10.0	77.0	6.0	1.00	0.00
Yogurt,Peach w/crack-DW '24	Serv (8oz, 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
SALAD 3/WAY, '23	1 cup	5000	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
TOMATOES, GRAPE	1/2 CUP	6500	13	0	4	0.89	0.20	7.5	621	10.21	2	0.66	2.9	0.15	0.02	0.00
APPLES,Fresh	1 EACH	7200	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
PEACHES, Diced Xtra Lite Syrup	serving	4000	60	0	10	0.00	0.00	0.0	300	1.2	13	0.0	14.0	0.0	0.00	0.00
Dressing, Buttermilk Ranch '26	Pouch (12g	4000	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)	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/2 pint)	5000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			656	36	878	6.94	3.40	715.2	*3309	*20.86	57	26.77	105.17	15.63	5.50	*0.06
% of Calories											35.0%	16.3%	64.1%	21.4%	7.5%	*0.1%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Weighted Average			605	38	876	6.46	23.21	536.7	*4360	*32.47	*55	23.81	101.45	11.89	3.15	*0.02
											*82.4%	15.7%	67.1%	17.7%	4.7%	*0.0%

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Nov 2, 2026 thru Nov 6, 2026

ELEM LUNCH, O.V.S.

Generated on: 10/29/2026 10:34:22 AM

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)	Calcm (mg) Overage	Vit-A (IU)	Vit-C (mg) Error Messages (if any)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Calories	605		550 - 650	100%													
Cholesterol (mg)	38																
Sodium 1 (mg)	876		1230	71%													
Sodium 1a (mg)	876		1110	79%													
Fiber (g)	6.46																
Iron (mg)	23.21																
Calcium (mg)	536.7																
Vitamin A (IU)	4360					Missing											
Sugars (g)	55	36.62%				Missing											
Vitamin C (mg)	32.47					Missing											
Protein (g)	23.81	15.74%															
Carbohydrate (g)	101.45	67.08%															
Total Fat (g)	11.89	17.69%	<=30.00%														
Saturated Fat (g)	3.15	4.69%	<10.00%														
Trans Fat[1] (g)	0.02	0.03%				Missing											

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Rialto Unified School District

Nov 9, 2026 thru Nov 13, 2026

Base Menu Spreadsheet

ELEM LUNCH, O.V.S.

Portion Values - Detailed

Generated on: 10/29/2026 10:33:07 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-Fat¹ (g)
Mon - 11/09/2026																
ELEM LUNCH, O.V.S.	Total	7000														
FISH STICKS, POLLOCK -2026	SERV.(4 sticks)	6000	210	55	290	3.00	1.44	59.0	0	0.0	0	18.0	23.0	5.0	0.50	0.00
Roll, 51% WG Artisan Roll	ROLL	6000	150	0	240	5.00	2.00	41.0	*N/A*	*N/A*	3	5.0	31.0	2.0	0.00	0.00
Yogurt,Peach w/crack-DW '24	Serv (8oz, 2G)	200	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (8oz, 2G)	200	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt,Vanilla w/crack-DW '24	Serv. (8oz, 2G)	200	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	200	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt,Cher-Van w/gran-DW '26	Serv.(8oz, 2G)	200	400	5	385	4.00	3.60	590.0	*0	*0.0	41	10.0	77.0	6.0	1.00	0.00
SALAD 3/WAY, '23	1 cup	4000	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
CARROT, Sticks '24	1/2 Cup	4000	25	0	42	1.71	0.18	20.1	10191	3.6	3	0.57	5.84	0.15	0.02	0.00
APPLES,Fresh	1 EACH	5500	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
PEACHES:canned,light syrup '26	1 CUP	4000	136	0	13	3.26	0.90	7.5	889	6.02	33	1.13	36.52	0.08	0.01	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	4000	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% DW 2024	EACH(1/2 pint)	1000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/2 pint)	6000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			681	58	827	12.98	4.43	426.1	*8617	*13.91	59	31.00	118.69	11.88	1.56	*0.00
% of Calories											34.8%	18.2%	69.8%	15.7%	2.1%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Nov 9, 2026 thru Nov 13, 2026

Base Menu Spreadsheet

ELEM LUNCH, O.V.S.

Portion Values - Detailed

Generated on: 10/29/2026 10:33:07 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)
Tue - 11/10/2026																
ELEM LUNCH, O.V.S.	Total	7000														
Nacho,TURKEY TACO, '25	Serving(3 .2 oz)	3000	436	39	501	1.89	226.80	75.6	19	0.0	4	16.77	43.38	24.42	5.64	0.00
Yogurt,Peach w/crack-DW '24	Serv (8oz , 2G)	800	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (8oz , 2G)	800	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt,Vanilla w/crack-DW '24	Serv. (8o z, 2G)	800	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt,Cher-Van w/gran-DW '26	Serv.(8oz , 2G)	800	400	5	385	4.00	3.60	590.0	*0	*0.0	41	10.0	77.0	6.0	1.00	0.00
SALAD 3/WAY, '23	1 cup	2000	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
CORN,CANNED,YELLOW .50cup	Serv(1/2 Cup)	3000	55	0	168	1.64	0.22	2.5	38	1.48	4	1.88	11.76	1.0	0.20	0.00
BANANAS	1 EACH	2000	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
Diced PearsIn Extra Light Syrp	Serv(1/2 Cup)	2500	60	0	5	2.00	0.00	0.0	60	0.0	12	0.0	16.0	0.0	0.00	0.00
Salsa, LaVictoria 1oz	Serv(1oz)	1000	9	0	189	0.00	0.00	0.0	0	0.0	1	0.0	1.89	0.0	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	3000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/ 2 pint)	4000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			611	29	722	5.31	99.69	636.9	*1523	*4.81	51	21.72	99.66	15.49	3.75	0.00
% of Calories											33.7%	14.2%	65.2%	22.8%	5.5%	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

Nov 9, 2026 thru Nov 13, 2026

ELEM LUNCH, O.V.S.

Generated on: 10/29/2026 10:33:07 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Thu - 11/12/2026																
ELEM LUNCH, O.V.S.	Total	8000														
Penne, Alfredo, Cheesy '23	1 CUP	6000	160	7	202	8.52	1.03	137.6	74	0.43	*1	7.03	26.26	2.73	1.06	*0.06
Bread, Garlic Texas Toast '25	1 each	6000	100	0	125	1.00	1.10	10.0	*N/A*	*N/A*	1	3.0	13.99	3.5	0.50	0.00
Yogurt,Vanilla w/crack-DW '24	Serv. (8oz, 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (8oz, 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt,Cher-Van w/gran-DW '26	Serv.(8oz, 2G)	400	400	5	385	4.00	3.60	590.0	*0	*0.0	41	10.0	77.0	6.0	1.00	0.00
Yogurt,Peach w/crack-DW '24	Serv (8oz, 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
SALAD 3/WAY, '23	1 cup	1	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
TOMATOES, GRAPE	1/2 CUP	4000	13	0	4	0.89	0.20	7.5	621	10.21	2	0.66	2.9	0.15	0.02	0.00
SLUSH, KIWI STRAWBERRY '23	containers, 4oz	4000	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
FRUIT MIX, Extra Light Syrup	Serv.(1/2 Cup)	4000	80	0	5	1.00	0.00	0.0	200	1.2	15	0.0	18.0	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	3000	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% DW 2024	EACH(1/2 pint)	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/2 pint)	6000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			518	16	601	9.09	2.86	506.5	*1604	*6.08	*44	18.40	87.23	9.72	2.28	*0.04
% of Calories											*34.2%	14.2%	67.4%	16.9%	4.0%	*0.1%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Nov 9, 2026 thru Nov 13, 2026

Base Menu Spreadsheet

ELEM LUNCH, O.V.S.

Portion Values - Detailed

Generated on: 10/29/2026 10:33:07 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)
Fri - 11/13/2026																
ELEM LUNCH, O.V.S.	Total	7500														
Chicken, tempura nuggets '26	Serving (4 ea)	5500	220	35	350	1.00	1.00	0.0	0	0.0	0	12.0	10.0	15.0	3.00	0.00
BREAD, STICK	1 each	5500	99	0	94	0.99	1.43	0.0	5	0.0	1	0.99	14.88	2.98	0.50	0.00
Yogurt,Peach w/crack-DW '24	Serv (8oz , 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (8oz , 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt,Vanilla w/crack-DW '24	Serv. (8o z, 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt,Cher-Van w/gran-DW '26	Serv.(8oz , 2G)	400	400	5	385	4.00	3.60	590.0	*0	*0.0	41	10.0	77.0	6.0	1.00	0.00
BARBECUE BEANS (VEGETAR IAN)	1/2 CUP	400	190	0	494	6.12	1.94	66.1	321	5.37	*13	7.02	44.27	0.68	0.11	*0.00
CUCUMBER, SLICED 2021	serving	2000	12	0	2	0.39	0.22	12.5	82	2.18	1	0.51	2.83	0.09	0.03	0.00
APPLES,Fresh	1 EACH	4000	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
PEACHES, Diced Xtra Lite Syrup	serving	4000	60	0	10	0.00	0.00	0.0	300	1.2	13	0.0	14.0	0.0	0.00	0.00
CATSUP	.5 oz	2000	17	0	154	0.05	0.06	2.6	90	0.7	4	0.18	4.66	0.02	0.00	0.00
Salsa, LaVictoria 1oz	Serv(1oz)	2000	9	0	189	0.00	0.00	0.0	0	0.0	1	0.0	1.89	0.0	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/ 2 pint)	5500	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			551	35	747	4.74	3.09	409.2	*1146	*5.08	*46	20.78	80.25	15.64	3.27	*0.00
% of Calories											*33.5%	15.1%	58.2%	25.5%	5.3%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Weighted Average			590	34	724	8.03	27.52	494.7	*3222	*7.47	*50	22.98	96.46	13.18	2.71	*0.01
											*76.7%	15.6%	65.4%	20.1%	4.1%	*0.0%

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Rialto Unified School District

Nov 9, 2026 thru Nov 13, 2026

Base Menu Spreadsheet

ELEM LUNCH, O.V.S.

Portion Values - Detailed

Generated on: 10/29/2026 10:33:07 AM

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)	Calcm (mg) Overage	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat¹ (g) Error Messages (if any)
Calories	590		550 - 650		100%												
Cholesterol (mg)	34																
Sodium 1 (mg)	724			1230	59%												
Sodium 1a (mg)	724			1110	65%												
Fiber (g)	8.03																
Iron (mg)	27.52																
Calcium (mg)	494.7																
Vitamin A (IU)	3222					Missing											
Sugars (g)	50	34.08%				Missing											
Vitamin C (mg)	7.47					Missing											
Protein (g)	22.98	15.57%															
Carbohydrate (g)	96.46	65.37%															
Total Fat (g)	13.18	20.10%	<=30.00%														
Saturated Fat (g)	2.71	4.14%	<10.00%														
Trans Fat¹ (g)	0.01	0.02%				Missing											

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Rialto Unified School District

Nov 16, 2026 thru Nov 20, 2026

Base Menu Spreadsheet

ELEM LUNCH, O.V.S.

Portion Values - Detailed

Generated on: 10/29/2026 10:35:01 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 - 11/16/2026																
ELEM LUNCH, O.V.S.	Total	7000														
TAMALE, CHICKEN, RED '26	5.0 OZ	4000	320	45	700	0.00	1.10	60.0	*N/A*	*N/A*	1	13.0	29.0	18.0	2.00	0.00
Yogurt,Vanilla w/crack-DW '24	Serv. (8oz, 2G)	1000	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (2MMA, 2G)	1000	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt,Peach w/crack-DW '24	Serv (8oz, 2G)	1000	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
SALAD 3/WAY, '23	Serv.(1/2 Cup)	4000	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
Beans,Refried'26	1/2 CUP	2000	103	3	350	5.44	1.21	24.2	0	0.0	0	5.44	13.89	2.72	1.21	0.00
APPLES,Fresh	1 EACH	4000	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Peaches, Frozen '24	Serv(1/2 Cup)	3000	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	3000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
Salsa, LaVictoria 2oz	Serv(2oz)	3000	19	0	378	0.00	0.00	0.0	0	0.0	2	0.0	3.78	0.0	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/2 pint)	5000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	1000	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt,Cher-Van w/gran-DW '26	Serv.(8oz, 2G)	1000	400	5	385	4.00	3.60	590.0	*0	*0.0	41	10.0	77.0	6.0	1.00	0.00
Weighted Daily Average			738	41	1194	6.83	4.19	719.6	*2355	*76.46	*57	24.51	118.51	19.46	3.20	*0.00
% of Calories											*30.8%	13.3%	64.2%	23.7%	3.9%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Nov 16, 2026 thru Nov 20, 2026

Base Menu Spreadsheet

ELEM LUNCH, O.V.S.

Portion Values - Detailed

Generated on: 10/29/2026 10:35:01 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-Fat¹ (g)
Tue - 11/17/2026																
ELEM LUNCH, O.V.S.	Total	7000														
TERIYAKI BEEF DUNKERS '26	SERVING (4each)	4000	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 RIC E-2014	1/2 CUP	4000	113	1	133	1.32	0.51	2.9	1	0.44	*0	3.24	22.92	1.12	0.04	0.00
Yogurt,Peach w/crack-DW '24	Serv (8oz , 2G)	600	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (8oz , 2G)	600	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt,Vanilla w/crack-DW '24	Serv. (8o z, 2G)	600	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	600	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt,Cher-Van w/gran-DW '26	Serv.(8oz , 2G)	600	400	5	385	4.00	3.60	590.0	*0	*0.0	41	10.0	77.0	6.0	1.00	0.00
SALAD 3/WAY, '23	1 cup	5500	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
CUCUMBER, SLICED	1/2 Cup	5500	8	0	1	0.26	0.15	8.3	55	1.46	1	0.34	1.89	0.06	0.02	0.00
BANANAS	1 EACH	3200	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
Diced PearsIn Extra Light Syrp	Serv(1/2 Cup)	4000	60	0	5	2.00	0.00	0.0	60	0.0	12	0.0	16.0	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	4000	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% DW 2024	EACH(1/2 pint)	1000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/ 2 pint)	6000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			590	36	732	5.73	3.00	506.7	*2833	*10.08	*54	22.62	96.42	13.84	3.75	*0.00
% of Calories											*36.4%	15.3%	65.4%	21.1%	5.7%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Nov 16, 2026 thru Nov 20, 2026

Base Menu Spreadsheet

ELEM LUNCH, O.V.S.

Portion Values - Detailed

Generated on: 10/29/2026 10:35:01 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)
Wed - 11/18/2026																
ELEM LUNCH, O.V.S.	Total	7000														
Chickn,Drmstick MSW/Corbrd '26	Serving	4000	378	91	707	2.75	2.18	30.9	81	0.43	13	20.3	37.26	16.13	3.40	0.00
Yogurt,Vanilla w/crack-DW '24	Serv. (8oz, 2G)	600	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (8oz, 2G)	600	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt,Peach w/crack-DW '24	Serv (8oz, 2G)	600	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	600	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt,Cher-Van w/gran-DW '26	Serv.(8oz, 2G)	600	400	5	385	4.00	3.60	590.0	*0	*0.0	41	10.0	77.0	6.0	1.00	0.00
CELERY STICKS 2021	1/2 Cup	4000	10	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	0.03	0.00
Potato Wedges, Plain FRESH '24	5 OUNCE	1000	203	0	123	1.84	1.22	18.5	1	8.08	*1	3.03	25.61	10.36	1.60	0.00
GRAPES,Fresh	Serv.(1/2 Cup)	1000	66	0	2	0.89	0.29	13.9	99	3.97	16	0.63	17.02	0.35	0.11	0.00
APPLESAUCE, UNSWEETNED	serving	1000	51	0	2	1.34	0.28	4.9	35	1.22	11	0.21	13.75	0.12	0.01	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	1000	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% DW 2024	EACH(1/2 pint)	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/2 pint)	5000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			569	63	834	4.55	3.27	538.3	*1134	*3.48	*47	24.41	83.13	15.21	3.25	*0.00
% of Calories											*33.3%	17.2%	58.4%	24.1%	5.1%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Nov 16, 2026 thru Nov 20, 2026

Base Menu Spreadsheet

ELEM LUNCH, O.V.S.

Portion Values - Detailed

Generated on: 10/29/2026 10:35:01 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Thu - 11/19/2026																
ELEM LUNCH, O.V.S.	Total	6000														
TURKEY GRAVY MEAL -2026	3/8 CUP	4000	148	45	755	0.04	1.41	15.6	3	0.6	*0	18.21	6.29	5.02	1.65	*0.00
Roll, 51% WG Artisan Roll	ROLL	4000	150	0	240	5.00	2.00	41.0	*N/A*	*N/A*	3	5.0	31.0	2.0	0.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt,Peach w/crack-DW '24	Serv (8oz , 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt,Cher-Van w/gran-DW '26	Serv.(8oz , 2G)	400	400	5	385	4.00	3.60	590.0	*0	*0.0	41	10.0	77.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (8oz , 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt,Vanilla w/crack-DW '24	Serv. (8o z, 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
SALAD 3/WAY, '23	1 cup	6000	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
POTATO,MASHED,IDAHOREAL OG 2026	1/2 Cup	4000	20	0	86	0.25	0.08	5.9	1	0.33	0	0.5	4.26	0.13	0.00	0.00
CORN,CANNED,YELLOW .50cup	Serv(1/2 Cup)	6000	55	0	168	1.64	0.22	2.5	38	1.48	4	1.88	11.76	1.0	0.20	0.00
FRUIT MIX, Extra Light Syrup	Serv.(1/2 Cup)	6000	80	0	5	1.00	0.00	0.0	200	1.2	15	0.0	18.0	0.0	0.00	0.00
Peaches, Frozen '24	Serv(1/2 Cup)	6000	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	3000	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% DW 2024	EACH(1/2 pint)	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/ 2 pint)	4000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			728	43	1288	8.67	4.50	502.8	*3650	*171.21	*53	30.75	124.64	12.41	2.77	*0.00
% of Calories											*28.9%	16.9%	68.5%	15.4%	3.4%	*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

Nov 16, 2026 thru Nov 20, 2026

ELEM LUNCH, O.V.S.

Generated on: 10/29/2026 10:35:01 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)
Fri - 11/20/2026																
ELEM LUNCH, O.V.S.	Total	7000														
MACARONI & CHEESE 2 OG	1/2 CUP	3000	213	39	654	2.31	1.38	409.4	446	0.01	2	10.25	16.6	12.54	7.17	*0.45
BREAD, STICK	1 each	3000	99	0	94	0.99	1.43	0.0	5	0.0	1	0.99	14.88	2.98	0.50	0.00
Yogurt,Vanilla w/crack-DW '24	Serv. (8oz, 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	Serv (8oz, 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt,Peach w/crack-DW '24	Serv (8oz, 2G)	400	400	5	385	4.00	4.00	589.5	60	0.0	41	7.99	79.97	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	Serv(8oz, 2G)	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt,Cher-Van w/gran-DW '26	Serv.(8oz, 2G)	400	400	5	385	4.00	3.60	590.0	*0	*0.0	41	10.0	77.0	6.0	1.00	0.00
SALAD 3/WAY, '23	1 cup	5500	13	0	6	0.16	0.27	2.6	2260	5.83	0	0.66	2.74	0.01	0.00	0.00
TOMATOES, GRAPE	1/2 CUP	5500	13	0	4	0.89	0.20	7.5	621	10.21	2	0.66	2.9	0.15	0.02	0.00
APPLES,Fresh	1 EACH	5000	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
PEACHES:canned,light syrup '26	1 CUP	5500	136	0	13	3.26	0.90	7.5	889	6.02	33	1.13	36.52	0.08	0.01	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	2000	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% DW 2024	EACH(1/2 pint)	1000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	EACH (1/2 pint)	6000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			566	27	691	8.32	3.53	590.5	*4150	*21.92	69	17.70	102.60	11.25	4.20	*0.19
% of Calories											49.1%	12.5%	72.5%	17.9%	6.7%	*0.3%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Weighted Average			638	42	948	6.82	3.70	571.6	*2824	*56.63	*56	24.00	105.06	14.43	3.43	*0.04
											*79.0%	15.0%	65.8%	20.4%	4.8%	*0.1%

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Rialto Unified School District

Nov 16, 2026 thru Nov 20, 2026

Base Menu Spreadsheet

ELEM LUNCH, O.V.S.

Portion Values - Detailed

Generated on: 10/29/2026 10:35:01 AM

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)	Calcm (mg) Overage	Vit-A (IU)	Vit-C (mg) Error Messages (if any)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat¹ (g)
Calories	638		550 - 650	100%													
Cholesterol (mg)	42																
Sodium 1 (mg)	948		1230	77%													
Sodium 1a (mg)	948		1110	85%													
Fiber (g)	6.82																
Iron (mg)	3.70																
Calcium (mg)	571.6																
Vitamin A (IU)	2824					Missing											
Sugars (g)	56	35.09%				Missing											
Vitamin C (mg)	56.63					Missing											
Protein (g)	24.00	15.04%															
Carbohydrate (g)	105.06	65.85%															
Total Fat (g)	14.43	20.36%	<=30.00%														
Saturated Fat (g)	3.43	4.84%	<10.00%														
Trans Fat¹ (g)	0.04	0.05%				Missing											

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