

Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood Middle 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 - 03/01/2024												
Rockwood Middle Lunch	Total											
Fish Sandwich	Sandwich	150	0	240	2.00	1.70	50.0	4	7.0	30.0	1.5	0.00
Meatball Marinara Sub (Turkey)	Sandwich	306	40	951	3.19	*2.62	*61.9	9	21.69	40.72	7.74	2.15
Sweet Potato Battered Seasoned	3 oz	173	0	205	1.08	0.54	32.4	8	1.08	26.97	7.55	1.08
Grapefruit Wedges	1/2 EACH	41	0	0	1.41	0.12	15.4	9	0.81	10.34	0.13	0.02
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Snack Pack Pancake w/Yog, Seed	pack	470	10	345	7.00	4.68	161.0	25	14.0	59.0	22.0	2.50
Snack Pack Pancakes/Cheese	pack	368	50	605	4.00	3.60	431.1	13	15.85	39.95	18.85	7.91
Weighted Daily Average		3561	282	5109	42.68	*29.77	*1029.7	109	167.08	410.54	154.55	42.32
% of Calories								12.3%	18.8%	46.1%	39.1%	10.7%
Nutrient Guideline		600-700		1360		3.30	267.00		8.65		<=30.0	<10.00

Mon - 03/04/2024												
Rockwood Middle Lunch	Total											
Ravioli, Toasted Cheese WG	7 pieces	360	5	730	7.00	4.00	150.0	5	19.0	64.0	4.0	1.50
Marinara Sauce	1/2 Cup	70	0	560	2.00	1.08	20.0	7	2.0	12.0	1.5	0.00
Hamburger on Bun MS	1 each	270	40	340	2.00	2.78	50.0	4	17.0	30.0	9.5	3.50
Cheeseburger MS	1 each	326	53	477	2.00	*2.78	*50.0	5	19.53	31.01	14.06	6.03
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Snack Pack Bagel/Cheese	pack	419	20	373	6.00	*1.44	235.6	9	17.93	37.98	23.93	4.96
Snack Pack Bagel/Yogurt	pack	420	0	280	7.00	*1.08	331.0	24	15.0	58.0	16.0	1.50
Weighted Daily Average		3182	168	4386	46.00	*22.28	*1006.6	87	146.57	375.53	132.20	33.61
% of Calories								10.9%	18.4%	47.2%	37.4%	9.5%
Nutrient Guideline		600-700		1360		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
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Rockwood Middle 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 - 03/05/2024												
Rockwood Middle 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
Potatoes, Golden Nuggets	1/2 cup	131	0	252	2.01	0.36	5.0	0	2.01	17.11	6.54	0.50
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Snack Pack Cereal w/Yog, Seeds	1 Each	480	0	410	9.00	3.60	181.0	23	13.0	67.0	21.0	2.50
Snack Pack Cereal w/Cheese	pack	450	60	635	4.00	3.92	478.1	17	18.0	47.0	22.48	11.02
Weighted Daily Average		6374	643	11610	57.02	*48.40	*3439.1	112	283.66	664.66	292.79	116.68
% of Calories								7.0%	17.8%	41.7%	41.3%	16.5%
Nutrient Guideline		600-700		1360		3.30	267.00		8.65		<=30.0	<10.00

Wed - 03/06/2024												
Rockwood Middle 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
Fiesta Black Beans	1/2 CUP	113	0	481	4.10	1.84	41.0	2	5.12	20.48	1.02	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Snack Pack Muffin w/Yog, Seeds	pack	540	40	465	6.00	2.80	156.0	24	15.0	69.0	22.5	3.50
Snack Pack Muffin,Pretz,Chz	pack	443	80	725	3.00	1.22	413.6	15	17.35	50.95	19.35	8.91
Weighted Daily Average		3548	360	5214	41.81	*25.78	*1457.1	88	165.53	373.47	161.58	48.60
% of Calories								9.9%	18.7%	42.1%	41.0%	12.3%
Nutrient Guideline		600-700		1360		3.30	267.00		8.65		<=30.0	<10.00

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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 - 03/07/2024												
Rockwood Middle 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
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Snack Pack Crackers w/Cheese	pack	440	60	610	2.00	1.82	408.1	8	18.0	37.0	25.48	11.52
Snack Pack Crackers w/Yog,Seed	Pack	480	0	405	5.00	2.50	141.0	22	14.0	58.0	22.5	3.00
Weighted Daily Average		3402	269	4427	34.08	*22.82	*879.4	86	147.73	349.52	167.30	48.26
% of Calories								10.1%	17.4%	41.1%	44.3%	12.8%
Nutrient Guideline		600-700		1360		3.30	267.00		8.65		<=30.0	<10.00

Fri - 03/08/2024												
Rockwood Middle Lunch	Total											
Pizza Big Daddy's 4 Cheese	1 each	360	35	490	3.00	2.10	441.0	9	21.0	35.0	16.0	7.00
Pizza Big Daddy Turk Pepperoni	1 each	360	45	580	3.00	2.20	370.0	9	21.0	33.0	17.0	7.00
Mixed Vegetables, Steamed	1/2 CUP	71	0	71	3.54	*0.02	*1.0	4	2.39	14.33	0.0	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Snack Pack Pancake w/Yog, Seed	pack	470	10	345	7.00	4.68	161.0	25	14.0	59.0	22.0	2.50
Snack Pack Pancakes/Cheese	pack	368	50	605	4.00	3.60	431.1	13	15.85	39.95	18.85	7.91
Weighted Daily Average		3683	323	4854	44.54	*29.12	*1682.1	102	180.89	384.84	170.63	53.07
% of Calories								11.0%	19.6%	41.8%	41.7%	13.0%
Nutrient Guideline		600-700		1360		3.30	267.00		8.65		<=30.0	<10.00

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Rockwood Middle Lunch

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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)
Mon - 03/11/2024												
Rockwood Middle Lunch	Total											
Cheeseburger Mac	1/2 cup	286	54	538	1.01	1.02	267.8	5	16.33	17.34	16.86	7.84
Breadstick, WG 1 oz	Breadstick	80	0	160	2.00	0.72	0.0	2	3.0	16.0	1.0	0.00
Pork Rib BBQ Sandwich	Sandwich	320	40	640	2.90	1.70	50.0	9	21.0	36.0	11.5	3.50
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
Weighted Daily Average		827	94	1709	10.93	5.24	357.9	28	45.34	99.44	29.36	11.34
% of Calories								13.6%	21.9%	48.1%	32.0%	12.3%
Nutrient Guideline		600-700		1360		3.30	267.00		8.65		<=30.0	<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/12/2024												
Rockwood Middle 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
Green Beans, Italian	1/2 cup	28	0	263	3.40	0.61	34.4	*2	1.7	5.22	0.0	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Snack Pack Cereal w/Yog, Seeds	1 Each	480	0	410	9.00	3.60	181.0	23	13.0	67.0	21.0	2.50
Snack Pack Cereal w/Cheese	pack	450	60	635	4.00	3.92	478.1	17	18.0	47.0	22.48	11.02
Weighted Daily Average		6271	643	11621	58.40	*48.64	*3468.5	*114	283.35	652.78	286.25	116.18
% of Calories								*7.3%	18.1%	41.6%	41.1%	16.7%
Nutrient Guideline		600-700		1360		3.30	267.00		8.65		<=30.0	<10.00

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Wed - 03/13/2024												
Rockwood Middle Lunch	Total											
Chicken Wings, BBQ	4 wings	343	139	640	0.00	0.56	0.0	7	20.0	8.81	24.44	6.67
Chicken Wings, Buffalo	4 wings	362	154	827	0.00	0.56	1.6	0	20.06	1.11	30.19	10.32
Garlic Knot	1 Each	170	0	190	3.00	2.00	12.0	3	5.0	27.0	6.0	4.50
Carrots, Glazed	1/2 cup	86	0	246	2.99	0.48	46.6	*4	0.72	20.22	0.42	0.04
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Snack Pack Muffin w/Yog, Seeds	pack	540	40	465	6.00	2.80	156.0	24	15.0	69.0	22.5	3.50
Snack Pack Muffin, Pretz, Chz	pack	443	80	725	3.00	1.22	413.6	15	17.35	50.95	19.35	8.91
Weighted Daily Average		3997	596	5857	39.00	*24.13	*907.8	*96	184.78	380.66	199.68	62.60
% of Calories								*9.6%	18.5%	38.1%	45.0%	14.1%
Nutrient Guideline		600-700		1360		3.30	267.00		8.65		<=30.0	<10.00

Thu - 03/14/2024												
Rockwood Middle Lunch	Total											
Mandarin Orange Chx Rice Bowl	#8 scoop	391	39	461	1.18	2.89	69.6	10	15.57	71.57	3.58	0.68
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
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Snack Pack Crackers w/Cheese	pack	440	60	610	2.00	1.82	408.1	8	18.0	37.0	25.48	11.52
Snack Pack Crackers w/Yog, Seed	Pack	480	0	405	5.00	2.50	141.0	22	14.0	58.0	22.5	3.00
Weighted Daily Average		3390	282	4261	34.94	*24.28	*943.0	*82	157.03	374.99	148.43	43.88
% of Calories								*9.7%	18.5%	44.2%	39.4%	11.6%
Nutrient Guideline		600-700		1360		3.30	267.00		8.65		<=30.0	<10.00

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Fri - 03/15/2024												
Rockwood Middle Lunch	Total											
Fish Pollock, Potato Brd Wedge	Wedge	210	45	330	1.00	0.72	0.0	0	14.0	13.0	11.0	2.00
Mac and Cheese Gehls	4.5 oz	158	1	361	2.36	*1.03	*27.4	*1	4.66	26.6	4.37	2.07
French Fries, Seasoned Spirals	1/2 cup	100	0	190	1.00	0.30	10.0	0	1.0	17.0	3.0	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Snack Pack Pancake w/Yog, Seed	pack	470	10	345	7.00	4.68	161.0	25	14.0	59.0	22.0	2.50
Snack Pack Pancakes/Cheese	pack	368	50	605	4.00	3.60	431.1	13	15.85	39.95	18.85	7.91
Weighted Daily Average		3360	289	4594	39.36	*26.85	*907.5	*81	156.16	359.10	155.99	43.14
% of Calories								*9.6%	18.6%	42.8%	41.8%	11.6%
Nutrient Guideline		600-700		1360		3.30	267.00		8.65		<=30.0	<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/19/2024												
Rockwood Middle 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
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2	54	1.99	0.42	51.7	*0	2.65	3.92	3.87	0.78
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Snack Pack Cereal w/Yog, Seeds	1 Each	480	0	410	9.00	3.60	181.0	23	13.0	67.0	21.0	2.50
Snack Pack Cereal w/Cheese	pack	450	60	635	4.00	3.92	478.1	17	18.0	47.0	22.48	11.02
Weighted Daily Average		6299	645	11413	57.00	*48.46	*3485.8	*112	284.30	651.48	290.12	116.96
% of Calories								*7.1%	18.1%	41.4%	41.5%	16.7%
Nutrient Guideline		600-700		1360		3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood Middle 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 - 03/25/2024												
Rockwood Middle Lunch	Total											
Wild Mike's Cheese Bites	4 pieces	280	35	460	2.00	1.80	453.0	2	19.0	28.0	10.0	6.00
Marinara Sauce	1/2 Cup	70	0	560	2.00	1.08	20.0	7	2.0	12.0	1.5	0.00
Peas, Italian	1/2 cup	69	0	111	4.53	1.31	22.3	*0	4.27	12.86	0.23	0.04
Hamburger on Bun MS	1 each	270	40	340	2.00	2.78	50.0	4	17.0	30.0	9.5	3.50
Cheeseburger MS	1 each	326	53	477	2.00	*2.78	*50.0	5	19.53	31.01	14.06	6.03
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Snack Pack Bagel/Cheese	pack	419	20	373	6.00	*1.44	235.6	9	17.93	37.98	23.93	4.96
Snack Pack Bagel/Yogurt	pack	420	0	280	7.00	*1.08	331.0	24	15.0	58.0	16.0	1.50
Weighted Daily Average		3171	198	4227	45.53	*21.39	*1331.9	*84	150.85	352.39	138.43	38.16
% of Calories								*10.6%	19.0%	44.4%	39.3%	10.8%
Nutrient Guideline		600-700		1360		3.30	267.00		8.65		<=30.0	<10.00

Tue - 03/26/2024												
Rockwood Middle 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
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2	54	1.99	0.42	51.7	*0	2.65	3.92	3.87	0.78
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Snack Pack Cereal w/Yog, Seeds	1 Each	480	0	410	9.00	3.60	181.0	23	13.0	67.0	21.0	2.50
Snack Pack Cereal w/Cheese	pack	450	60	635	4.00	3.92	478.1	17	18.0	47.0	22.48	11.02

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Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood Middle 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		6299	645	11413	57.00	*48.46	*3485.8	*112	284.30	651.48	290.12	116.96
% of Calories								*7.1%	18.1%	41.4%	41.5%	16.7%
Nutrient Guideline		600-700		1360		3.30	267.00		8.65		<=30.0	<10.00

Wed - 03/27/2024												
Rockwood Middle Lunch	Total											
Turkey Breast Steak w/Gravy	2 slices	122	35	753	0.00	0.36	0.0	0	17.0	4.78	3.89	1.70
Garlic Knot	1 Each	170	0	190	3.00	2.00	12.0	3	5.0	27.0	6.0	4.50
Potatoes Mashed w/Gravy	1/2 CUP	105	0	470	1.00	0.30	13.7	0	0.0	18.18	2.91	0.96
Applesauce, flavored	1/2 cup	106	0	43	1.03	0.00	0.0	*11	0.75	27.32	0.0	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Snack Pack Muffin w/Yog, Seeds	pack	540	40	465	6.00	2.80	156.0	24	15.0	69.0	22.5	3.50
Snack Pack Muffin,Pretz,Chz	pack	443	80	725	3.00	1.22	413.6	15	17.35	50.95	19.35	8.91
Weighted Daily Average		3539	338	5409	38.03	*23.20	*873.3	*96	161.75	400.78	151.43	48.22
% of Calories								*10.8%	18.3%	45.3%	38.5%	12.3%
Nutrient Guideline		600-700		1360		3.30	267.00		8.65		<=30.0	<10.00

Thu - 03/28/2024												
Rockwood Middle Lunch	Total											
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.78	70.0	4	27.0	43.0	8.5	1.00
Chicken Spicy Breaded Sandwich	4 oz fillet	370	40	780	3.00	2.78	70.0	4	24.0	45.0	12.5	2.00
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
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Snack Pack Crackers w/Cheese	pack	440	60	610	2.00	1.82	408.1	8	18.0	37.0	25.48	11.52
Snack Pack Crackers w/Yog,Seed	Pack	480	0	405	5.00	2.50	141.0	22	14.0	58.0	22.5	3.00
Weighted Daily Average		3824	343	5640	42.02	*28.20	*1007.2	92	194.66	416.65	165.75	46.18
% of Calories								9.6%	20.4%	43.6%	39.0%	10.9%
Nutrient Guideline		600-700		1360		3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Average		4045	382	6359	43.02	*29.81	*1641.4	*93 *20.6%	187.12 18.5%	431.14 42.6%	183.41 40.8%	61.63 13.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	4045		600 - 700	578%			3345	Correction Required - Calories too High
Cholesterol (mg)	382							
Sodium 1 (mg)	6359		1360	468%			4999	Correction Required - Sodium too High
Sodium 1a (mg)	6359		1225	519%			5134	Correction Required - Sodium too High
Fiber (g)	43.02			903%				
Iron (mg)	29.81		3.30	615%	Missing			
Calcium (mg)	1641.4		267.00		Missing			
Sugars (g)	93	9.15%		2163%	Missing			
Protein (g)	187.12	18.50%	8.65					
Carbohydrate (g)	431.14	42.63%						
Total Fat (g)	183.41	40.80%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	61.63	13.71%	<10.00%					Correction Required - Sat. Fat too High

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