

Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/01/2024												
Rockwood High Lunch	Total											
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5	16.0	39.0	19.0	9.00
Bean and Cheese Dip w/Chips	1 each	435	22	682	8.00	2.88	150.0	1	15.0	56.0	20.0	5.00
Corn, Cheesy Mexican	1/2 cup	128	14	277	2.07	0.43	155.8	*0	5.86	17.63	5.22	2.87
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.78	70.0	4	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Uncrustables 5.3 oz	1 each	600	0	540	7.00	3.00	78.0	29	18.0	64.0	34.0	6.00
Turkey & Cheese Deli Sandwich	Sandwich	304	57	800	2.00	*2.01	*0.0	5	22.7	32.59	9.7	4.10
Weighted Daily Average		6103	685	12256	51.07	*45.50	*3168.8	*83	304.10	650.23	263.48	106.51
% of Calories								*5.4%	19.9%	42.6%	38.9%	15.7%
Nutrient Guideline		750-850		1420		4.50	400.00		15.00		<=30.0	<10.00

Fri - 02/02/2024												
Rockwood High Lunch	Total											
Bosco Breadsticks	2 breadsticks	424	31	559	4.00	4.01	430.9	4	24.3	50.14	12.29	6.16
Marinara Cup	1 each	40	0	200	2.00	0.00	20.0	4	1.0	7.0	1.0	0.00
Corn Dog, Chicken Foster Farms	1 Each	240	40	470	2.00	1.50	70.0	8	9.0	30.0	9.0	2.50
French Fries, CrispToGo Straig	1/2 cup	111	0	364	1.01	0.36	20.2	0	1.01	17.17	4.54	0.00
Chicken Spicy Breaded Sandwich	4 oz fillet	370	40	780	3.00	2.78	70.0	4	24.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	600	0	540	7.00	3.00	78.0	29	18.0	64.0	34.0	6.00
Turkey & Cheese Deli Sandwich	Sandwich	304	57	800	2.00	*2.01	*0.0	5	22.7	32.59	9.7	4.10

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

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Rockwood School District

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Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		3508	351	5996	35.01	*25.86	*927.1	72	186.66	385.96	143.82	45.42
% of Calories								8.2%	21.3%	44.0%	36.9%	11.7%
Nutrient Guideline		750-850		1420		4.50	400.00		15.00		<=30.0	<10.00

Mon - 02/05/2024												
Rockwood High Lunch	Total											
Wild Mike's Cheese Bites	4 pieces	280	35	460	2.00	1.80	453.0	2	19.0	28.0	10.0	6.00
Marinara Cup	1 each	40	0	200	2.00	0.00	20.0	4	1.0	7.0	1.0	0.00
Pizza Big Daddy's 4 Cheese	1 each	360	35	490	3.00	2.10	441.0	9	21.0	35.0	16.0	7.00
Pizza Big Daddy Turk Pepperoni	1 each	360	45	580	3.00	2.20	370.0	9	21.0	33.0	17.0	7.00
Baked Beans Bush's Best	1/2 Cup	140	0	371	5.02	1.81	40.1	12	5.02	30.09	0.0	0.00
Chicken Spicy Breaded Sandwich	4 oz fillet	370	40	780	3.00	2.78	70.0	4	24.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	600	0	540	7.00	3.00	78.0	29	18.0	64.0	34.0	6.00
Turkey & Cheese Deli Sandwich	Sandwich	304	57	800	2.00	*2.01	*0.0	5	22.7	32.59	9.7	4.10
Weighted Daily Average		3873	395	6505	41.02	*27.89	*1710.1	92	218.37	414.74	160.98	56.76
% of Calories								9.5%	22.6%	42.8%	37.4%	13.2%
Nutrient Guideline		750-850		1420		4.50	400.00		15.00		<=30.0	<10.00

Tue - 02/06/2024												
Rockwood High Lunch	Total											
Spaghetti w/ Meat Sauce HS	1 CUP	261	39	545	4.34	3.05	39.9	*5	16.56	30.59	9.4	3.03
Breadstick, WG 1 oz	Breadstick	80	0	160	2.00	0.72	0.0	2	3.0	16.0	1.0	0.00
Pizza, Selfie 5" Cheese Alpha	5" pizza	390	30	740	2.00	1.80	500.0	2	22.0	46.0	13.0	7.00
Pizza, Selfie 5" Pepperoni	5" pizza	400	35	820	2.00	1.80	450.0	2	22.0	47.0	15.0	7.00
Broccoli, Roast/Steamed	1/2 Cup	26	0	22	2.76	0.55	46.3	*N/A*	2.81	4.86	0.1	0.02
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.78	70.0	4	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustable PBJ Small	sandwich	300	0	280	4.00	1.00	26.0	14	9.0	32.0	17.0	3.00
Turkey & Cheese Deli Sandwich	Sandwich	304	57	800	2.00	*2.01	*0.0	5	22.7	32.59	9.7	4.10

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		3519	404	6361	36.10	*25.91	*1370.2	*52	211.73	392.10	134.48	49.81
% of Calories								*5.9%	24.1%	44.6%	34.4%	12.7%
Nutrient Guideline		750-850		1420		4.50	400.00		15.00		<=30.0	<10.00

Wed - 02/07/2024												
Rockwood High Lunch	Total											
Chicken Wings, BBQ	4 wings	343	139	640	0.00	0.56	0.0	7	20.0	8.81	24.44	6.67
Chicken Wings, Buffalo	4 wings	362	154	827	0.00	0.56	1.6	0	20.06	1.11	30.19	10.32
Garlic Knot	1 Each	170	0	190	3.00	2.00	12.0	3	5.0	27.0	6.0	4.50
Pizza French Bread Cheese	Individ, Pizza	356	40	473	2.00	1.00	456.0	1	20.0	28.0	21.0	8.00
Pizza French Bread Pepperoni	French Bread	325	44	519	3.00	2.00	287.0	3	23.0	29.0	15.0	9.00
Potato Smiles	4 smiles	130	0	120	1.00	0.20	10.0	1	1.0	17.0	6.0	1.00
Chicken Spicy Breaded Sandwich	4 oz fillet	370	40	780	3.00	2.78	70.0	4	24.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	600	0	540	7.00	3.00	78.0	29	18.0	64.0	34.0	6.00
Turkey & Cheese Deli Sandwich	Sandwich	304	57	800	2.00	*2.01	*0.0	5	22.7	32.59	9.7	4.10
Weighted Daily Average		4378	657	7173	35.00	*26.30	*1152.6	71	240.42	392.57	219.62	76.25
% of Calories								6.4%	22.0%	35.9%	45.1%	15.7%
Nutrient Guideline		750-850		1420		4.50	400.00		15.00		<=30.0	<10.00

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Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/08/2024												
Rockwood High Lunch	Total											
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5	16.0	39.0	19.0	9.00
Chicken Buffalo Grilled Sandwi	1 Each	300	65	1175	2.00	*2.42	*60.0	4	33.5	31.5	5.5	1.50
Sweet Potato Battered Seasoned	3 oz	173	0	205	1.08	0.54	32.4	8	1.08	26.97	7.55	1.08
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.78	70.0	4	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	600	0	540	7.00	3.00	78.0	29	18.0	64.0	34.0	6.00
Turkey & Cheese Deli Sandwich	Sandwich	304	57	800	2.00	*2.01	*0.0	5	22.7	32.59	9.7	4.10
Weighted Daily Average		6395	765	13264	47.08	*46.95	*2975.4	98	332.94	668.11	272.03	112.34
% of Calories								6.1%	20.8%	41.8%	38.3%	15.8%
Nutrient Guideline		750-850		1420		4.50	400.00		15.00		<=30.0	<10.00

Mon - 02/12/2024												
Rockwood High Lunch	Total											
Corn Dog Minis Chicken FF	6 pieces	260	15	470	1.00	0.36	60.0	7	9.0	30.0	12.0	3.50
Pizza Buffalo Chicken Nardone	Slice	290	30	920	3.00	2.70	350.0	*N/A*	18.0	27.0	13.0	6.00
Baked Beans Bush's Best	1/2 Cup	140	0	371	5.02	1.81	40.1	12	5.02	30.09	0.0	0.00
Chicken Spicy Breaded Sandwich	4 oz fillet	370	40	780	3.00	2.78	70.0	4	24.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	600	0	540	7.00	3.00	78.0	29	18.0	64.0	34.0	6.00
Turkey & Cheese Deli Sandwich	Sandwich	304	57	800	2.00	*2.01	*0.0	5	22.7	32.59	9.7	4.10

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Weighted Daily Average		3383	325	6165	35.02	*24.85	*836.1	*75	183.37	368.74	141.98	46.26
% of Calories								*8.9%	21.7%	43.6%	37.8%	12.3%
Nutrient Guideline		750-850		1420		4.50	400.00		15.00		<=30.0	<10.00

Tue - 02/13/2024												
Rockwood High Lunch	Total											
Dumplings, Chicken w/Gochujang	6 pieces	357	35	1266	4.03	2.72	41.2	26	17.14	58.13	7.06	0.50
Pizza, White Garlic Square	Slice	400	35	500	4.00	2.60	420.0	2	22.0	43.0	16.0	7.00
Marinara Cup	1 each	40	0	200	2.00	0.00	20.0	4	1.0	7.0	1.0	0.00
Broccoli, Roast/Steamed	1/2 Cup	26	0	22	2.76	0.55	46.3	*N/A*	2.81	4.86	0.1	0.02
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.78	70.0	4	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustable PBJ Small	sandwich	300	0	280	4.00	1.00	26.0	14	9.0	32.0	17.0	3.00
Turkey & Cheese Deli Sandwich	Sandwich	304	57	800	2.00	*2.01	*0.0	5	22.7	32.59	9.7	4.10
Weighted Daily Average		3185	370	6061	35.79	*23.86	*861.5	*73	188.30	360.64	120.14	40.28
% of Calories								*9.2%	23.6%	45.3%	33.9%	11.4%
Nutrient Guideline		750-850		1420		4.50	400.00		15.00		<=30.0	<10.00

Wed - 02/14/2024												
Rockwood High Lunch	Total											
Chicken Breast Chunks GC	4 pieces	190	60	470	1.00	1.08	20.0	0	20.0	13.0	7.0	1.00
Breadstick, WG 1 oz	Breadstick	80	0	160	2.00	0.72	0.0	2	3.0	16.0	1.0	0.00
Calzone,Cheese Classic Delight	calzone	289	22	488	1.00	1.81	317.8	7	19.59	34.29	8.58	3.82
French Fries, Seasoned Spirals	1/2 cup	100	0	190	1.00	0.30	10.0	0	1.0	17.0	3.0	0.00
Chicken Spicy Breaded Sandwich	4 oz fillet	370	40	780	3.00	2.78	70.0	4	24.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	600	0	540	7.00	3.00	78.0	29	18.0	64.0	34.0	6.00
Turkey & Cheese Deli Sandwich	Sandwich	304	57	800	2.00	*2.01	*0.0	5	22.7	32.59	9.7	4.10

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		3351	362	5711	31.00	*23.90	*733.8	65	194.95	361.94	136.56	41.58
% of Calories								7.8%	23.3%	43.2%	36.7%	11.2%
Nutrient Guideline		750-850		1420		4.50	400.00		15.00		<=30.0	<10.00

Thu - 02/15/2024												
Rockwood High Lunch	Total											
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5	16.0	39.0	19.0	9.00
Chicken Hot Honey Sandwich	Sandwich	417	70	831	3.03	*2.84	*71.3	15	28.74	54.41	11.78	3.13
Carrots, Italian Roasted	1/2 CUP	122	3	218	2.68	0.85	56.1	*4	1.51	8.14	9.92	1.70
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.78	70.0	4	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	600	0	540	7.00	3.00	78.0	29	18.0	64.0	34.0	6.00
Turkey & Cheese Deli Sandwich	Sandwich	304	57	800	2.00	*2.01	*0.0	5	22.7	32.59	9.7	4.10
Weighted Daily Average		6461	772	12933	49.71	*47.67	*3010.4	*106	328.60	672.20	280.68	114.59
% of Calories								*6.5%	20.3%	41.6%	39.1%	16.0%
Nutrient Guideline		750-850		1420		4.50	400.00		15.00		<=30.0	<10.00

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Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/16/2024												
Rockwood High Lunch	Total											
Potato Baked w/ Chili & Cheese	1 Each	336	35	507	6.80	*2.41	*75.9	*2	18.07	46.83	9.72	4.81
Garlic Knot	1 Each	170	0	190	3.00	2.00	12.0	3	5.0	27.0	6.0	4.50
Fish and Chips	Fillet	293	35	505	1.00	1.01	10.3	0	11.03	28.44	14.09	1.50
Hushpuppies	2 Each	93	3	120	0.67	0.48	26.7	1	1.33	12.0	4.67	0.67
French Fries, CrispToGo Straig	1/2 cup	111	0	364	1.01	0.36	20.2	0	1.01	17.17	4.54	0.00
Chicken Spicy Breaded Sandwich	4 oz fillet	370	40	780	3.00	2.78	70.0	4	24.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	600	0	540	7.00	3.00	78.0	29	18.0	64.0	34.0	6.00
Turkey & Cheese Deli Sandwich	Sandwich	304	57	800	2.00	*2.01	*0.0	5	22.7	32.59	9.7	4.10
Weighted Daily Average		3695	353	6089	38.48	*26.25	*531.1	*62	187.80	413.08	156.00	48.23
% of Calories								*6.8%	20.3%	44.7%	38.0%	11.7%
Nutrient Guideline		750-850		1420		4.50	400.00		15.00		<=30.0	<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/20/2024												
Rockwood High Lunch	Total											
Nacho Supreme w Queso 9-12	Serving	546	66	816	6.82	2.83	710.2	3	25.96	43.98	30.4	9.31
Pizza, Selfie 5" Cheese Alpha	5" pizza	390	30	740	2.00	1.80	500.0	2	22.0	46.0	13.0	7.00
Pizza, Selfie 5" Pepperoni	5" pizza	400	35	820	2.00	1.80	450.0	2	22.0	47.0	15.0	7.00
Fiesta Black Beans	1/2 CUP	113	0	481	4.10	1.84	41.0	2	5.12	20.48	1.02	0.00
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.78	70.0	4	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustable PBJ Small	sandwich	300	0	280	4.00	1.00	26.0	14	9.0	32.0	17.0	3.00
Turkey & Cheese Deli Sandwich	Sandwich	304	57	800	2.00	*2.01	*0.0	5	22.7	32.59	9.7	4.10
Weighted Daily Average		3811	431	6931	37.91	*26.26	*2035.2	50	220.43	405.11	155.41	56.06
% of Calories								5.3%	23.1%	42.5%	36.7%	13.2%
Nutrient Guideline		750-850		1420		4.50	400.00		15.00		<=30.0	<10.00

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Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/21/2024												
Rockwood High Lunch	Total											
Chicken Breast Chunks GC	4 pieces	190	60	470	1.00	1.08	20.0	0	20.0	13.0	7.0	1.00
Breadstick, WG 1 oz	Breadstick	80	0	160	2.00	0.72	0.0	2	3.0	16.0	1.0	0.00
Pizza, Alpha Mega Meat Skinny	Slice	390	35	780	3.00	2.00	500.0	3	23.0	31.0	19.0	8.00
Pizza, Alpha Cheese Skinny	Slice	340	30	640	3.00	1.80	500.0	3	20.0	31.0	15.0	6.00
French Fries, CrispToGo Straig	1/2 cup	111	0	364	1.01	0.36	20.2	0	1.01	17.17	4.54	0.00
Chicken Spicy Breaded Sandwich	4 oz fillet	370	40	780	3.00	2.78	70.0	4	24.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	600	0	540	7.00	3.00	78.0	29	18.0	64.0	34.0	6.00
Turkey & Cheese Deli Sandwich	Sandwich	304	57	800	2.00	*2.01	*0.0	5	22.7	32.59	9.7	4.10
Weighted Daily Average		3803	405	6817	36.01	*25.95	*1426.2	64	218.37	389.81	163.53	51.76
% of Calories								6.7%	23.0%	41.0%	38.7%	12.2%
Nutrient Guideline		750-850		1420		4.50	400.00		15.00		<=30.0	<10.00

Thu - 02/22/2024												
Rockwood High Lunch	Total											
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5	16.0	39.0	19.0	9.00
Ham & Cheese Croissant	1 each	267	38	842	2.00	1.29	181.0	*5	16.84	33.33	10.33	4.92
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2	54	1.99	0.42	51.7	*0	2.65	3.92	3.87	0.78
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.78	70.0	4	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	600	0	540	7.00	3.00	78.0	29	18.0	64.0	34.0	6.00
Turkey & Cheese Deli Sandwich	Sandwich	304	57	800	2.00	*2.01	*0.0	5	22.7	32.59	9.7	4.10

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Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		6244	739	12780	48.00	*45.70	*3115.7	*91	317.84	646.90	273.18	115.45
% of Calories								*5.8%	20.4%	41.4%	39.4%	16.6%
Nutrient Guideline		750-850		1420		4.50	400.00		15.00		<=30.0	<10.00

Fri - 02/23/2024												
Rockwood High Lunch	Total											
Mozzarella Sticks Breaded	6 sticks	310	15	530	3.00	1.70	520.0	3	20.0	32.0	11.0	3.50
Marinara Cup	1 each	40	0	200	2.00	0.00	20.0	4	1.0	7.0	1.0	0.00
Burrito, Bean & Cheese IW	Burrito	404	21	692	8.00	3.60	300.0	2	17.0	52.0	14.6	6.40
Burrito, Shredded Beef IW	Burrito	378	38	625	6.00	3.60	300.0	1	20.6	41.0	14.6	6.70
Green Beans, Canned, Cooked	1/2 cup	27	0	263	3.38	0.60	34.0	2	1.68	5.1	0.0	0.00
Chicken Spicy Breaded Sandwich	4 oz fillet	370	40	780	3.00	2.78	70.0	4	24.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	600	0	540	7.00	3.00	78.0	29	18.0	64.0	34.0	6.00
Turkey & Cheese Deli Sandwich	Sandwich	304	57	800	2.00	*2.01	*0.0	5	22.7	32.59	9.7	4.10
Weighted Daily Average		3851	354	6714	48.38	*29.49	*1560.0	67	211.64	418.74	158.18	53.36
% of Calories								7.0%	22.0%	43.5%	37.0%	12.5%
Nutrient Guideline		750-850		1420		4.50	400.00		15.00		<=30.0	<10.00

Mon - 02/26/2024												
Rockwood High Lunch	Total											
Ravioli, Toasted WG	7 pieces	360	5	730	7.00	4.00	150.0	5	19.0	64.0	4.0	1.50
Marinara Cup	1 each	40	0	200	2.00	0.00	20.0	4	1.0	7.0	1.0	0.00
Pizza Big Daddy's 4 Cheese	1 each	360	35	490	3.00	2.10	441.0	9	21.0	35.0	16.0	7.00
Pizza Big Daddy Turk Pepperoni	1 each	360	45	580	3.00	2.20	370.0	9	21.0	33.0	17.0	7.00
CAULIFLOWER Buffalo Roasted	1/2 CUP	34	0	542	2.07	0.39	20.6	*0	2.0	5.43	1.06	0.22
Chicken Spicy Breaded Sandwich	4 oz fillet	370	40	780	3.00	2.78	70.0	4	24.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	600	0	540	7.00	3.00	78.0	29	18.0	64.0	34.0	6.00
Turkey & Cheese Deli Sandwich	Sandwich	304	57	800	2.00	*2.01	*0.0	5	22.7	32.59	9.7	4.10

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Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		3846	365	6945	43.07	*28.68	*1387.6	*83	215.36	426.07	156.04	52.48
% of Calories								*8.6%	22.4%	44.3%	36.5%	12.3%
Nutrient Guideline		750-850		1420		4.50	400.00		15.00		<=30.0	<10.00

Tue - 02/27/2024												
Rockwood High Lunch	Total											
Mandarin Orange Chx Rice Bowl	#8 scoop	391	39	461	1.18	2.89	69.6	10	15.57	71.57	3.58	0.68
Pizza, White Garlic Square	Slice	400	35	500	4.00	2.60	420.0	2	22.0	43.0	16.0	7.00
Broccoli, Roast/Steamed	1/2 Cup	26	0	22	2.76	0.55	46.3	*N/A*	2.81	4.86	0.1	0.02
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.78	70.0	4	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustable PBJ Small	sandwich	300	0	280	4.00	1.00	26.0	14	9.0	32.0	17.0	3.00
Turkey & Cheese Deli Sandwich	Sandwich	304	57	800	2.00	*2.01	*0.0	5	22.7	32.59	9.7	4.10
Weighted Daily Average		3179	374	5057	30.94	*24.03	*869.9	*53	185.74	367.08	115.66	40.46
% of Calories								*6.7%	23.4%	46.2%	32.7%	11.5%
Nutrient Guideline		750-850		1420		4.50	400.00		15.00		<=30.0	<10.00

Wed - 02/28/2024												
Rockwood High Lunch	Total											
Chicken Breast Chunks GC	4 pieces	190	60	470	1.00	1.08	20.0	0	20.0	13.0	7.0	1.00
Breadstick, WG 1 oz	Breadstick	80	0	160	2.00	0.72	0.0	2	3.0	16.0	1.0	0.00
Calzone, Cheese Classic Delight	calzone	289	22	488	1.00	1.81	317.8	7	19.59	34.29	8.58	3.82
Calzone, Pepperoni Pizza Albie	Calzone	330	25	700	3.00	2.00	213.0	4	18.0	31.0	17.0	7.00
Potatoes, Golden Nuggets	1/2 cup	131	0	252	2.01	0.36	5.0	0	2.01	17.11	6.54	0.50
Chicken Spicy Breaded Sandwich	4 oz fillet	370	40	780	3.00	2.78	70.0	4	24.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	600	0	540	7.00	3.00	78.0	29	18.0	64.0	34.0	6.00
Turkey & Cheese Deli Sandwich	Sandwich	304	57	800	2.00	*2.01	*0.0	5	22.7	32.59	9.7	4.10

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

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Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		3712	387	6473	35.01	*25.96	*941.8	69	213.96	393.04	157.10	49.08
% of Calories								7.4%	23.1%	42.4%	38.1%	11.9%
Nutrient Guideline		750-850		1420		4.50	400.00		15.00		<=30.0	<10.00

Thu - 02/29/2024												
Rockwood High Lunch	Total											
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5	16.0	39.0	19.0	9.00
Bean and Cheese Dip w/Chips	1 each	435	22	682	8.00	2.88	150.0	1	15.0	56.0	20.0	5.00
Corn, Cheesy Mexican	1/2 cup	128	14	277	2.07	0.43	155.8	*0	5.86	17.63	5.22	2.87
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.78	70.0	4	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	600	0	540	7.00	3.00	78.0	29	18.0	64.0	34.0	6.00
Turkey & Cheese Deli Sandwich	Sandwich	304	57	800	2.00	*2.01	*0.0	5	22.7	32.59	9.7	4.10
Weighted Daily Average		6486	736	12843	54.07	*47.30	*3188.8	*87	319.22	683.28	284.20	117.63
% of Calories								*5.4%	19.7%	42.1%	39.4%	16.3%
Nutrient Guideline		750-850		1420		4.50	400.00		15.00		<=30.0	<10.00

Weighted Average		4357	486	8056	40.46	*31.49	*1673.8	*74	235.78	463.70	183.85	67.07
								*15.4%	21.6%	42.6%	38.0%	13.9%

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