

# Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/01/2024												
Rockwood Elementary Break	Total											
Donut Holes, Glazed	3 donut holes	164	0	157	1.20	0.73	6.1	9	2.41	21.59	7.82	3.61
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Frosted Flakes Bowlpak	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	199.9	0	7.0	0.0	5.99	3.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Tiger Bites, Cinnamon Graham	pkg	120	0	95	1.00	0.80	0.0	8	2.0	21.0	4.0	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7	2.0	21.0	4.0	1.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		2394	85	2770	17.20	20.91	2438.4	232	77.40	419.58	48.31	19.10
% of Calories								38.8%	12.9%	70.1%	18.2%	7.2%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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

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# Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Rockwood Elementary Breakfast

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 - 02/02/2024												
Rockwood Elementary Break	Total											
Cinn Toast Crunch Soft Filled	1 each	260	5	290	3.00	1.60	30.0	15	6.0	41.0	8.0	2.50
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Frosted Flakes Bowlpak	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	199.9	0	7.0	0.0	5.99	3.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7	2.0	21.0	4.0	1.00
Tiger Bites, Cinnamon Graham	pkg	120	0	95	1.00	0.80	0.0	8	2.0	21.0	4.0	1.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		2490	90	2903	19.00	21.78	2462.3	238	81.00	439.00	48.49	18.00
% of Calories								38.2%	13.0%	70.5%	17.5%	6.5%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Feb 1, 2024 thru Feb 29, 2024

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Rockwood Elementary Breakfast

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/05/2024												
Rockwood Elementary Break	Total											
Dunkin' Stik WG	1 each	170	0	180	2.00	1.00	25.0	14	3.0	29.0	4.5	1.50
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Frosted Flakes Bowlpak	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	199.9	0	7.0	0.0	5.99	3.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7	2.0	21.0	4.0	1.00
Tiger Bites, Cinnamon Graham	pkg	120	0	95	1.00	0.80	0.0	8	2.0	21.0	4.0	1.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		2400	85	2793	18.00	21.18	2457.3	237	78.00	427.00	44.99	17.00
% of Calories								39.5%	13.0%	71.2%	16.9%	6.4%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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Rockwood Elementary Breakfast

### 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)
Tue - 02/06/2024												
Rockwood Elementary Break	Total											
Bagelicious-Egg & Cheese	1/2 bagel	176	113	342	2.00	*7.56	*31.0	3	8.53	15.01	8.56	3.53
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Frosted Flakes Bowlpak	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	199.9	0	7.0	0.0	5.99	3.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7	2.0	21.0	4.0	1.00
Tiger Bites, Cinnamon Graham	pkg	120	0	95	1.00	0.80	0.0	8	2.0	21.0	4.0	1.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		2406	198	2955	18.00	*27.74	*2463.3	226	83.53	413.01	49.05	19.03
% of Calories								37.6%	13.9%	68.7%	18.3%	7.1%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/07/2024												
Rockwood Elementary Break	Total											
Pancake & Sausage Patty Break	serving	243	33	407	1.00	0.90	10.0	3	8.0	12.0	18.0	6.00
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Frosted Flakes Bowlpak	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	199.9	0	7.0	0.0	5.99	3.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7	2.0	21.0	4.0	1.00
Tiger Bites, Cinnamon Graham	pkg	120	0	95	1.00	0.80	0.0	8	2.0	21.0	4.0	1.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		2473	118	3020	17.00	21.08	2442.3	226	83.00	410.00	58.49	21.50
% of Calories								36.6%	13.4%	66.3%	21.3%	7.8%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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Rockwood Elementary Breakfast

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/08/2024												
Rockwood Elementary Break	Total											
Dutch Waffle	Waffle	304	20	350	3.00	1.80	40.0	13	4.0	44.04	13.0	3.00
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Frosted Flakes Bowlpak	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	199.9	0	7.0	0.0	5.99	3.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7	2.0	21.0	4.0	1.00
Tiger Bites, Cinnamon Graham	pkg	120	0	95	1.00	0.80	0.0	8	2.0	21.0	4.0	1.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		2534	105	2963	19.00	21.98	2472.3	236	79.00	442.04	53.49	18.50
% of Calories								37.3%	12.5%	69.8%	19.0%	6.6%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

**\*N/A\*** - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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# Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Rockwood Elementary Breakfast

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)
Mon - 02/12/2024												
Rockwood Elementary Break	Total											
Pancake Sausage Bites	5 pieces	220	40	360	2.00	1.10	10.0	4	10.0	17.0	13.0	3.00
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Frosted Flakes Bowlpak	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	199.9	0	7.0	0.0	5.99	3.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7	2.0	21.0	4.0	1.00
Tiger Bites, Cinnamon Graham	pkg	120	0	95	1.00	0.80	0.0	8	2.0	21.0	4.0	1.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		2450	125	2973	18.00	21.28	2442.3	227	85.00	415.00	53.49	18.50
% of Calories								37.1%	13.9%	67.8%	19.6%	6.8%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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# Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/13/2024												
Rockwood Elementary Break	Total											
King Cake Breakfast	1 Each	62	0	1	0.00	0.01	0.8	14	0.0	14.71	0.53	0.00
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Frosted Flakes Bowlpak	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	199.9	0	7.0	0.0	5.99	3.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7	2.0	21.0	4.0	1.00
Tiger Bites, Cinnamon Graham	pkg	120	0	95	1.00	0.80	0.0	8	2.0	21.0	4.0	1.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		2292	85	2614	16.00	20.19	2433.1	237	75.00	412.71	41.02	15.50
% of Calories								41.3%	13.1%	72.0%	16.1%	6.1%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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# Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/14/2024												
Rockwood Elementary Break	Total											
Yogurt Banana Split	1 Each	197	0	54	2.27	*0.27	*294.3	*26	4.42	41.96	2.56	2.07
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Frosted Flakes Bowlpak	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	199.9	0	7.0	0.0	5.99	3.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7	2.0	21.0	4.0	1.00
Tiger Bites, Cinnamon Graham	pkg	120	0	95	1.00	0.80	0.0	8	2.0	21.0	4.0	1.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		2427	85	2667	18.27	*20.45	*2726.6	*249	79.42	439.95	43.05	17.57
% of Calories								*41.1%	13.1%	72.5%	16.0%	6.5%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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# Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/15/2024												
Rockwood Elementary Break	Total											
Egg Bake Bite Turkey Sausage	1 each	120	130	190	1.00	0.72	40.0	1	6.0	3.0	9.0	2.50
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Frosted Flakes Bowlpak	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	199.9	0	7.0	0.0	5.99	3.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7	2.0	21.0	4.0	1.00
Tiger Bites, Cinnamon Graham	pkg	120	0	95	1.00	0.80	0.0	8	2.0	21.0	4.0	1.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		2350	215	2803	17.00	20.90	2472.3	224	81.00	401.00	49.49	18.00
% of Calories								38.1%	13.8%	68.3%	19.0%	6.9%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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# Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/16/2024												
Rockwood Elementary Break	Total											
Oatmeal Combi	1 CUP	213	0	11	4.34	1.89	41.0	*0	6.78	37.56	2.66	0.47
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Frosted Flakes Bowlpak	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	199.9	0	7.0	0.0	5.99	3.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7	2.0	21.0	4.0	1.00
Tiger Bites, Cinnamon Graham	pkg	120	0	95	1.00	0.80	0.0	8	2.0	21.0	4.0	1.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		2443	85	2624	20.34	22.07	2473.2	*223	81.77	435.56	43.15	15.96
% of Calories								*36.5%	13.4%	71.3%	15.9%	5.9%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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# Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

### 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)
Tue - 02/20/2024												
Rockwood Elementary Break	Total											
Muffin Apple Cinnamon Otis	Muffin	190	40	130	2.00	0.00	0.0	16	3.0	30.0	6.0	2.00
Muffin Banana Otis	Muffin	190	31	130	2.00	0.72	40.0	*N/A*	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	1 Each	190	40	130	2.00	1.00	25.0	10	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	200	40	130	2.00	0.00	0.0	17	4.0	32.0	6.0	2.00
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Frosted Flakes Bowlpak	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	199.9	0	7.0	0.0	5.99	3.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7	2.0	21.0	4.0	1.00
Tiger Bites, Cinnamon Graham	pkg	120	0	95	1.00	0.80	0.0	8	2.0	21.0	4.0	1.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		3000	236	3133	24.00	21.90	2497.3	*266	88.00	521.00	64.49	23.50
% of Calories								*35.5%	11.7%	69.5%	19.3%	7.0%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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# Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/21/2024												
Rockwood Elementary Break	Total											
Eggs Scrambled	#16 scoop	77	213	125	0.00	0.73	41.4	1	6.58	1.74	4.2	1.61
Biscuit	Biscuit	220	0	320	0.50	1.80	120.0	3	4.0	29.0	9.0	4.50
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Frosted Flakes Bowlpak	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	199.9	0	7.0	0.0	5.99	3.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7	2.0	21.0	4.0	1.00
Tiger Bites, Cinnamon Graham	pkg	120	0	95	1.00	0.80	0.0	8	2.0	21.0	4.0	1.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		2527	298	3058	16.50	22.71	2593.6	227	85.58	428.74	53.69	21.61
% of Calories								35.9%	13.5%	67.9%	19.1%	7.7%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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# Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Rockwood Elementary Breakfast

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 - 02/22/2024												
Rockwood Elementary Break	Total											
Pizza, Breakfast Tony's	pizza	200	15	320	3.00	1.80	150.0	6	9.0	26.0	7.0	2.00
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Frosted Flakes Bowlpak	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	199.9	0	7.0	0.0	5.99	3.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7	2.0	21.0	4.0	1.00
Tiger Bites, Cinnamon Graham	pkg	120	0	95	1.00	0.80	0.0	8	2.0	21.0	4.0	1.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		2430	100	2933	19.00	21.98	2582.3	229	84.00	424.00	47.49	17.50
% of Calories								37.7%	13.8%	69.8%	17.6%	6.5%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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# Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/23/2024												
Rockwood Elementary Break	Total											
Banana Bread Slice Super Baker	Slice	260	0	240	2.00	1.08	80.0	24	5.0	45.0	8.0	1.50
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Frosted Flakes Bowlpak	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	199.9	0	7.0	0.0	5.99	3.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7	2.0	21.0	4.0	1.00
Tiger Bites, Cinnamon Graham	pkg	120	0	95	1.00	0.80	0.0	8	2.0	21.0	4.0	1.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		2490	85	2853	18.00	21.26	2512.3	247	80.00	443.00	48.49	17.00
% of Calories								39.7%	12.9%	71.2%	17.5%	6.1%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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# Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/26/2024												
Rockwood Elementary Break	Total											
Granola Bake, Chocolate Cherry	1 oz Bar	110	5	65	2.00	1.08	34.0	7	2.0	19.0	3.0	1.00
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Frosted Flakes Bowlpak	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	199.9	0	7.0	0.0	5.99	3.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7	2.0	21.0	4.0	1.00
Tiger Bites, Cinnamon Graham	pkg	120	0	95	1.00	0.80	0.0	8	2.0	21.0	4.0	1.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		2340	90	2678	18.00	21.26	2466.3	230	77.00	417.00	43.49	16.50
% of Calories								39.3%	13.2%	71.3%	16.7%	6.3%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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# Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/27/2024												
Rockwood Elementary Break	Total											
Smoothie Fruit & Yogurt	1 each	164	2	69	1.78	0.71	330.4	*19	4.94	31.55	2.52	1.69
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Frosted Flakes Bowlpak	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	199.9	0	7.0	0.0	5.99	3.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7	2.0	21.0	4.0	1.00
Tiger Bites, Cinnamon Graham	pkg	120	0	95	1.00	0.80	0.0	8	2.0	21.0	4.0	1.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		2394	87	2682	17.78	20.89	2762.7	*242	79.93	429.54	43.01	17.19
% of Calories								*40.5%	13.4%	71.8%	16.2%	6.5%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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# Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/28/2024												
Rockwood Elementary Break	Total											
Biscuit, Egg and Cheese	Sandwich	326	113	582	0.50	*9.36	*141.0	4	9.53	30.01	17.06	8.03
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Frosted Flakes Bowlpak	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	199.9	0	7.0	0.0	5.99	3.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7	2.0	21.0	4.0	1.00
Tiger Bites, Cinnamon Graham	pkg	120	0	95	1.00	0.80	0.0	8	2.0	21.0	4.0	1.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		2556	198	3195	16.50	*29.54	*2573.3	227	84.53	428.01	57.55	23.53
% of Calories								35.4%	13.2%	67.0%	20.3%	8.3%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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# Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/29/2024												
Rockwood Elementary Break	Total											
Cinnamon Roll	1 each	241	5	210	1.00	1.81	20.3	21	5.0	48.11	3.5	1.00
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Frosted Flakes Bowlpak	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	199.9	0	7.0	0.0	5.99	3.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7	2.0	21.0	4.0	1.00
Tiger Bites, Cinnamon Graham	pkg	120	0	95	1.00	0.80	0.0	8	2.0	21.0	4.0	1.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		2472	90	2824	17.00	21.99	2452.5	244	80.00	446.11	43.99	16.50
% of Calories								39.5%	12.9%	72.2%	16.0%	6.0%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

Weighted Average		2467	130	2866	18.14	*22.16	*2511.7	*235	81.22	431.17	49.22	18.52
								*85.8%	13.2%	69.9%	18.0%	6.8%

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