

Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Rockwood Elementary 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)
Thu - 02/01/2024												
Rockwood Elementary Lunch	Total											
Chicken Crispy Sandwich	Sandwich	350	45	530	5.00	2.70	50.0	4	26.0	39.0	10.5	1.50
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
Tropical Fruit Salad	1/2 CUP	70	0	0	1.00	0.00	0.0	15	0.5	16.0	0.0	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7	2.0	21.0	4.0	1.00
Cracker Goldfish Colors	1 each	100	0	170	1.00	0.72	20.0	0	2.0	14.0	3.5	0.50
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	1.84	0.0	4	23.0	30.0	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
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
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
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	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
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	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
Weighted Daily Average		4158	603	4655	38.85	*24.48	*2430.3	238	191.12	481.74	167.66	42.31
% of Calories								22.9%	18.4%	46.3%	36.3%	9.2%
Nutrient Guideline		550-650		1230		3.30	267.00		8.65		<=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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Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Rockwood Elementary 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)
Fri - 02/02/2024												
Rockwood Elementary Lunch	Total											
Totchos w/Turkey Taco & Queso	Serving	368	60	933	3.34	0.60	487.9	1	20.61	21.56	22.61	8.11
Potatoes, Golden Nuggets	1/2 cup	131	0	252	2.01	0.36	5.0	0	2.01	17.11	6.54	0.50
Orange Wedges	Whole Orang	62	0	0	3.14	0.13	52.4	12	1.23	15.39	0.16	0.02
Churro, Apple Filled IW	Churro	150	0	60	1.00	0.72	20.0	9	3.0	27.0	4.0	1.00
Pancakes Mini Confetti Eggo	Pouch	210	10	210	4.00	3.60	40.0	11	4.0	36.0	7.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	1.84	0.0	4	23.0	30.0	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
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
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
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	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
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	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
Weighted Daily Average		4299	628	4983	40.32	*24.67	*2920.5	233	186.47	478.70	189.96	49.95
% of Calories								21.7%	17.4%	44.5%	39.8%	10.5%
Nutrient Guideline		550-650		1230		3.30	267.00		8.65		<=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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Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Rockwood Elementary 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)
Mon - 02/05/2024												
Rockwood Elementary Lunch	Total											
Pizza Tonys 4x6 Cheese	1 each	280	25	430	4.00	2.20	260.0	2	16.0	32.0	11.0	5.00
Pizza Tonys 4x6 w/Turkey Pepp	1 each	295	31	508	4.00	2.30	260.0	2	17.46	32.24	11.73	5.24
Corn, Canned	1/2 CUP	102	0	70	3.04	0.54	1.2	5	3.04	23.49	1.52	0.00
Blueberries, Frozen	1/2 Cup	34	0	0	2.00	0.86	12.0	*N/A*	0.54	8.12	0.0	0.00
Waffle, Sweet Cinnamon Snack'n	Waffle	250	44	290	2.00	1.44	30.0	15	6.0	37.0	9.0	4.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	1.84	0.0	4	23.0	30.0	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
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
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
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	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
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	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
Weighted Daily Average		4339	658	4827	41.87	*26.59	*2878.4	*224	198.65	494.50	182.90	53.55
% of Calories								*20.6%	18.3%	45.6%	37.9%	11.1%
Nutrient Guideline		550-650		1230		3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Rockwood Elementary 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)
Tue - 02/06/2024												
Rockwood Elementary Lunch	Total											
Hot Dog on Bun	1 each	270	50	500	2.00	2.42	100.0	5	14.0	31.0	10.5	3.00
Cowboy Beans	1/2 CUP	185	0	394	5.86	2.05	52.1	*10	5.61	40.32	0.12	0.00
Pears, Diced Cinnamon	1/2 CUP	61	0	5	2.19	0.03	3.3	12	0.01	16.41	0.0	0.00
Pudding, Vanilla	1/3 cup	83	3	218	0.00	0.00	56.8	13	1.82	15.23	1.44	1.00
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 Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	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, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	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
Tiger Bites, Cinnamon Graham	pkg	120	0	95	1.00	0.80	0.0	8	2.0	21.0	4.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	1.84	0.0	4	23.0	30.0	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
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
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
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	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
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	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
Weighted Daily Average		4857	611	5870	51.88	*41.76	*2877.3	*300	191.05	652.60	173.72	44.31
% of Calories								*24.7%	15.7%	53.7%	32.2%	8.2%
Nutrient Guideline		550-650		1230		3.30	267.00		8.65		<=30.0	<10.00

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Base Menu Spreadsheet

Rockwood Elementary Lunch

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Wed - 02/07/2024												
Rockwood Elementary Lunch	Total											
Chicken Fettuccine Alfredo	6 oz spoodle	291	56	667	0.52	1.11	*384.5	*1	19.06	24.49	13.2	6.99
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
Strawberry Frozen Cup	4.5 oz	90	0	0	1.99	0.36	0.0	18	1.0	21.92	0.0	0.00
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
Goldfish Pretzels	package	90	0	200	1.00	0.72	10.0	0	2.0	16.0	1.5	0.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	1.84	0.0	4	23.0	30.0	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
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
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
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	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
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	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
Weighted Daily Average		4644	765	4937	41.10	*23.71	*2821.0	*262	193.48	551.91	188.46	54.31
% of Calories								*22.5%	16.7%	47.5%	36.5%	10.5%
Nutrient Guideline		550-650		1230		3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Rockwood Elementary 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)
Thu - 02/08/2024												
Rockwood Elementary 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
Carrots & Celery w/Ranch	1/2 Cup	84	5	323	1.65	0.40	26.5	3	1.43	5.98	6.73	0.97
Apples, Sliced in Bag 2 oz	2 oz Bag	33	0	0	1.00	0.00	10.0	7	0.0	9.0	0.0	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7	2.0	21.0	4.0	1.00
Cracker Goldfish Colors	1 each	100	0	170	1.00	0.72	20.0	0	2.0	14.0	3.5	0.50
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	1.84	0.0	4	23.0	30.0	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
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
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
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	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
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	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
Weighted Daily Average		3985	622	4707	33.48	*22.17	*2396.7	219	184.04	440.63	171.88	42.78
% of Calories								22.0%	18.5%	44.2%	38.8%	9.7%
Nutrient Guideline		550-650		1230		3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Rockwood Elementary 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)
Mon - 02/12/2024												
Rockwood Elementary Lunch	Total											
Calzones, Mini Cheese	3 each	329	22	408	1.00	1.81	267.8	7	18.59	41.29	10.58	4.82
Green Beans, Italian	1/2 cup	28	0	263	3.40	0.61	34.4	*2	1.7	5.22	0.0	0.00
Mixed Berries Frozen Cup	4 oz cup	90	0	0	2.00	*N/A*	*N/A*	16	0.0	20.0	0.0	0.00
Waffle, Sweet Cinnamon Snack'n	Waffle	250	44	290	2.00	1.44	30.0	15	6.0	37.0	9.0	4.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	1.84	0.0	4	23.0	30.0	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
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
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
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	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
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	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
Weighted Daily Average		4074	624	4490	35.23	*23.11	*2647.4	*240	181.90	465.16	169.24	48.13
% of Calories								*23.5%	17.9%	45.7%	37.4%	10.6%
Nutrient Guideline		550-650		1230		3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Rockwood Elementary 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)
Tue - 02/13/2024												
Rockwood Elementary Lunch	Total											
Soft Pretzel w/ Cheese Sauce	1 each	270	30	700	3.00	1.80	308.0	1	12.0	35.0	10.5	6.00
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
Peaches, Sliced Extra Lt Syrup	1/2 CUP	58	0	10	0.00	0.00	0.0	11	0.0	13.44	0.0	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 Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	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, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	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
Tiger Bites, Cinnamon Graham	pkg	120	0	95	1.00	0.80	0.0	8	2.0	21.0	4.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	1.84	0.0	4	23.0	30.0	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
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
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
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	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
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	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
Weighted Daily Average		4611	588	5485	47.59	*39.61	*3019.6	*271	184.42	602.95	172.26	46.33
% of Calories								*23.5%	16.0%	52.3%	33.6%	9.0%
Nutrient Guideline		550-650		1230		3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Rockwood Elementary 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)
Wed - 02/14/2024												
Rockwood Elementary 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
Carrots, Italian Roasted	1/2 CUP	122	3	218	2.68	0.85	56.1	*4	1.51	8.14	9.92	1.70
Sidekick Icy Holiday	4.4 oz cup	90	0	20	0.00	1.44	90.0	21	0.0	23.0	0.0	0.00
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
Goldfish Pretzels	package	90	0	200	1.00	0.72	10.0	0	2.0	16.0	1.5	0.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	1.84	0.0	4	23.0	30.0	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
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
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
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	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
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	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

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Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Rockwood Elementary 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		7710	1111	12038	56.52	*47.98	*5033.3	*298	316.11	861.78	331.07	123.01
% of Calories								*15.5%	16.4%	44.7%	38.6%	14.4%
Nutrient Guideline		550-650		1230		3.30	267.00		8.65		<=30.0	<10.00

Thu - 02/15/2024												
Rockwood Elementary Lunch	Total											
French Toast Sticks, Cinn Glzd	3 stick	210	105	300	2.00	1.80	40.0	8	8.0	28.0	7.0	2.50
Sausage, Link Pork Jones	2 links	130	20	190	0.00	0.36	0.0	0	4.0	0.0	13.0	4.00
Syrup, Pancake 1.5 oz	1.5 oz	120	0	40	0.00	0.00	0.0	17	0.0	31.0	0.0	0.00
Hash Brown Rounds	2 pieces	90	0	190	2.00	0.30	10.0	0	1.0	15.0	2.5	0.00
Bananarama	1/2 cup	80	0	1	2.12	0.22	7.0	10	0.83	18.39	1.25	1.09
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7	2.0	21.0	4.0	1.00
Cracker Goldfish Colors	1 each	100	0	170	1.00	0.72	20.0	0	2.0	14.0	3.5	0.50
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	1.84	0.0	4	23.0	30.0	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
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
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
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	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
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	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
Weighted Daily Average		4228	683	4475	33.95	*22.66	*2397.2	242	173.44	489.04	180.91	48.39
% of Calories								22.9%	16.4%	46.3%	38.5%	10.3%
Nutrient Guideline		550-650		1230		3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Rockwood Elementary 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)
Fri - 02/16/2024												
Rockwood Elementary Lunch	Total											
Fish Pollock, Potato Crusted	Fillet	190	35	330	1.00	0.70	0.0	0	10.0	13.0	11.0	1.50
Hushpuppies	2 Each	93	3	120	0.67	0.48	26.7	1	1.33	12.0	4.67	0.67
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
Mixed Fruit, Cocktail	1/2 CUP	60	0	5	0.99	0.00	0.0	12	0.0	14.9	0.0	0.00
Cookies, President Dick & Jane	Cookie	130	0	115	1.00	0.72	0.0	8	2.0	22.0	3.5	1.00
Pancakes Mini Confetti Eggo	Pouch	210	10	210	4.00	3.60	40.0	11	4.0	36.0	7.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	1.84	0.0	4	23.0	30.0	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
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
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
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	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
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	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
Weighted Daily Average		4201	606	4680	39.50	*26.56	*2422.0	244	177.96	489.64	175.82	43.48
% of Calories								23.2%	16.9%	46.6%	37.7%	9.3%
Nutrient Guideline		550-650		1230		3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Rockwood Elementary 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)
Tue - 02/20/2024												
Rockwood Elementary Lunch	Total											
Cavatappi, Three Cheese	6 oz by weigh	329	48	825	2.05	1.03	393.8	3	16.41	27.69	16.41	9.54
Breadstick, WG 1 oz	Breadstick	80	0	160	2.00	0.72	0.0	2	3.0	16.0	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
Pears, Canned Extra Lt Syrup	1/2 CUP	61	0	5	2.02	0.00	0.0	12	0.0	16.15	0.0	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 Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	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, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	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
Tiger Bites, Cinnamon Graham	pkg	120	0	95	1.00	0.80	0.0	8	2.0	21.0	4.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	1.84	0.0	4	23.0	30.0	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
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
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
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	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
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	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
Weighted Daily Average		4753	606	5765	50.66	*39.55	*3105.4	*277	191.83	614.35	179.17	49.86
% of Calories								*23.3%	16.1%	51.7%	33.9%	9.4%
Nutrient Guideline		550-650		1230		3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Rockwood Elementary 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)
Wed - 02/21/2024												
Rockwood Elementary Lunch	Total											
Nacho Supreme w/Queso K-8	Serving	399	57	779	4.71	3.40	568.6	5	21.41	29.48	21.93	7.53
Refried Beans Southwestern	1/2 cup	191	4	744	10.82	*3.38	*52.5	1	12.05	29.59	2.53	1.20
Grapes, Fresh Seedless	1/2 CUP	52	0	2	0.68	0.27	7.6	12	0.54	13.67	0.12	0.04
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
Goldfish Pretzels	package	90	0	200	1.00	0.72	10.0	0	2.0	16.0	1.5	0.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	1.84	0.0	4	23.0	30.0	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
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
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
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	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
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	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
Weighted Daily Average		4880	770	5773	52.04	*28.74	*3018.8	*260	204.62	573.38	199.74	56.07
% of Calories								*21.3%	16.8%	47.0%	36.8%	10.3%
Nutrient Guideline		550-650		1230		3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Rockwood Elementary 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 - 02/22/2024												
Rockwood Elementary Lunch	Total											
Chicken Popcorn Smackers	10 pieces	270	70	630	3.00	1.44	20.0	0	19.0	20.0	13.0	2.50
Breadstick, WG 1 oz	Breadstick	80	0	160	2.00	0.72	0.0	2	3.0	16.0	1.0	0.00
Sweet Potato Battered Seasoned	3 oz	173	0	205	1.08	0.54	32.4	8	1.08	26.97	7.55	1.08
Peaches, Diced Frozen Cup	4 oz cup	80	0	0	1.00	0.00	0.0	16	1.0	19.0	0.0	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7	2.0	21.0	4.0	1.00
Cracker Goldfish Colors	1 each	100	0	170	1.00	0.72	20.0	0	2.0	14.0	3.5	0.50
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	1.84	0.0	4	23.0	30.0	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
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
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
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	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
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	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
Weighted Daily Average		4201	628	4749	34.91	*22.67	*2392.6	232	183.69	478.61	178.71	44.39
% of Calories								22.1%	17.5%	45.6%	38.3%	9.5%
Nutrient Guideline		550-650		1230		3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Rockwood Elementary 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)
Fri - 02/23/2024												
Rockwood Elementary 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 Sauce	1/4 Cup	35	0	280	1.00	0.54	10.0	4	1.0	6.0	0.75	0.00
Green Beans, Italian	1/2 cup	28	0	263	3.40	0.61	34.4	*2	1.7	5.22	0.0	0.00
Blueberries, Frozen	1/2 Cup	34	0	0	2.00	0.86	12.0	*N/A*	0.54	8.12	0.0	0.00
Pancakes Mini Confetti Eggo	Pouch	210	10	210	4.00	3.60	40.0	11	4.0	36.0	7.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	1.84	0.0	4	23.0	30.0	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
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
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
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	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
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	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
Weighted Daily Average		3995	583	4812	40.22	*26.56	*2931.7	*219	182.85	448.99	168.41	43.81
% of Calories								*21.9%	18.3%	45.0%	37.9%	9.9%
Nutrient Guideline		550-650		1230		3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Rockwood Elementary 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)
Mon - 02/26/2024												
Rockwood Elementary Lunch	Total											
Hamburger on Bun Elem	1 each	270	40	340	2.00	2.78	50.0	4	17.0	30.0	9.5	3.50
Cheeseburger on Bun Elem	1 EACH	326	53	477	2.00	*2.78	*50.0	5	19.53	31.01	14.06	6.03
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
Applesauce, Canned Unsweet	1/2 CUP	53	0	2	1.03	0.00	0.0	11	0.0	14.63	0.0	0.00
Waffle, Sweet Cinnamon Snack'n	Waffle	250	44	290	2.00	1.44	30.0	15	6.0	37.0	9.0	4.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	1.84	0.0	4	23.0	30.0	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
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
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
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	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
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	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
Weighted Daily Average		4417	694	5009	38.88	*28.06	*2485.3	247	203.16	504.38	182.21	52.84
% of Calories								22.4%	18.4%	45.7%	37.1%	10.8%
Nutrient Guideline		550-650		1230		3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Rockwood Elementary 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)
Tue - 02/27/2024												
Rockwood Elementary Lunch	Total											
Pizza Bagels Mini Cheese	4 each	260	20	560	4.00	1.80	350.0	4	21.0	24.0	9.0	5.00
Peas, steamed	1/2 cup	66	0	110	4.45	1.28	20.8	*0	4.16	12.17	0.23	0.04
Strawberry Frozen Cup	4.5 oz	90	0	0	1.99	0.36	0.0	18	1.0	21.92	0.0	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 Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	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, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	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
Tiger Bites, Cinnamon Graham	pkg	120	0	95	1.00	0.80	0.0	8	2.0	21.0	4.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	1.84	0.0	4	23.0	30.0	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
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
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
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	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
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	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
Weighted Daily Average		4673	578	5425	52.27	*40.69	*3036.0	*282	195.77	607.73	170.88	45.35
% of Calories								*24.1%	16.8%	52.0%	32.9%	8.7%
Nutrient Guideline		550-650		1230		3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Rockwood Elementary Lunch

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 Lunch	Total											
Pancake Whole Grain (2)	2 pancakes	126	6	254	2.00	1.08	20.0	6	4.0	24.0	2.0	0.00
Sausage, Link Pork Jones	2 links	130	20	190	0.00	0.36	0.0	0	4.0	0.0	13.0	4.00
Sweet Potato Battered Seasoned	3 oz	173	0	205	1.08	0.54	32.4	8	1.08	26.97	7.55	1.08
Bananarama	1/2 cup	80	0	1	2.12	0.22	7.0	10	0.83	18.39	1.25	1.09
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
Goldfish Pretzels	package	90	0	200	1.00	0.72	10.0	0	2.0	16.0	1.5	0.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	1.84	0.0	4	23.0	30.0	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
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
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
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	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
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	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
Weighted Daily Average		4747	735	4899	41.03	*23.90	*2449.6	*267	180.52	570.00	198.96	53.47
% of Calories								*22.5%	15.2%	48.0%	37.7%	10.1%
Nutrient Guideline		550-650		1230		3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Rockwood Elementary 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 - 02/29/2024												
Rockwood Elementary Lunch	Total											
Mandarin Orange Chicken Elem	#8 scoop 3.6	150	40	280	0.00	0.72	20.0	10	11.0	19.0	3.0	0.50
Rice, White	1/2 cup	110	0	95	0.53	0.98	22.1	0	2.21	23.85	0.3	0.09
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
Pineapple Chunks	1/2 CUP	75	0	1	1.00	0.35	17.4	18	0.52	19.55	0.1	0.01
Cookie, Fortune	1 each	30	0	2	0.13	0.12	1.0	4	0.34	6.72	0.22	0.05
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7	2.0	21.0	4.0	1.00
Cracker Goldfish Colors	1 each	100	0	170	1.00	0.72	20.0	0	2.0	14.0	3.5	0.50
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	1.84	0.0	4	23.0	30.0	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
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
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
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	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
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	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
Weighted Daily Average		3989	598	4154	32.24	*22.69	*2447.1	*239	176.49	470.62	160.87	41.47
% of Calories								*23.9%	17.7%	47.2%	36.3%	9.4%
Nutrient Guideline		550-650		1230		3.30	267.00		8.65		<=30.0	<10.00
Weighted Average		4566	668	5354	42.24	*29.27	*2826.9	*252	194.61	540.88	186.46	51.78
								*49.7%	17.0%	47.4%	36.8%	10.2%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.