Rialto Unified School District

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Generated on: 11/12/2026 5:32:52 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)

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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	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																
Middle School Lunch	Total	3600														
TACO Walkin,TURKEY, '25	Serving(3 .2 oz)	360	435	44	776	2.00	0.40	293.2	77	0.0	4	25.79	31.53	24.17	3.83	0.00
Beans,Refried'26 (Protein)	1/2 CUP	360	205	6	699	10.85	2.41	48.2	0	0.0	0	10.85	27.74	5.43	2.41	0.00
Pizza, BD Four Cheese16" Slice	Slice(2M MA/2G)	360	360	35	490	3.00	1.80	350.0	500	0.0	9	21.0	35.0	16.0	7.00	0.00
Pizza, BD Pepperoni 16" Slice	Slice(2M MA/2G)	360	360	40	570	3.00	1.80	300.0	500	0.0	8	22.0	32.0	16.0	8.00	0.00
Chicken Sand. Spicy-'26	1 EACH	360	390	20	570	5.00	4.00	88.0	0	0.0	5	18.0	45.0	15.5	2.50	0.00
Chicken, Sandwich WG '26	1 EACH	360	344	33	598	5.00	4.00	78.0	80	87.0	4	20.0	43.0	10.5	2.00	0.00
BUZZBURGER	Burger(2 MMA,2G)	360	396	75	665	3.00	3.46	236.9	343	0.0	*4	25.21	30.45	19.06	8.61	*0.00
YOGURT PARFAIT W/ GRANOLA 2026	serving	360	509	29	193	4.32	1.83	325.9	350	47.88	40	11.12	82.91	13.77	5.05	0.00
Salad,Buffalo Chicken, '26	SALAD	360	616	150	1319	5.44	3.47	185.5	1815	98.76	*7	26.3	35.87	41.57	8.87	*0.10
Wrap, Kane Sauce Chicken '26	1 EACH	360	518	62	914	4.27	4.10	268.1	11927	20.2	*8	24.02	46.85	25.38	9.25	*0.00
GARDEN SALAD-2014	1 EACH	750	40	0	15	1.11	0.78	16.2	4983	19.68	3	2.01	8.79	0.17	0.03	0.00
FRUIT CUP, FRESH 2025	SERVING	750	61	0	15	1.94	0.21	22.8	1287	41.1	13	0.82	14.95	0.18	0.04	0.00
VEGGIE CUP, FRESH 2025	SERVING	750	42	0	58	3.03	0.65	49.5	7524	54.79	*3	2.22	9.02	0.36	0.09	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
PEACH CUP	1 EACH	500	53	0	3	1.02	0.21	1.7	161	53.41	13	0.36	13.6	0.07	0.01	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES,Fresh PKG '23	serv.(1/2 cup)	365	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Mixed Berry, Froz. 2019	1 each	500	90	0	0	2.00	0.00	0.0	80	0.0	16	0.0	20.0	0.0	0.00	0.00
Asian Pears, Fresh 2017	serving	100	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	342	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
Strawberry Cup, Froz. - 2017	1 each	500	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
ORANGE WEDGES '23	Serv (1/2 Cup)	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% DW 2024	EACH(1/2 pint)	1240	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)	2000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	400	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
Dressing, Buttermilk Ranch '26	Pouch (12g	400	49	4	106	0.04	0.03	1.5	0	0.0	1	0.61	1.02	4.92	0.77	0.10
Sauce, Taco, Tapatio 2017	1 each	400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01

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

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Generated on: 11/12/2026 5:32:52 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																
Tajin 2022	PKG	400	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			676	58	975	1256.3	3.43	477.7	7421	72.66	*43	30.22	90.68	21.32	6.79	*0.03
% of Calories											*25.3%	17.9%	53.6%	28.4%	9.0%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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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)
Tue - 11/03/2026																
Middle School Lunch	Total	3200														
Chicken,Orange Sec-'24	BOX	290	364	41	654	3.47	2.02	26.7	4750	2.91	*12	17.63	62.99	5.05	0.10	0.00
Pizza, BD Four Cheese16" Slice	Slice(2MMA/2G)	290	360	35	490	3.00	1.80	350.0	500	0.0	9	21.0	35.0	16.0	7.00	0.00
Pizza, BD Pepperoni 16" Slice	Slice(2MMA/2G)	290	360	40	570	3.00	1.80	300.0	500	0.0	8	22.0	32.0	16.0	8.00	0.00
BUZZBURGER	Burger(2MMA,2G)	290	396	75	665	3.00	3.46	236.9	343	0.0	*4	25.21	30.45	19.06	8.61	*0.00
Chicken, Sandwich WG '26	1 EACH	290	344	33	598	5.00	4.00	78.0	80	87.0	4	20.0	43.0	10.5	2.00	0.00
Chicken Sand. Spicy-'26	1 EACH	290	390	20	570	5.00	4.00	88.0	0	0.0	5	18.0	45.0	15.5	2.50	0.00
YOGURT PARFAIT W/ GRANOLA 2026	serving	290	509	29	193	4.32	1.83	325.9	350	47.88	40	11.12	82.91	13.77	5.05	0.00
Salad, Asian Chicken '26	1 EA	290	825	44	1432	19.80	5.32	252.6	3148	308.04	67	22.53	123.82	29.93	6.24	0.00
WRAP, CRUNCHY BUFFALO CHX '25	1 EACH	290	537	44	1084	5.78	4.77	195.5	11915	22.83	*4	17.4	50.89	29.73	7.96	0.05
CHIPS, LAYS BAKED BBQ '26(GF)	1 each	600	140	0	160	2.00	0.30	10.0	0	0.0	3	2.0	24.0	3.5	0.50	0.00
CHIPS, LAYS BAKED REG '26GF	1 each	600	140	0	150	2.00	0.30	10.0	0	0.0	2	2.0	24.0	4.0	0.50	0.00
CHIPS,DORITO FLAMAS '26	1 each	600	130	0	120	2.00	0.30	40.0	0	0.0	1	2.0	20.0	5.0	0.50	0.00
CHIPS,DORITO NACHO CHEESE '26	1 each	600	130	0	140	2.00	0.30	10.0	0	0.0	1	2.0	19.0	5.0	1.00	0.00
CHIPS,DORITO SWEET CHILI '26	1 each	600	130	0	170	2.00	0.30	40.0	0	0.0	1	2.0	20.0	5.0	0.50	0.00
CHIPS,DORITO, COOL RANCH '26	1 each	600	130	0	135	2.00	0.30	50.0	0	0.0	1	2.0	20.0	5.0	1.00	0.00
FRUIT CUP, FRESH 2025	SERVING	600	61	0	15	1.94	0.21	22.8	1287	41.1	13	0.82	14.95	0.18	0.04	0.00
VEGGIE CUP, FRESH 2025	SERVING	600	42	0	58	3.03	0.65	49.5	7524	54.79	*3	2.22	9.02	0.36	0.09	*0.00
GARDEN SALAD-2014	1 EACH	750	40	0	15	1.11	0.78	16.2	4983	19.68	3	2.01	8.79	0.17	0.03	0.00
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES,Fresh PKG '23	serving	550	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Asian Pears, Fresh 2017	serving	300	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	342	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% DW 2024	EACH(1/2 pint)	1200	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)	2000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	500	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	400	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
Dressing, Buttermilk Ranch '26	Pouch (12g	400	49	4	106	0.04	0.03	1.5	0	0.0	1	0.61	1.02	4.92	0.77	0.10

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

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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)
Tue - 11/03/2026																
Sauce, Taco, Tapatio 2017	1 each	400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	422	4	0	194	0.10	0.09	1.7	0	0.0	0	0.44	0.45	0.0	0.00	0.00
Tajin 2022	PKG	400	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			739	43	1075	1413.7	3.44	481.1	8089	74.78	*47	28.10	109.59	21.39	5.82	*0.02
% of Calories											*25.4%	15.2%	59.3%	26.0%	7.1%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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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)
Wed - 11/04/2026																
Middle School Lunch	Total	3600														
Chicken & Waffles, WG 2024	Serving	360	455	54	665	6.00	3.20	60.0	157	87.0	22	20.0	63.06	14.0	3.00	0.00
Pizza, BD Four Cheese16" Slice	Slice(2MMA/2G)	360	360	35	490	3.00	1.80	350.0	500	0.0	9	21.0	35.0	16.0	7.00	0.00
Pizza, BD Pepperoni 16" Slice	Slice(2MMA/2G)	360	360	40	570	3.00	1.80	300.0	500	0.0	8	22.0	32.0	16.0	8.00	0.00
Chicken Sand. Spicy-'26	1 EACH	360	390	20	570	5.00	4.00	88.0	0	0.0	5	18.0	45.0	15.5	2.50	0.00
Chicken, Sandwich WG '26	1 EACH	360	344	33	598	5.00	4.00	78.0	80	87.0	4	20.0	43.0	10.5	2.00	0.00
BUZZBURGER	Burger(2MMA,2G)	360	396	75	665	3.00	3.46	236.9	343	0.0	*4	25.21	30.45	19.06	8.61	*0.00
YOGURT PARFAIT W/ GRANOLA 2026	serving	360	509	29	193	4.32	1.83	325.9	350	47.88	40	11.12	82.91	13.77	5.05	0.00
Salad, Spicy Chix Tapatio '26	1 SALAD	360	491	25	773	5.21	4.16	49.3	*1480	*11.57	*9	15.89	40.36	30.35	5.56	0.01
Power Box, Turk Grinder '26	1 EACH	360	446	43	979	5.69	1.76	148.2	845	191.54	*13	20.64	43.33	21.7	5.34	*0.00
CORN,CANNED,YELLOW .50cup	Serv(1/2 Cup)	360	55	0	168	1.64	0.22	2.5	38	1.48	4	1.88	11.76	1.0	0.20	0.00
GARDEN SALAD-2014	1 EACH	750	40	0	15	1.11	0.78	16.2	4983	19.68	3	2.01	8.79	0.17	0.03	0.00
FRUIT CUP, FRESH 2025	SERVING	750	61	0	15	1.94	0.21	22.8	1287	41.1	13	0.82	14.95	0.18	0.04	0.00
VEGGIE CUP, FRESH 2025	SERVING	750	42	0	58	3.03	0.65	49.5	7524	54.79	*3	2.22	9.02	0.36	0.09	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES,Fresh PKG '23	serv.(1/2 cup)	365	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Mixed Berry, Froz. 2019	1 each	500	90	0	0	2.00	0.00	0.0	80	0.0	16	0.0	20.0	0.0	0.00	0.00
Asian Pears, Fresh 2017	serving	100	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	342	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE WEDGES '23	Serv (1/2 Cup)	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% DW 2024	EACH(1/2 pint)	1240	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)	2000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	400	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
Dressing, Buttermilk Ranch '26	Pouch (12g	400	49	4	106	0.04	0.03	1.5	0	0.0	1	0.61	1.02	4.92	0.77	0.10
Sauce, Taco, Tapatio 2017	1 each	400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
Tajin 2022	PKG	400	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00

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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			625	44	861	1255.4	3.18	421.3	*6261	*75.79	*42	27.24	87.55	18.36	5.76	*0.02
% of Calories											*26.9%	17.4%	56.0%	26.5%	8.3%	*0.0%
Nutrient Guideline			600-700		1360									<=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.

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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 - 11/05/2026																
Middle School Lunch	Total	3200														
Shred Chx and Mac SEC '26	SERVING	290	861	123	2264	11.80	4.74	1225.4	929	5.81	*19	69.28	110.79	15.33	6.00	*0.00
Pizza, BD Four Cheese16" Slice	Slice(2MMA/2G)	290	360	35	490	3.00	1.80	350.0	500	0.0	9	21.0	35.0	16.0	7.00	0.00
Pizza, BD Pepperoni 16" Slice	Slice(2MMA/2G)	290	360	40	570	3.00	1.80	300.0	500	0.0	8	22.0	32.0	16.0	8.00	0.00
BUZZBURGER	Burger(2MMA,2G)	290	396	75	665	3.00	3.46	236.9	343	0.0	*4	25.21	30.45	19.06	8.61	*0.00
Chicken, Sandwich WG '26	1 EACH	290	344	33	598	5.00	4.00	78.0	80	87.0	4	20.0	43.0	10.5	2.00	0.00
Chicken Sand. Spicy-'26	1 EACH	290	390	20	570	5.00	4.00	88.0	0	0.0	5	18.0	45.0	15.5	2.50	0.00
YOGURT PARFAIT W/ GRANOLA 2026	serving	290	509	29	193	4.32	1.83	325.9	350	47.88	40	11.12	82.91	13.77	5.05	0.00
Salad,Caesar Penne & Chx '26	SALAD	290	472	92	1067	4.61	0.56	60.1	938	75.52	17	25.8	38.94	22.97	5.30	0.00
Wrap, So.West Chicken '26	1 EACH	290	640	86	984	4.63	4.19	350.8	3036	17.01	*10	31.18	55.61	32.53	12.84	*0.00
CHIPS, LAYS BAKED BBQ '26(GF)	1 each	600	140	0	160	2.00	0.30	10.0	0	0.0	3	2.0	24.0	3.5	0.50	0.00
CHIPS, LAYS BAKED REG '26GF	1 each	600	140	0	150	2.00	0.30	10.0	0	0.0	2	2.0	24.0	4.0	0.50	0.00
CHIPS,DORITO FLAMAS '26	1 each	600	130	0	120	2.00	0.30	40.0	0	0.0	1	2.0	20.0	5.0	0.50	0.00
CHIPS,DORITO NACHO CHEESE '26	1 each	600	130	0	140	2.00	0.30	10.0	0	0.0	1	2.0	19.0	5.0	1.00	0.00
CHIPS,DORITO SWEET CHILI '26	1 each	600	130	0	170	2.00	0.30	40.0	0	0.0	1	2.0	20.0	5.0	0.50	0.00
CHIPS,DORITO, COOL RANCH '26	1 each	600	130	0	135	2.00	0.30	50.0	0	0.0	1	2.0	20.0	5.0	1.00	0.00
FRUIT CUP, FRESH 2025	SERVING	600	61	0	15	1.94	0.21	22.8	1287	41.1	13	0.82	14.95	0.18	0.04	0.00
VEGGIE CUP, FRESH 2025	SERVING	600	42	0	58	3.03	0.65	49.5	7524	54.79	*3	2.22	9.02	0.36	0.09	*0.00
GARDEN SALAD-2014	1 EACH	750	40	0	15	1.11	0.78	16.2	4983	19.68	3	2.01	8.79	0.17	0.03	0.00
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES,Fresh PKG '23	serving	550	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Asian Pears, Fresh 2017	serving	300	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	342	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% DW 2024	EACH(1/2 pint)	1200	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)	2000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	500	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	400	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
Dressing, Buttermilk Ranch '26	Pouch (12g	400	49	4	106	0.04	0.03	1.5	0	0.0	1	0.61	1.02	4.92	0.77	0.10
Sauce, Taco, Tapatio 2017	1 each	400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01

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 30, 2026

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Generated on: 11/12/2026 5:32:52 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 - 11/05/2026																
SOY SAUCE, LOW SODIUM	PACKETT	422	4	0	194	0.10	0.09	1.7	0	0.0	0	0.44	0.45	0.0	0.00	0.00
Tajin 2022	PKG	400	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			762	58	1179	1412.9	3.20	586.4	6738	53.44	*44	34.33	106.65	21.94	6.71	*0.02
% of Calories											*22.9%	18.0%	56.0%	25.9%	7.9%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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Rialto Unified School District

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Generated on: 11/12/2026 5:32:52 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																
Middle School Lunch	Total	3600														
Penne,Alfredo,Chx & Broc '24	1 Cup	360	411	65	977	10.13	2.66	323.0	691	22.74	7	24.14	43.48	14.73	6.45	0.09
Pizza, BD Four Cheese16" Slice	Slice(2MMA/2G)	360	360	35	490	3.00	1.80	350.0	500	0.0	9	21.0	35.0	16.0	7.00	0.00
Pizza, BD Pepperoni 16" Slice	Slice(2MMA/2G)	360	360	40	570	3.00	1.80	300.0	500	0.0	8	22.0	32.0	16.0	8.00	0.00
Chicken, Sandwich WG '26	1 EACH	360	344	33	598	5.00	4.00	78.0	80	87.0	4	20.0	43.0	10.5	2.00	0.00
Chicken Sand. Spicy-'26	1 EACH	360	390	20	570	5.00	4.00	88.0	0	0.0	5	18.0	45.0	15.5	2.50	0.00
BUZZBURGER	Burger(2MMA,2G)	360	396	75	665	3.00	3.46	236.9	343	0.0	*4	25.21	30.45	19.06	8.61	*0.00
YOGURT PARFAIT W/ GRANOLA 2026	serving	360	509	29	193	4.32	1.83	325.9	350	47.88	40	11.12	82.91	13.77	5.05	0.00
Salad, HoneyBee Fiesta '26	1 each	360	882	43	1092	12.71	5.75	325.5	1942	32.61	*7	17.65	69.96	60.61	13.50	*0.00
Sandwich, Calif Turkey '26	1 EACH	360	401	44	1199	6.28	2.44	142.2	524	11.15	*4	20.93	41.01	17.59	4.06	*0.02
GARDEN SALAD-2014	1 EACH	750	40	0	15	1.11	0.78	16.2	4983	19.68	3	2.01	8.79	0.17	0.03	0.00
FRUIT CUP, FRESH 2025	SERVING	750	61	0	15	1.94	0.21	22.8	1287	41.1	13	0.82	14.95	0.18	0.04	0.00
VEGGIE CUP, FRESH 2025	SERVING	750	42	0	58	3.03	0.65	49.5	7524	54.79	*3	2.22	9.02	0.36	0.09	*0.00
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
PEACH CUP	1 EACH	500	53	0	3	1.02	0.21	1.7	161	53.41	13	0.36	13.6	0.07	0.01	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES,Fresh PKG '23	serv.(1/2 cup)	365	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Mixed Berry, Froz. 2019	1 each	500	90	0	0	2.00	0.00	0.0	80	0.0	16	0.0	20.0	0.0	0.00	0.00
Asian Pears, Fresh 2017	serving	100	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	342	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
Strawberry Cup, Froz. - 2017	1 each	500	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
ORANGE WEDGES '23	Serv (1/2 Cup)	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% DW 2024	EACH(1/2 pint)	1240	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)	2000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	400	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
Dressing, Buttermilk Ranch '26	Pouch (12g	400	49	4	106	0.04	0.03	1.5	0	0.0	1	0.61	1.02	4.92	0.77	0.10
Sauce, Taco, Tapatio 2017	1 each	400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
Tajin 2022	PKG	400	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00

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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			632	47	921	1256.3	3.36	477.3	6355	66.61	*43	27.13	85.27	20.30	6.42	*0.03
% of Calories											*27.1%	17.2%	54.0%	28.9%	9.1%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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Rialto Unified School District

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Generated on: 11/12/2026 5:32:52 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 - 11/09/2026																
Middle School Lunch	Total	3600														
Meatball Grinder, Beef '25	Serving(5 piece	360	651	148	1150	4.21	5.46	388.6	575	10.94	*10	48.22	49.44	28.98	12.06	*0.00
Pizza, BD Four Cheese16" Slice	Slice(2MMA/2G)	360	360	35	490	3.00	1.80	350.0	500	0.0	9	21.0	35.0	16.0	7.00	0.00
Pizza, BD Pepperoni 16" Slice	Slice(2MMA/2G)	360	360	40	570	3.00	1.80	300.0	500	0.0	8	22.0	32.0	16.0	8.00	0.00
Chicken Sand. Spicy-'26	1 EACH	360	390	20	570	5.00	4.00	88.0	0	0.0	5	18.0	45.0	15.5	2.50	0.00
Chicken, Sandwich WG '26	1 EACH	360	344	33	598	5.00	4.00	78.0	80	87.0	4	20.0	43.0	10.5	2.00	0.00
BUZZBURGER	Burger(2MMA,2G)	360	396	75	665	3.00	3.46	236.9	343	0.0	*4	25.21	30.45	19.06	8.61	*0.00
YOGURT PARFAIT W/ GRANOLA 2026	serving	360	509	29	193	4.32	1.83	325.9	350	47.88	40	11.12	82.91	13.77	5.05	0.00
Salad,Buffalo Chicken, '26	SALAD	360	616	150	1319	5.44	3.47	185.5	1815	98.76	*7	26.3	35.87	41.57	8.87	*0.10
Wrap, Kane Sauce Chicken '26	1 EACH	360	518	62	914	4.27	4.10	268.1	11927	20.2	*8	24.02	46.85	25.38	9.25	*0.00
GARDEN SALAD-2014	1 EACH	750	40	0	15	1.11	0.78	16.2	4983	19.68	3	2.01	8.79	0.17	0.03	0.00
FRUIT CUP, FRESH 2025	SERVING	750	61	0	15	1.94	0.21	22.8	1287	41.1	13	0.82	14.95	0.18	0.04	0.00
VEGGIE CUP, FRESH 2025	SERVING	750	42	0	58	3.03	0.65	49.5	7524	54.79	*3	2.22	9.02	0.36	0.09	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
PEACH CUP	1 EACH	500	53	0	3	1.02	0.21	1.7	161	53.41	13	0.36	13.6	0.07	0.01	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES,Fresh PKG '23	serv.(1/2 cup)	365	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Mixed Berry, Froz. 2019	1 each	500	90	0	0	2.00	0.00	0.0	80	0.0	16	0.0	20.0	0.0	0.00	0.00
Asian Pears, Fresh 2017	serving	100	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	342	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
Strawberry Cup, Froz. - 2017	1 each	500	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
ORANGE WEDGES '23	Serv (1/2 Cup)	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% DW 2024	EACH(1/2 pint)	1240	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)	2000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	400	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
Dressing, Buttermilk Ranch '26	Pouch (12g	400	49	4	106	0.04	0.03	1.5	0	0.0	1	0.61	1.02	4.92	0.77	0.10
Sauce, Taco, Tapatio 2017	1 each	400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
Tajin 2022	PKG	400	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00

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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			677	68	942	1255.4	3.70	482.4	7471	73.75	*43	31.37	89.70	21.26	7.37	*0.03
% of Calories											*25.7%	18.5%	53.0%	28.3%	9.8%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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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)
Tue - 11/10/2026																
Middle School Lunch	Total	3200														
Bowl, RFC Popcorn CHX '26	Bowl	290	466	82	1184	6.86	3.33	57.5	*168	1.61	6	24.12	48.36	20.76	3.77	*0.00
Pizza, BD Four Cheese16" Slice	Slice(2MMA/2G)	290	360	35	490	3.00	1.80	350.0	500	0.0	9	21.0	35.0	16.0	7.00	0.00
Pizza, BD Pepperoni 16" Slice	Slice(2MMA/2G)	290	360	40	570	3.00	1.80	300.0	500	0.0	8	22.0	32.0	16.0	8.00	0.00
BUZZBURGER	Burger(2MMA,2G)	290	396	75	665	3.00	3.46	236.9	343	0.0	*4	25.21	30.45	19.06	8.61	*0.00
Chicken, Sandwich WG '26	1 EACH	290	344	33	598	5.00	4.00	78.0	80	87.0	4	20.0	43.0	10.5	2.00	0.00
Chicken Sand. Spicy-'26	1 EACH	290	390	20	570	5.00	4.00	88.0	0	0.0	5	18.0	45.0	15.5	2.50	0.00
YOGURT PARFAIT W/ GRANOLA 2026	serving	290	509	29	193	4.32	1.83	325.9	350	47.88	40	11.12	82.91	13.77	5.05	0.00
Salad, Asian Chicken '26	1 EA	290	825	44	1432	19.80	5.32	252.6	3148	308.04	67	22.53	123.82	29.93	6.24	0.00
WRAP, CRUNCHY BUFFALO CHX '25	1 EACH	290	537	44	1084	5.78	4.77	195.5	11915	22.83	*4	17.4	50.89	29.73	7.96	0.05
CHIPS, LAYS BAKED BBQ '26(GF)	1 each	600	140	0	160	2.00	0.30	10.0	0	0.0	3	2.0	24.0	3.5	0.50	0.00
CHIPS, LAYS BAKED REG '26GF	1 each	600	140	0	150	2.00	0.30	10.0	0	0.0	2	2.0	24.0	4.0	0.50	0.00
CHIPS,DORITO FLAMAS '26	1 each	600	130	0	120	2.00	0.30	40.0	0	0.0	1	2.0	20.0	5.0	0.50	0.00
CHIPS,DORITO NACHO CHEESE '26	1 each	600	130	0	140	2.00	0.30	10.0	0	0.0	1	2.0	19.0	5.0	1.00	0.00
CHIPS,DORITO SWEET CHILI '26	1 each	600	130	0	170	2.00	0.30	40.0	0	0.0	1	2.0	20.0	5.0	0.50	0.00
CHIPS,DORITO, COOL RANCH '26	1 each	600	130	0	135	2.00	0.30	50.0	0	0.0	1	2.0	20.0	5.0	1.00	0.00
FRUIT CUP, FRESH 2025	SERVING	600	61	0	15	1.94	0.21	22.8	1287	41.1	13	0.82	14.95	0.18	0.04	0.00
VEGGIE CUP, FRESH 2025	SERVING	600	42	0	58	3.03	0.65	49.5	7524	54.79	*3	2.22	9.02	0.36	0.09	*0.00
GARDEN SALAD-2014	1 EACH	750	40	0	15	1.11	0.78	16.2	4983	19.68	3	2.01	8.79	0.17	0.03	0.00
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES,Fresh PKG '23	serving	550	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Asian Pears, Fresh 2017	serving	300	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	342	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% DW 2024	EACH(1/2 pint)	1200	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)	2000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	500	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	400	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
Dressing, Buttermilk Ranch '26	Pouch (12g	400	49	4	106	0.04	0.03	1.5	0	0.0	1	0.61	1.02	4.92	0.77	0.10

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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)
Tue - 11/10/2026																
Sauce, Taco, Tapatio 2017	1 each	400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	422	4	0	194	0.10	0.09	1.7	0	0.0	0	0.44	0.45	0.0	0.00	0.00
Tajin 2022	PKG	400	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			748	46	1123	1414.0	3.56	483.9	*7674	74.66	*46	28.69	108.26	22.81	6.15	*0.02
% of Calories											*24.8%	15.3%	57.9%	27.4%	7.4%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	
Wed - 11/11/2026																
Middle School 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			600-700		1360									<=30.0	<10.00	

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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 - 11/12/2026																
Middle School Lunch	Total	3200														
Penne Pasta W/Marinara &Ch2018	SERVING	290	388	35	421	16.38	2.24	440.0	436	2.28	*3	20.88	44.21	13.53	8.01	*0.00
BREAD, STICK	1 each	290	99	0	94	0.99	1.43	0.0	5	0.0	1	0.99	14.88	2.98	0.50	0.00
Pizza, BD Four Cheese16" Slice	Slice(2MMA/2G)	290	360	35	490	3.00	1.80	350.0	500	0.0	9	21.0	35.0	16.0	7.00	0.00
Pizza, BD Pepperoni 16" Slice	Slice(2MMA/2G)	290	360	40	570	3.00	1.80	300.0	500	0.0	8	22.0	32.0	16.0	8.00	0.00
BUZZBURGER	Burger(2MMA,2G)	290	396	75	665	3.00	3.46	236.9	343	0.0	*4	25.21	30.45	19.06	8.61	*0.00
Chicken, Sandwich WG '26	1 EACH	290	344	33	598	5.00	4.00	78.0	80	87.0	4	20.0	43.0	10.5	2.00	0.00
Chicken Sand. Spicy-'26	1 EACH	290	390	20	570	5.00	4.00	88.0	0	0.0	5	18.0	45.0	15.5	2.50	0.00
YOGURT PARFAIT W/ GRANOLA 2026	serving	290	509	29	193	4.32	1.83	325.9	350	47.88	40	11.12	82.91	13.77	5.05	0.00
Salad,Caesar Penne & Chx '26	SALAD	290	472	92	1067	4.61	0.56	60.1	938	75.52	17	25.8	38.94	22.97	5.30	0.00
Wrap, So.West Chicken '26	1 EACH	290	640	86	984	4.63	4.19	350.8	3036	17.01	*10	31.18	55.61	32.53	12.84	*0.00
CHIPS, LAYS BAKED BBQ '26(GF)	1 each	600	140	0	160	2.00	0.30	10.0	0	0.0	3	2.0	24.0	3.5	0.50	0.00
CHIPS, LAYS BAKED REG '26GF	1 each	600	140	0	150	2.00	0.30	10.0	0	0.0	2	2.0	24.0	4.0	0.50	0.00
CHIPS,DORITO FLAMAS '26	1 each	600	130	0	120	2.00	0.30	40.0	0	0.0	1	2.0	20.0	5.0	0.50	0.00
CHIPS,DORITO NACHO CHEESE '26	1 each	600	130	0	140	2.00	0.30	10.0	0	0.0	1	2.0	19.0	5.0	1.00	0.00
CHIPS,DORITO SWEET CHILI '26	1 each	600	130	0	170	2.00	0.30	40.0	0	0.0	1	2.0	20.0	5.0	0.50	0.00
CHIPS,DORITO, COOL RANCH '26	1 each	600	130	0	135	2.00	0.30	50.0	0	0.0	1	2.0	20.0	5.0	1.00	0.00
FRUIT CUP, FRESH 2025	SERVING	600	61	0	15	1.94	0.21	22.8	1287	41.1	13	0.82	14.95	0.18	0.04	0.00
VEGGIE CUP, FRESH 2025	SERVING	600	42	0	58	3.03	0.65	49.5	7524	54.79	*3	2.22	9.02	0.36	0.09	*0.00
GARDEN SALAD-2014	1 EACH	750	40	0	15	1.11	0.78	16.2	4983	19.68	3	2.01	8.79	0.17	0.03	0.00
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES,Fresh PKG '23	serving	550	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Asian Pears, Fresh 2017	serving	300	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	342	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% DW 2024	EACH(1/2 pint)	1200	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)	2000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	500	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	400	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
Dressing, Buttermilk Ranch '26	Pouch (12g	400	49	4	106	0.04	0.03	1.5	0	0.0	1	0.61	1.02	4.92	0.77	0.10

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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 - 11/12/2026																
Sauce, Taco, Tapatio 2017	1 each	400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	422	4	0	194	0.10	0.09	1.7	0	0.0	0	0.44	0.45	0.0	0.00	0.00
Tajin 2022	PKG	400	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			728	50	1020	1413.4	3.11	515.2	6693	53.12	*42	30.03	101.97	22.05	6.94	*0.02
% of Calories											*23.2%	16.5%	56.0%	27.3%	8.6%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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Rialto Unified School District

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Generated on: 11/12/2026 5:32:53 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																
Middle School Lunch	Total	3600														
Pozole, Green Chicken '24 HS	14.5 oz	360	342	118	2244	2.26	1.52	147.5	160	15.97	*6	31.06	30.14	9.45	4.15	*0.00
TORTILLA CHIPS-'24	Serv.(2oz)	360	280	0	300	3.00	0.40	33.3	4	0.0	1	2.67	30.67	16.0	2.27	0.00
Pizza, BD Four Cheese16" Slice	Slice(2MMA/2G)	360	360	35	490	3.00	1.80	350.0	500	0.0	9	21.0	35.0	16.0	7.00	0.00
Pizza, BD Pepperoni 16" Slice	Slice(2MMA/2G)	360	360	40	570	3.00	1.80	300.0	500	0.0	8	22.0	32.0	16.0	8.00	0.00
Chicken, Sandwich WG '26	1 EACH	360	344	33	598	5.00	4.00	78.0	80	87.0	4	20.0	43.0	10.5	2.00	0.00
Chicken Sand. Spicy-'26	1 EACH	360	390	20	570	5.00	4.00	88.0	0	0.0	5	18.0	45.0	15.5	2.50	0.00
BUZZBURGER	Burger(2MMA,2G)	360	396	75	665	3.00	3.46	236.9	343	0.0	*4	25.21	30.45	19.06	8.61	*0.00
YOGURT PARFAIT W/ GRANOLA 2026	serving	360	509	29	193	4.32	1.83	325.9	350	47.88	40	11.12	82.91	13.77	5.05	0.00
Salad, HoneyBee Fiesta '26	1 each	360	882	43	1092	12.71	5.75	325.5	1942	32.61	*7	17.65	69.96	60.61	13.50	*0.00
Sandwich, Calif Turkey '26	1 EACH	360	401	44	1199	6.28	2.44	142.2	524	11.15	*4	20.93	41.01	17.59	4.06	*0.02
GARDEN SALAD-2014	1 EACH	750	40	0	15	1.11	0.78	16.2	4983	19.68	3	2.01	8.79	0.17	0.03	0.00
FRUIT CUP, FRESH 2025	SERVING	750	61	0	15	1.94	0.21	22.8	1287	41.1	13	0.82	14.95	0.18	0.04	0.00
VEGGIE CUP, FRESH 2025	SERVING	750	42	0	58	3.03	0.65	49.5	7524	54.79	*3	2.22	9.02	0.36	0.09	*0.00
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
PEACH CUP	1 EACH	500	53	0	3	1.02	0.21	1.7	161	53.41	13	0.36	13.6	0.07	0.01	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES,Fresh PKG '23	serv.(1/2 cup)	365	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Mixed Berry, Froz. 2019	1 each	500	90	0	0	2.00	0.00	0.0	80	0.0	16	0.0	20.0	0.0	0.00	0.00
Asian Pears, Fresh 2017	serving	100	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	342	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
Strawberry Cup, Froz. - 2017	1 each	500	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
ORANGE WEDGES '23	Serv (1/2 Cup)	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% DW 2024	EACH(1/2 pint)	1240	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)	2000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	400	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
Dressing, Buttermilk Ranch '26	Pouch (12g	400	49	4	106	0.04	0.03	1.5	0	0.0	1	0.61	1.02	4.92	0.77	0.10
Sauce, Taco, Tapatio 2017	1 each	400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
Tajin 2022	PKG	400	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00

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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			653	53	1077	1255.8	3.29	463.0	6302	65.94	*43	28.09	87.00	21.37	6.41	*0.02
% of Calories											*26.2%	17.2%	53.3%	29.5%	8.8%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Mon - 11/16/2026																
Middle School Lunch	Total	3600														
Tamale,Red Chicken '26	1 Each	360	320	45	700	0.00	1.10	60.0	0	0.0	1	13.0	29.0	18.0	2.00	0.00
Beans,Refried'26 (Protein)	1/2 CUP	360	205	6	699	10.85	2.41	48.2	0	0.0	0	10.85	27.74	5.43	2.41	0.00
Pizza, BD Four Cheese16" Slice	Slice(2MMA/2G)	360	360	35	490	3.00	1.80	350.0	500	0.0	9	21.0	35.0	16.0	7.00	0.00
Pizza, BD Pepperoni 16" Slice	Slice(2MMA/2G)	360	360	40	570	3.00	1.80	300.0	500	0.0	8	22.0	32.0	16.0	8.00	0.00
Chicken Sand. Spicy-'26	1 EACH	360	390	20	570	5.00	4.00	88.0	0	0.0	5	18.0	45.0	15.5	2.50	0.00
Chicken, Sandwich WG '26	1 EACH	360	344	33	598	5.00	4.00	78.0	80	87.0	4	20.0	43.0	10.5	2.00	0.00
BUZZBURGER	Burger(2MMA,2G)	360	396	75	665	3.00	3.46	236.9	343	0.0	*4	25.21	30.45	19.06	8.61	*0.00
YOGURT PARFAIT W/ GRANOLA 2026	serving	360	509	29	193	4.32	1.83	325.9	350	47.88	40	11.12	82.91	13.77	5.05	0.00
Salad,Buffalo Chicken, '26	SALAD	360	616	150	1319	5.44	3.47	185.5	1815	98.76	*7	26.3	35.87	41.57	8.87	*0.10
Wrap, Kane Sauce Chicken '26	1 EACH	360	518	62	914	4.27	4.10	268.1	11927	20.2	*8	24.02	46.85	25.38	9.25	*0.00
GARDEN SALAD-2014	1 EACH	750	40	0	15	1.11	0.78	16.2	4983	19.68	3	2.01	8.79	0.17	0.03	0.00
FRUIT CUP, FRESH 2025	SERVING	750	61	0	15	1.94	0.21	22.8	1287	41.1	13	0.82	14.95	0.18	0.04	0.00
VEGGIE CUP, FRESH 2025	SERVING	750	42	0	58	3.03	0.65	49.5	7524	54.79	*3	2.22	9.02	0.36	0.09	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
PEACH CUP	1 EACH	500	53	0	3	1.02	0.21	1.7	161	53.41	13	0.36	13.6	0.07	0.01	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES,Fresh PKG '23	serv.(1/2 cup)	365	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Mixed Berry, Froz. 2019	1 each	500	90	0	0	2.00	0.00	0.0	80	0.0	16	0.0	20.0	0.0	0.00	0.00
Asian Pears, Fresh 2017	serving	100	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	342	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
Strawberry Cup, Froz. - 2017	1 each	500	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
ORANGE WEDGES '23	Serv (1/2 Cup)	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% DW 2024	EACH(1/2 pint)	1240	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)	2000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	400	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
Dressing, Buttermilk Ranch '26	Pouch (12g	400	49	4	106	0.04	0.03	1.5	0	0.0	1	0.61	1.02	4.92	0.77	0.10
Sauce, Taco, Tapatio 2017	1 each	400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
Tajin 2022	PKG	400	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00

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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			665	58	967	1256.1	3.50	454.4	7413	72.66	*43	28.94	90.43	20.71	6.60	*0.03
% of Calories											*25.6%	17.4%	54.4%	28.0%	8.9%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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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)
Tue - 11/17/2026																
Middle School Lunch	Total	3200														
Chicken, Teriyaki and Rice '24	BOX	290	349	83	739	3.47	2.14	16.7	4785	2.91	*8	24.13	49.99	6.14	1.27	0.00
Pizza, BD Four Cheese16" Slice	Slice(2MMA/2G)	290	360	35	490	3.00	1.80	350.0	500	0.0	9	21.0	35.0	16.0	7.00	0.00
Pizza, BD Pepperoni 16" Slice	Slice(2MMA/2G)	290	360	40	570	3.00	1.80	300.0	500	0.0	8	22.0	32.0	16.0	8.00	0.00
BUZZBURGER	Burger(2MMA,2G)	290	396	75	665	3.00	3.46	236.9	343	0.0	*4	25.21	30.45	19.06	8.61	*0.00
Chicken, Sandwich WG '26	1 EACH	290	344	33	598	5.00	4.00	78.0	80	87.0	4	20.0	43.0	10.5	2.00	0.00
Chicken Sand. Spicy-'26	1 EACH	290	390	20	570	5.00	4.00	88.0	0	0.0	5	18.0	45.0	15.5	2.50	0.00
YOGURT PARFAIT W/ GRANOLA 2026	serving	290	509	29	193	4.32	1.83	325.9	350	47.88	40	11.12	82.91	13.77	5.05	0.00
Salad, Asian Chicken '26	1 EA	290	825	44	1432	19.80	5.32	252.6	3148	308.04	67	22.53	123.82	29.93	6.24	0.00
WRAP, CRUNCHY BUFFALO CHX '25	1 EACH	290	537	44	1084	5.78	4.77	195.5	11915	22.83	*4	17.4	50.89	29.73	7.96	0.05
CHIPS, LAYS BAKED BBQ '26(GF)	1 each	600	140	0	160	2.00	0.30	10.0	0	0.0	3	2.0	24.0	3.5	0.50	0.00
CHIPS, LAYS BAKED REG '26GF	1 each	600	140	0	150	2.00	0.30	10.0	0	0.0	2	2.0	24.0	4.0	0.50	0.00
CHIPS,DORITO FLAMAS '26	1 each	600	130	0	120	2.00	0.30	40.0	0	0.0	1	2.0	20.0	5.0	0.50	0.00
CHIPS,DORITO NACHO CHEESE '26	1 each	600	130	0	140	2.00	0.30	10.0	0	0.0	1	2.0	19.0	5.0	1.00	0.00
CHIPS,DORITO SWEET CHILI '26	1 each	600	130	0	170	2.00	0.30	40.0	0	0.0	1	2.0	20.0	5.0	0.50	0.00
CHIPS,DORITO, COOL RANCH '26	1 each	600	130	0	135	2.00	0.30	50.0	0	0.0	1	2.0	20.0	5.0	1.00	0.00
FRUIT CUP, FRESH 2025	SERVING	600	61	0	15	1.94	0.21	22.8	1287	41.1	13	0.82	14.95	0.18	0.04	0.00
VEGGIE CUP, FRESH 2025	SERVING	600	42	0	58	3.03	0.65	49.5	7524	54.79	*3	2.22	9.02	0.36	0.09	*0.00
GARDEN SALAD-2014	1 EACH	750	40	0	15	1.11	0.78	16.2	4983	19.68	3	2.01	8.79	0.17	0.03	0.00
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES,Fresh PKG '23	serving	550	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Asian Pears, Fresh 2017	serving	300	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	342	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% DW 2024	EACH(1/2 pint)	1200	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)	2000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	500	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	400	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
Dressing, Buttermilk Ranch '26	Pouch (12g	400	49	4	106	0.04	0.03	1.5	0	0.0	1	0.61	1.02	4.92	0.77	0.10

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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)
Tue - 11/17/2026																
Sauce, Taco, Tapatio 2017	1 each	400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	422	4	0	194	0.10	0.09	1.7	0	0.0	0	0.44	0.45	0.0	0.00	0.00
Tajin 2022	PKG	400	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			738	46	1083	1413.7	3.45	480.2	8092	74.78	*47	28.69	108.41	21.48	5.92	*0.02
% of Calories											*25.3%	15.6%	58.8%	26.2%	7.2%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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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)
Wed - 11/18/2026																
Middle School Lunch	Total	3600														
Chickn,Drmstick MSW/Corbrd '26	Serving	360	378	91	707	2.75	2.18	30.9	81	0.43	13	20.3	37.26	16.13	3.40	0.00
Pizza, BD Four Cheese16" Slice	Slice(2MMA/2G)	360	360	35	490	3.00	1.80	350.0	500	0.0	9	21.0	35.0	16.0	7.00	0.00
Pizza, BD Pepperoni 16" Slice	Slice(2MMA/2G)	360	360	40	570	3.00	1.80	300.0	500	0.0	8	22.0	32.0	16.0	8.00	0.00
Chicken Sand. Spicy-'26	1 EACH	360	390	20	570	5.00	4.00	88.0	0	0.0	5	18.0	45.0	15.5	2.50	0.00
Chicken, Sandwich WG '26	1 EACH	360	344	33	598	5.00	4.00	78.0	80	87.0	4	20.0	43.0	10.5	2.00	0.00
BUZZBURGER	Burger(2MMA,2G)	360	396	75	665	3.00	3.46	236.9	343	0.0	*4	25.21	30.45	19.06	8.61	*0.00
YOGURT PARFAIT W/ GRANOLA 2026	serving	360	509	29	193	4.32	1.83	325.9	350	47.88	40	11.12	82.91	13.77	5.05	0.00
Salad, Spicy Chix Tapatio '26	1 SALAD	360	491	25	773	5.21	4.16	49.3	*1480	*11.57	*9	15.89	40.36	30.35	5.56	0.01
Power Box, Turk Grinder '26	1 EACH	360	446	43	979	5.69	1.76	148.2	845	191.54	*13	20.64	43.33	21.7	5.34	*0.00
BARBECUE BEANS -2012	1/2 CUP	360	194	0	782	6.77	2.06	63.3	306	1.51	*9	8.04	45.49	0.63	0.12	*0.00
GARDEN SALAD-2014	1 EACH	750	40	0	15	1.11	0.78	16.2	4983	19.68	3	2.01	8.79	0.17	0.03	0.00
FRUIT CUP, FRESH 2025	SERVING	750	61	0	15	1.94	0.21	22.8	1287	41.1	13	0.82	14.95	0.18	0.04	0.00
VEGGIE CUP, FRESH 2025	SERVING	750	42	0	58	3.03	0.65	49.5	7524	54.79	*3	2.22	9.02	0.36	0.09	*0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES,Fresh PKG '23	serv.(1/2 cup)	365	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Mixed Berry, Froz. 2019	1 each	500	90	0	0	2.00	0.00	0.0	80	0.0	16	0.0	20.0	0.0	0.00	0.00
Asian Pears, Fresh 2017	serving	100	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	342	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE WEDGES '23	Serv (1/2 Cup)	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% DW 2024	EACH(1/2 pint)	1240	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)	2000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	400	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
Dressing, Buttermilk Ranch '26	Pouch (12g	400	49	4	106	0.04	0.03	1.5	0	0.0	1	0.61	1.02	4.92	0.77	0.10
Sauce, Taco, Tapatio 2017	1 each	400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
Tajin 2022	PKG	400	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00

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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			631	48	926	1255.6	3.26	424.5	*6280	*67.13	*42	27.89	88.34	18.54	5.79	*0.02
% of Calories											*26.4%	17.7%	56.0%	26.4%	8.3%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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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 - 11/19/2026																
Middle School Lunch	Total	3200														
Spagh.w/Meat &Noodle '26	Bowl(2M/MA, 1G)	290	304	47	778	7.22	4.25	49.2	615	10.57	*4	21.47	38.34	8.95	2.98	*0.00
Pizza, BD Four Cheese16" Slice	Slice(2MMA/2G)	290	360	35	490	3.00	1.80	350.0	500	0.0	9	21.0	35.0	16.0	7.00	0.00
Pizza, BD Pepperoni 16" Slice	Slice(2MMA/2G)	290	360	40	570	3.00	1.80	300.0	500	0.0	8	22.0	32.0	16.0	8.00	0.00
BUZZBURGER	Burger(2MMA,2G)	290	396	75	665	3.00	3.46	236.9	343	0.0	*4	25.21	30.45	19.06	8.61	*0.00
Chicken, Sandwich WG '26	1 EACH	290	344	33	598	5.00	4.00	78.0	80	87.0	4	20.0	43.0	10.5	2.00	0.00
Chicken Sand. Spicy-'26	1 EACH	290	390	20	570	5.00	4.00	88.0	0	0.0	5	18.0	45.0	15.5	2.50	0.00
YOGURT PARFAIT W/ GRANOLA 2026	serving	290	509	29	193	4.32	1.83	325.9	350	47.88	40	11.12	82.91	13.77	5.05	0.00
Salad,Caesar Penne & Chx '26	SALAD	290	472	92	1067	4.61	0.56	60.1	938	75.52	17	25.8	38.94	22.97	5.30	0.00
Wrap, So.West Chicken '26	1 EACH	290	640	86	984	4.63	4.19	350.8	3036	17.01	*10	31.18	55.61	32.53	12.84	*0.00
CHIPS, LAYS BAKED BBQ '26(GF)	1 each	600	140	0	160	2.00	0.30	10.0	0	0.0	3	2.0	24.0	3.5	0.50	0.00
CHIPS, LAYS BAKED REG '26GF	1 each	600	140	0	150	2.00	0.30	10.0	0	0.0	2	2.0	24.0	4.0	0.50	0.00
CHIPS,DORITO FLAMAS '26	1 each	600	130	0	120	2.00	0.30	40.0	0	0.0	1	2.0	20.0	5.0	0.50	0.00
CHIPS,DORITO NACHO CHEESE '26	1 each	600	130	0	140	2.00	0.30	10.0	0	0.0	1	2.0	19.0	5.0	1.00	0.00
CHIPS,DORITO SWEET CHILI '26	1 each	600	130	0	170	2.00	0.30	40.0	0	0.0	1	2.0	20.0	5.0	0.50	0.00
CHIPS,DORITO, COOL RANCH '26	1 each	600	130	0	135	2.00	0.30	50.0	0	0.0	1	2.0	20.0	5.0	1.00	0.00
FRUIT CUP, FRESH 2025	SERVING	600	61	0	15	1.94	0.21	22.8	1287	41.1	13	0.82	14.95	0.18	0.04	0.00
VEGGIE CUP, FRESH 2025	SERVING	600	42	0	58	3.03	0.65	49.5	7524	54.79	*3	2.22	9.02	0.36	0.09	*0.00
GARDEN SALAD-2014	1 EACH	750	40	0	15	1.11	0.78	16.2	4983	19.68	3	2.01	8.79	0.17	0.03	0.00
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES,Fresh PKG '23	serving	550	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Asian Pears, Fresh 2017	serving	300	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	342	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% DW 2024	EACH(1/2 pint)	1200	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)	2000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	500	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	400	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
Dressing, Buttermilk Ranch '26	Pouch (12g	400	49	4	106	0.04	0.03	1.5	0	0.0	1	0.61	1.02	4.92	0.77	0.10

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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 - 11/19/2026																
Sauce, Taco, Tapatio 2017	1 each	400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	422	4	0	194	0.10	0.09	1.7	0	0.0	0	0.44	0.45	0.0	0.00	0.00
Tajin 2022	PKG	400	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			711	51	1044	1412.5	3.16	479.8	6709	53.87	*42	29.99	100.09	21.36	6.44	*0.02
% of Calories											*23.8%	16.9%	56.3%	27.0%	8.1%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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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)
Fri - 11/20/2026																
Middle School Lunch	Total	3600														
TURKEY GRAVY MEAL -2026	3/8 CUP	360	148	45	755	0.04	1.41	15.6	3	0.6	*0	18.21	6.29	5.02	1.65	*0.00
Roll, 3.5 in. White Dinner	Roll	360	110	0	170	1.00	1.00	23.0	0	0.0	2	3.0	21.0	1.5	0.00	0.00
Pizza, BD Four Cheese16" Slice	Slice(2MMA/2G)	360	360	35	490	3.00	1.80	350.0	500	0.0	9	21.0	35.0	16.0	7.00	0.00
Pizza, BD Pepperoni 16" Slice	Slice(2MMA/2G)	360	360	40	570	3.00	1.80	300.0	500	0.0	8	22.0	32.0	16.0	8.00	0.00
Chicken, Sandwich WG '26	1 EACH	360	344	33	598	5.00	4.00	78.0	80	87.0	4	20.0	43.0	10.5	2.00	0.00
Chicken Sand. Spicy-'26	1 EACH	360	390	20	570	5.00	4.00	88.0	0	0.0	5	18.0	45.0	15.5	2.50	0.00
BUZZBURGER	Burger(2MMA,2G)	360	396	75	665	3.00	3.46	236.9	343	0.0	*4	25.21	30.45	19.06	8.61	*0.00
YOGURT PARFAIT W/ GRANOLA 2026	serving	360	509	29	193	4.32	1.83	325.9	350	47.88	40	11.12	82.91	13.77	5.05	0.00
Salad, HoneyBee Fiesta '26	1 each	360	882	43	1092	12.71	5.75	325.5	1942	32.61	*7	17.65	69.96	60.61	13.50	*0.00
Sandwich, Calif Turkey '26	1 EACH	360	401	44	1199	6.28	2.44	142.2	524	11.15	*4	20.93	41.01	17.59	4.06	*0.02
GARDEN SALAD-2014	1 EACH	750	40	0	15	1.11	0.78	16.2	4983	19.68	3	2.01	8.79	0.17	0.03	0.00
FRUIT CUP, FRESH 2025	SERVING	750	61	0	15	1.94	0.21	22.8	1287	41.1	13	0.82	14.95	0.18	0.04	0.00
VEGGIE CUP, FRESH 2025	SERVING	750	42	0	58	3.03	0.65	49.5	7524	54.79	*3	2.22	9.02	0.36	0.09	*0.00
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
PEACH CUP	1 EACH	500	53	0	3	1.02	0.21	1.7	161	53.41	13	0.36	13.6	0.07	0.01	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES,Fresh PKG '23	serv.(1/2 cup)	365	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Mixed Berry, Froz. 2019	1 each	500	90	0	0	2.00	0.00	0.0	80	0.0	16	0.0	20.0	0.0	0.00	0.00
Asian Pears, Fresh 2017	serving	100	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	342	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
Strawberry Cup, Froz. - 2017	1 each	500	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
ORANGE WEDGES '23	Serv (1/2 Cup)	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% DW 2024	EACH(1/2 pint)	1240	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)	2000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	400	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
Dressing, Buttermilk Ranch '26	Pouch (12g	400	49	4	106	0.04	0.03	1.5	0	0.0	1	0.61	1.02	4.92	0.77	0.10
Sauce, Taco, Tapatio 2017	1 each	400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
Tajin 2022	PKG	400	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00

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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			616	45	915	1255.4	3.34	448.8	6286	64.40	*42	26.83	83.65	19.48	5.94	*0.02
% of Calories											*27.5%	17.4%	54.3%	28.4%	8.7%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	
Mon - 11/23/2026																
Middle School 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			600-700		1360									<=30.0	<10.00	
Tue - 11/24/2026																
Middle School 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			600-700		1360									<=30.0	<10.00	
Wed - 11/25/2026																
Middle School 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			600-700		1360									<=30.0	<10.00	
Thu - 11/26/2026																
Middle School 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			600-700		1360									<=30.0	<10.00	

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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)
Fri - 11/27/2026																
Middle School 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			600-700		1360									<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Mon - 11/30/2026																
Middle School Lunch	Total	3200														
Chicken,Orange Sec-'24	BOX	290	364	41	654	3.47	2.02	26.7	4750	2.91	*12	17.63	62.99	5.05	0.10	0.00
Pizza, BD Four Cheese16" Slice	Slice(2MMA/2G)	290	360	35	490	3.00	1.80	350.0	500	0.0	9	21.0	35.0	16.0	7.00	0.00
Pizza, BD Pepperoni 16" Slice	Slice(2MMA/2G)	290	360	40	570	3.00	1.80	300.0	500	0.0	8	22.0	32.0	16.0	8.00	0.00
BUZZBURGER	Burger(2MMA,2G)	290	396	75	665	3.00	3.46	236.9	343	0.0	*4	25.21	30.45	19.06	8.61	*0.00
Chicken, Sandwich WG '26	1 EACH	290	344	33	598	5.00	4.00	78.0	80	87.0	4	20.0	43.0	10.5	2.00	0.00
Chicken Sand. Spicy-'26	1 EACH	290	390	20	570	5.00	4.00	88.0	0	0.0	5	18.0	45.0	15.5	2.50	0.00
YOGURT PARFAIT W/ GRANOLA 2026	serving	290	509	29	193	4.32	1.83	325.9	350	47.88	40	11.12	82.91	13.77	5.05	0.00
Salad, Asian Chicken '26	1 EA	290	825	44	1432	19.80	5.32	252.6	3148	308.04	67	22.53	123.82	29.93	6.24	0.00
WRAP, CRUNCHY BUFFALO CHX '25	1 EACH	290	537	44	1084	5.78	4.77	195.5	11915	22.83	*4	17.4	50.89	29.73	7.96	0.05
CHIPS, LAYS BAKED BBQ '26(GF)	1 each	600	140	0	160	2.00	0.30	10.0	0	0.0	3	2.0	24.0	3.5	0.50	0.00
CHIPS, LAYS BAKED REG '26GF	1 each	600	140	0	150	2.00	0.30	10.0	0	0.0	2	2.0	24.0	4.0	0.50	0.00
CHIPS,DORITO FLAMAS '26	1 each	600	130	0	120	2.00	0.30	40.0	0	0.0	1	2.0	20.0	5.0	0.50	0.00
CHIPS,DORITO NACHO CHEESE '26	1 each	600	130	0	140	2.00	0.30	10.0	0	0.0	1	2.0	19.0	5.0	1.00	0.00
CHIPS,DORITO SWEET CHILI '26	1 each	600	130	0	170	2.00	0.30	40.0	0	0.0	1	2.0	20.0	5.0	0.50	0.00
CHIPS,DORITO, COOL RANCH '26	1 each	600	130	0	135	2.00	0.30	50.0	0	0.0	1	2.0	20.0	5.0	1.00	0.00
FRUIT CUP, FRESH 2025	SERVING	600	61	0	15	1.94	0.21	22.8	1287	41.1	13	0.82	14.95	0.18	0.04	0.00
VEGGIE CUP, FRESH 2025	SERVING	600	42	0	58	3.03	0.65	49.5	7524	54.79	*3	2.22	9.02	0.36	0.09	*0.00
GARDEN SALAD-2014	1 EACH	750	40	0	15	1.11	0.78	16.2	4983	19.68	3	2.01	8.79	0.17	0.03	0.00
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES,Fresh PKG '23	serving	550	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Asian Pears, Fresh 2017	serving	300	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	342	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% DW 2024	EACH(1/2 pint)	1200	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)	2000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	500	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	400	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
Dressing, Buttermilk Ranch '26	Pouch (12g	400	49	4	106	0.04	0.03	1.5	0	0.0	1	0.61	1.02	4.92	0.77	0.10

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.

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Rialto Unified School District

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Generated on: 11/12/2026 5:32:53 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 - 11/30/2026																
Sauce, Taco, Tapatio 2017	1 each	400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	422	4	0	194	0.10	0.09	1.7	0	0.0	0	0.44	0.45	0.0	0.00	0.00
Tajin 2022	PKG	400	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			739	43	1075	1413.7	3.44	481.1	8089	74.78	*47	28.10	109.59	21.39	5.82	*0.02
% of Calories											*25.4%	15.2%	59.3%	26.0%	7.1%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	
Weighted Average			689	51	1012	1329.3	3.36	477.1	*7058	*67.89	*44	29.04	96.48	20.92	6.33	*0.02
											*57.1%	16.9%	56.0%	27.3%	8.3%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	689		600 - 700	100%				
Cholesterol (mg)	51							
Sodium 1 (mg)	1012		1360	74%				
Sodium 1a (mg)	1012		1225	83%				
Fiber (g)	1329.38							
Iron (mg)	3.36							
Calcium (mg)	477.1							
Vitamin A (IU)	7058				Missing			
Sugars (g)	44	25.37%			Missing			
Vitamin C (mg)	67.89				Missing			
Protein (g)	29.04	16.85%						
Carbohydrate (g)	96.48	55.99%						
Total Fat (g)	20.92	27.31%	<=30.00%					
Saturated Fat (g)	6.33	8.26%	<10.00%					
Trans Fat[1] (g)	0.02	0.03%			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***

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