

Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/01/2024												
Rockwood High Lunch	Total											
Bosco Breadsticks	2 breadsticks	424	31	559	4.00	4.01	430.9	4	24.3	50.14	12.29	6.16
Marinara Cup	1 each	40	0	200	2.00	0.00	20.0	4	1.0	7.0	1.0	0.00
Fish Sandwich	Sandwich	150	0	240	2.00	1.70	50.0	4	7.0	30.0	1.5	0.00
Baked Beans Bush's Best	1/2 Cup	140	0	371	5.02	1.81	40.1	12	5.02	30.09	0.0	0.00
Chicken Spicy Breaded Sandwich	4 oz fillet	370	40	780	3.00	2.78	70.0	4	24.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	600	0	540	7.00	3.00	78.0	29	18.0	64.0	34.0	6.00
Turkey & Cheese Deli Sandwich	Sandwich	304	57	800	2.00	*2.01	*0.0	5	22.7	32.59	9.7	4.10
Weighted Daily Average		3447	311	5774	39.02	*27.50	*927.0	80	188.67	398.88	131.77	42.92
% of Calories								9.3%	21.9%	46.3%	34.4%	11.2%
Nutrient Guideline		750-850		1420		4.50	400.00		15.00		<=30.0	<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/04/2024												
Rockwood High Lunch	Total											
Corn Dog Minis Chicken FF	6 pieces	260	15	470	1.00	0.36	60.0	7	9.0	30.0	12.0	3.50
Pizza 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
Sweet Potato Battered Seasoned	3 oz	173	0	205	1.08	0.54	32.4	8	1.08	26.97	7.55	1.08
Chicken Spicy Breaded Sandwich	4 oz fillet	370	40	780	3.00	2.78	70.0	4	24.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	600	0	540	7.00	3.00	78.0	29	18.0	64.0	34.0	6.00
Turkey & Cheese Deli Sandwich	Sandwich	304	57	800	2.00	*2.01	*0.0	5	22.7	32.59	9.7	4.10
Weighted Daily Average		3845	375	6149	34.08	*25.19	*1289.4	89	203.44	406.61	169.53	55.34
% of Calories								9.2%	21.2%	42.3%	39.7%	13.0%
Nutrient Guideline		750-850		1420		4.50	400.00		15.00		<=30.0	<10.00

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Rockwood School District

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Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/05/2024												
Rockwood High Lunch	Total											
Cajun Chicken Alfredo w/Penne	3/4 cup	347	56	906	0.00	1.36	415.4	8	5.54	33.03	12.92	7.64
Breadstick, WG 1 oz	Breadstick	80	0	160	2.00	0.72	0.0	2	3.0	16.0	1.0	0.00
Pizza, Selfie 5" Cheese Alpha	5" pizza	390	30	740	2.00	1.80	500.0	2	22.0	46.0	13.0	7.00
Pizza, Selfie 5" Pepperoni	5" pizza	400	35	820	2.00	1.80	450.0	2	22.0	47.0	15.0	7.00
Broccoli, Roast/Steamed	1/2 Cup	26	0	22	2.76	0.55	46.3	*N/A*	2.81	4.86	0.1	0.02
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.78	70.0	4	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustable PBJ Small	sandwich	300	0	280	4.00	1.00	26.0	14	9.0	32.0	17.0	3.00
Turkey & Cheese Deli Sandwich	Sandwich	304	57	800	2.00	*2.01	*0.0	5	22.7	32.59	9.7	4.10
Weighted Daily Average		3605	421	6721	31.76	*24.22	*1745.7	*55	200.71	394.53	138.01	54.42
% of Calories								*6.1%	22.3%	43.8%	34.5%	13.6%
Nutrient Guideline		750-850		1420		4.50	400.00		15.00		<=30.0	<10.00

Wed - 03/06/2024												
Rockwood High Lunch	Total											
Chicken Tenders Gold Creek	3 tenders	220	65	460	2.00	1.80	20.0	0	22.0	14.0	7.0	1.50
Breadstick, WG 1 oz	Breadstick	80	0	160	2.00	0.72	0.0	2	3.0	16.0	1.0	0.00
Pizza Rippers Cheese	3 Sticks	260	25	530	2.00	1.80	250.0	3	14.0	30.0	10.0	4.50
Marinara Cup	1 each	40	0	200	2.00	0.00	20.0	4	1.0	7.0	1.0	0.00
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
Chicken Spicy Breaded Sandwich	4 oz fillet	370	40	780	3.00	2.78	70.0	4	24.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	600	0	540	7.00	3.00	78.0	29	18.0	64.0	34.0	6.00
Turkey & Cheese Deli Sandwich	Sandwich	304	57	800	2.00	*2.01	*0.0	5	22.7	32.59	9.7	4.10
Weighted Daily Average		3398	370	6223	35.00	*24.61	*689.7	65	191.36	366.82	138.90	43.72
% of Calories								7.7%	22.5%	43.2%	36.8%	11.6%
Nutrient Guideline		750-850		1420		4.50	400.00		15.00		<=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 High Lunch	Total											
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5	16.0	39.0	19.0	9.00
Pork Rib BBQ Sandwich	Sandwich	320	40	640	2.90	1.70	50.0	9	21.0	36.0	11.5	3.50
French Fries, Seasoned Spirals	1/2 cup	100	0	190	1.00	0.30	10.0	0	1.0	17.0	3.0	0.00
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.78	70.0	4	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	600	0	540	7.00	3.00	78.0	29	18.0	64.0	34.0	6.00
Turkey & Cheese Deli Sandwich	Sandwich	304	57	800	2.00	*2.01	*0.0	5	22.7	32.59	9.7	4.10
Weighted Daily Average		6342	740	12714	47.90	*45.99	*2943.0	95	320.36	662.65	273.48	113.26
% of Calories								6.0%	20.2%	41.8%	38.8%	16.1%
Nutrient Guideline		750-850		1420		4.50	400.00		15.00		<=30.0	<10.00

Fri - 03/08/2024												
Rockwood High Lunch	Total											
Wild Mike's Cheese Bites	4 pieces	280	35	460	2.00	1.80	453.0	2	19.0	28.0	10.0	6.00
Marinara Cup	1 each	40	0	200	2.00	0.00	20.0	4	1.0	7.0	1.0	0.00
Hushpuppies	2 Each	93	3	120	0.67	0.48	26.7	1	1.33	12.0	4.67	0.67
Fish and Chips	Fillet	301	35	694	2.01	1.06	20.2	0	11.01	30.17	15.54	1.50
Latin Baked Beans	1/2 Cup	271	0	495	12.74	3.31	63.1	*3	12.69	50.66	1.52	0.71
Chicken Spicy Breaded Sandwich	4 oz fillet	370	40	780	3.00	2.78	70.0	4	24.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	600	0	540	7.00	3.00	78.0	29	18.0	64.0	34.0	6.00
Turkey & Cheese Deli Sandwich	Sandwich	304	57	800	2.00	*2.01	*0.0	5	22.7	32.59	9.7	4.10

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Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		3678	353	6372	45.41	*26.64	*968.9	*66	196.39	409.47	149.71	45.64
% of Calories								*7.2%	21.4%	44.5%	36.6%	11.2%
Nutrient Guideline		750-850		1420		4.50	400.00		15.00		<=30.0	<10.00

Mon - 03/11/2024												
Rockwood High Lunch	Total											
Mozzarella Sticks Breaded	6 sticks	310	15	530	3.00	1.70	520.0	3	20.0	32.0	11.0	3.50
Marinara Cup	1 each	40	0	200	2.00	0.00	20.0	4	1.0	7.0	1.0	0.00
Corn Dog, Chicken Foster Farms	1 Each	240	40	470	2.00	1.50	70.0	8	9.0	30.0	9.0	2.50
Baked Beans Bush's Best	1/2 Cup	140	0	371	5.02	1.81	40.1	12	5.02	30.09	0.0	0.00
Chicken Spicy Breaded Sandwich	4 oz fillet	370	40	780	3.00	2.78	70.0	4	24.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	600	0	540	7.00	3.00	78.0	29	18.0	64.0	34.0	6.00
Turkey & Cheese Deli Sandwich	Sandwich	304	57	800	2.00	*2.01	*0.0	5	22.7	32.59	9.7	4.10
Weighted Daily Average		3423	335	5975	38.02	*24.99	*1036.1	83	186.37	380.74	137.98	42.76
% of Calories								9.7%	21.8%	44.5%	36.3%	11.2%
Nutrient Guideline		750-850		1420		4.50	400.00		15.00		<=30.0	<10.00

Tue - 03/12/2024												
Rockwood High Lunch	Total											
Dumplings, Chicken Sweet Chili	6 pieces	376	35	1477	4.03	2.72	41.2	34	17.14	65.81	7.06	0.50
Pizza, White Garlic Square	Slice	400	35	500	4.00	2.60	420.0	2	22.0	43.0	16.0	7.00
Marinara Cup	1 each	40	0	200	2.00	0.00	20.0	4	1.0	7.0	1.0	0.00
Broccoli, Roast/Steamed	1/2 Cup	26	0	22	2.76	0.55	46.3	*N/A*	2.81	4.86	0.1	0.02
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.78	70.0	4	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustable PBJ Small	sandwich	300	0	280	4.00	1.00	26.0	14	9.0	32.0	17.0	3.00
Turkey & Cheese Deli Sandwich	Sandwich	304	57	800	2.00	*2.01	*0.0	5	22.7	32.59	9.7	4.10

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Weighted Daily Average		3204	370	6272	35.79	*23.86	*861.5	*81	188.30	368.32	120.14	40.28
% of Calories								*10.1%	23.5%	46.0%	33.7%	11.3%
Nutrient Guideline		750-850		1420		4.50	400.00		15.00		<=30.0	<10.00

Wed - 03/13/2024												
Rockwood High Lunch	Total											
Chicken Breast Chunks GC	4 pieces	190	60	470	1.00	1.08	20.0	0	20.0	13.0	7.0	1.00
Breadstick, WG 1 oz	Breadstick	80	0	160	2.00	0.72	0.0	2	3.0	16.0	1.0	0.00
Calzone,Cheese Classic Delight	calzone	289	22	488	1.00	1.81	317.8	7	19.59	34.29	8.58	3.82
Calzone, Pepperoni Pizza Albie	Calzone	330	25	700	3.00	2.00	213.0	4	18.0	31.0	17.0	7.00
French Fries, CrispToGo Straig	1/2 cup	111	0	364	1.01	0.36	20.2	0	1.01	17.17	4.54	0.00
Chicken Spicy Breaded Sandwich	4 oz fillet	370	40	780	3.00	2.78	70.0	4	24.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	600	0	540	7.00	3.00	78.0	29	18.0	64.0	34.0	6.00
Turkey & Cheese Deli Sandwich	Sandwich	304	57	800	2.00	*2.01	*0.0	5	22.7	32.59	9.7	4.10
Weighted Daily Average		3692	387	6585	34.01	*25.96	*957.0	69	212.96	393.10	155.11	48.58
% of Calories								7.5%	23.1%	42.6%	37.8%	11.8%
Nutrient Guideline		750-850		1420		4.50	400.00		15.00		<=30.0	<10.00

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Thu - 03/14/2024												
Rockwood High Lunch	Total											
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5	16.0	39.0	19.0	9.00
Chicken Hot Honey Sandwich	Sandwich	417	70	831	3.03	*2.84	*71.3	15	28.74	54.41	11.78	3.13
French Fries, Seasoned Spirals	1/2 cup	100	0	190	1.00	0.30	10.0	0	1.0	17.0	3.0	0.00
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.78	70.0	4	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	600	0	540	7.00	3.00	78.0	29	18.0	64.0	34.0	6.00
Turkey & Cheese Deli Sandwich	Sandwich	304	57	800	2.00	*2.01	*0.0	5	22.7	32.59	9.7	4.10
Weighted Daily Average		6439	770	12905	48.03	*47.13	*2964.3	101	328.10	681.06	273.76	112.89
% of Calories								6.3%	20.4%	42.3%	38.3%	15.8%
Nutrient Guideline		750-850		1420		4.50	400.00		15.00		<=30.0	<10.00

Fri - 03/15/2024												
Rockwood High Lunch	Total											
Southwest Chicken Rice Bowl	1 cup rice/6o	374	45	573	2.58	2.35	204.0	*1	16.82	53.19	9.59	5.02
Fish Sandwich	Sandwich	150	0	240	2.00	1.70	50.0	4	7.0	30.0	1.5	0.00
Corn, Cheesy Mexican	1/2 cup	128	14	277	2.07	0.43	155.8	*0	5.86	17.63	5.22	2.87
Chicken Spicy Breaded Sandwich	4 oz fillet	370	40	780	3.00	2.78	70.0	4	24.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	600	0	540	7.00	3.00	78.0	29	18.0	64.0	34.0	6.00
Turkey & Cheese Deli Sandwich	Sandwich	304	57	800	2.00	*2.01	*0.0	5	22.7	32.59	9.7	4.10

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Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		3345	339	5494	32.65	*24.47	*795.8	*61	181.03	382.47	133.29	44.66
% of Calories								*7.3%	21.7%	45.7%	35.9%	12.0%
Nutrient Guideline		750-850		1420		4.50	400.00		15.00		<=30.0	<10.00

Thu - 03/21/2024												
Rockwood High Lunch	Total											
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5	16.0	39.0	19.0	9.00
Ham & Cheese Croissant	1 each	267	38	842	2.00	1.29	181.0	*5	16.84	33.33	10.33	4.92
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2	54	1.99	0.42	51.7	*0	2.65	3.92	3.87	0.78
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.78	70.0	4	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	600	0	540	7.00	3.00	78.0	29	18.0	64.0	34.0	6.00
Turkey & Cheese Deli Sandwich	Sandwich	304	57	800	2.00	*2.01	*0.0	5	22.7	32.59	9.7	4.10
Weighted Daily Average		6244	739	12780	48.00	*45.70	*3115.7	*91	317.84	646.90	273.18	115.45
% of Calories								*5.8%	20.4%	41.4%	39.4%	16.6%
Nutrient Guideline		750-850		1420		4.50	400.00		15.00		<=30.0	<10.00

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Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/25/2024												
Rockwood High 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 Cup	1 each	40	0	200	2.00	0.00	20.0	4	1.0	7.0	1.0	0.00
Pizza Big Daddy's 4 Cheese	1 each	360	35	490	3.00	2.10	441.0	9	21.0	35.0	16.0	7.00
Pizza Big Daddy Turk Pepperoni	1 each	360	45	580	3.00	2.20	370.0	9	21.0	33.0	17.0	7.00
Peas, steamed	1/2 cup	66	0	110	4.45	1.28	20.8	*0	4.16	12.17	0.23	0.04
Chicken Spicy Breaded Sandwich	4 oz fillet	370	40	780	3.00	2.78	70.0	4	24.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	600	0	540	7.00	3.00	78.0	29	18.0	64.0	34.0	6.00
Turkey & Cheese Deli Sandwich	Sandwich	304	57	800	2.00	*2.01	*0.0	5	22.7	32.59	9.7	4.10
Weighted Daily Average		3878	365	6514	45.45	*29.56	*1387.8	*83	217.52	432.82	155.21	52.30
% of Calories								*8.6%	22.4%	44.6%	36.0%	12.1%
Nutrient Guideline		750-850		1420		4.50	400.00		15.00		<=30.0	<10.00

Tue - 03/26/2024												
Rockwood High Lunch	Total											
Mandarin Orange Chx Rice Bowl	#8 scoop	391	39	461	1.18	2.89	69.6	10	15.57	71.57	3.58	0.68
Pizza, Alpha Mega Meat Skinny	Slice	390	35	780	3.00	2.00	500.0	3	23.0	31.0	19.0	8.00
Pizza, Alpha Cheese Skinny	Slice	340	30	640	3.00	1.80	500.0	3	20.0	31.0	15.0	6.00
Broccoli, Roast/Steamed	1/2 Cup	26	0	22	2.76	0.55	46.3	*N/A*	2.81	4.86	0.1	0.02
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.78	70.0	4	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustable PBJ Small	sandwich	300	0	280	4.00	1.00	26.0	14	9.0	32.0	17.0	3.00
Turkey & Cheese Deli Sandwich	Sandwich	304	57	800	2.00	*2.01	*0.0	5	22.7	32.59	9.7	4.10
Weighted Daily Average		3509	404	5977	32.94	*25.23	*1449.9	*57	206.74	386.08	133.66	47.46
% of Calories								*6.5%	23.6%	44.0%	34.3%	12.2%
Nutrient Guideline		750-850		1420		4.50	400.00		15.00		<=30.0	<10.00

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Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/27/2024												
Rockwood High Lunch	Total											
Chicken Tenders Gold Creek	3 tenders	220	65	460	2.00	1.80	20.0	0	22.0	14.0	7.0	1.50
Breadstick, WG 1 oz	Breadstick	80	0	160	2.00	0.72	0.0	2	3.0	16.0	1.0	0.00
Pizza Buffalo Chicken Nardone	Slice	290	30	920	3.00	2.70	350.0	*N/A*	18.0	27.0	13.0	6.00
French Fries, Seasoned Spirals	1/2 cup	100	0	190	1.00	0.30	10.0	0	1.0	17.0	3.0	0.00
Chicken Spicy Breaded Sandwich	4 oz fillet	370	40	780	3.00	2.78	70.0	4	24.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	600	0	540	7.00	3.00	78.0	29	18.0	64.0	34.0	6.00
Turkey & Cheese Deli Sandwich	Sandwich	304	57	800	2.00	*2.01	*0.0	5	22.7	32.59	9.7	4.10
Weighted Daily Average		3382	375	6134	34.00	*25.51	*766.0	*58	195.36	355.65	140.98	44.26
% of Calories								*6.9%	23.1%	42.1%	37.5%	11.8%
Nutrient Guideline		750-850		1420		4.50	400.00		15.00		<=30.0	<10.00

Thu - 03/28/2024												
Rockwood High Lunch	Total											
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5	16.0	39.0	19.0	9.00
Bean and Cheese Dip w/Chips	1 each	435	22	682	8.00	2.88	150.0	1	15.0	56.0	20.0	5.00
Potatoes, Golden Nuggets	1/2 cup	131	0	252	2.01	0.36	5.0	0	2.01	17.11	6.54	0.50
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.78	70.0	4	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	600	0	540	7.00	3.00	78.0	29	18.0	64.0	34.0	6.00
Turkey & Cheese Deli Sandwich	Sandwich	304	57	800	2.00	*2.01	*0.0	5	22.7	32.59	9.7	4.10

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Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		6488	722	12817	54.02	*47.23	*3038.0	87	315.37	682.75	285.52	115.26
% of Calories								5.4%	19.4%	42.1%	39.6%	16.0%
Nutrient Guideline		750-850		1420		4.50	400.00		15.00		<=30.0	<10.00

Weighted Average		4245	461	7838	39.76	*30.86	*1558.5	*76	228.16	459.30	175.64	63.70
								*16.2%	21.5%	43.3%	37.2%	13.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	4245		750 - 850	499%			3395	Correction Required - Calories too High
Cholesterol (mg)	461							
Sodium 1 (mg)	7838		1420	552%			6418	Correction Required - Sodium too High
Sodium 1a (mg)	7838		1280	612%			6558	Correction Required - Sodium too High
Fiber (g)	39.76			686%				
Iron (mg)	30.86		4.50	390%	Missing			
Calcium (mg)	1558.5		400.00		Missing			
Sugars (g)	76	7.19%		1521%	Missing			
Protein (g)	228.16	21.50%	15.00					
Carbohydrate (g)	459.30	43.28%						
Total Fat (g)	175.64	37.24%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	63.70	13.51%	<10.00%					Correction Required - Sat. Fat too High

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