

Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/01/2024												
Rockwood Middle Breakfast	Total											
Cinnamon Roll	1 each	241	5	210	1.00	1.81	20.3	21	5.0	48.11	3.5	1.00
Bagel, Toasted	bagel	140	0	160	4.00	*N/A*	20.0	5	6.0	28.0	1.0	0.00
BeneFIT Bar Variety	Bar	290	20	220	3.00	1.62	20.0	22	5.0	47.5	9.0	3.00
Breakfast Bar, WG Sky Blue	Bar	270	5	290	1.00	1.08	20.0	21	4.0	43.0	8.0	4.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8	5.0	32.0	16.0	7.00
Hadley Farms Rasp/Cream Bar	Bar	280	0	280	3.00	1.80	40.0	19	5.0	46.0	8.0	2.50
Donuts Mini Chocolate IW	Package	376	0	299	2.21	1.99	44.2	21	5.53	45.34	16.59	7.74
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19	4.0	41.0	11.0	4.50
Oatmeal Round Apple Cinnamon	round	270	20	240	4.00	1.44	30.0	15	5.0	39.0	12.0	4.50
Oatmeal Round Banana Choc Chip	round	280	10	240	4.00	1.60	30.0	15	5.0	39.0	12.0	4.00
Granola Bar, Dark Choc 88Acres	Bar	180	0	115	2.00	1.80	30.0	9	6.0	26.0	7.0	1.50
Pop Tart Blueberry WG 1 Pk	Pop Tart	170	0	115	3.00	1.80	130.0	14	2.0	36.0	2.5	1.00
Pop Tart Cinnamon WG 1 Pk	PopTart	170	0	120	3.00	1.80	130.0	15	2.0	37.0	3.0	1.00
Pop Tart Fudge WG 1 Pk	Pop Tart	170	0	190	3.00	1.80	100.0	15	2.0	36.0	3.0	1.00
Pop Tart Strawberry WG 1 Pk	PopTart	170	0	115	3.00	1.80	130.0	14	2.0	36.0	2.5	1.00
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9	3.0	29.0	3.5	0.00
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11	3.0	44.0	5.0	0.50
Cereal Lucky Charms 2 oz Bowl	2 oz bowl	210	0	350	4.00	5.40	200.0	19	4.0	47.0	2.0	0.00
Cereal Blueberry Chex 2 oz	2 oz bowl	240	0	350	1.00	16.20	100.0	12	3.0	46.0	5.0	0.50
Cereal Cocoa Puffs 2 oz Bowl	2 oz bowl	220	0	230	3.00	5.40	200.0	15	3.0	47.0	2.5	0.00
Dunkin' Stik WG	1 each	170	0	180	2.00	1.00	25.0	14	3.0	29.0	4.5	1.50
Granola Bake, Blueberry Pomegr	1 oz Bar	110	5	60	2.00	1.08	20.0	8	2.0	19.0	3.0	0.50
Granola Bake, Chocolate Cherry	1 oz Bar	110	5	65	2.00	1.08	34.0	7	2.0	19.0	3.0	1.00
Granola Bake,Oatmeal Cranberry	1 oz Bar	110	5	80	1.00	1.08	58.0	6	2.0	18.0	3.0	0.50
KIND Dark Chocolate Chunk Bar	Bar	150	0	65	2.00	1.08	0.0	8	2.0	23.0	5.0	1.50
KIND Oats & Honey Granola Bar	Bar	150	0	95	2.00	1.08	0.0	6	3.0	23.0	5.0	1.50
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
Nutri-Grain Bar Variety	bar	153	0	140	3.00	1.83	160.0	14	2.0	30.0	3.67	0.50
Quaker Chocolate Chunk Granola	Bar	160	0	135	2.00	0.72	0.0	12	2.0	31.0	3.0	1.00
Quaker Cookies & Cream Granola	bar	150	0	135	4.00	0.72	100.0	9	2.0	29.0	4.0	1.00

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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Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/01/2024												
Pumpkin Bread Slice Super Bake	1 each	260	0	240	2.00	1.00	114.0	24	5.0	44.0	8.0	1.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Crackers Animal Keebler	1 EACH	120	0	115	2.00	0.72	0.0	8	2.0	22.0	3.5	1.00
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
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0	7.0	1.0	8.99	5.01
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
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		9422	472	8758	112.21	*94.75	4767.8	*632	208.81	1523.3	292.49	86.31
% of Calories								*26.8%	8.9%	64.7%	27.9%	8.2%
Nutrient Guideline		400-550		600		2.50	200.00		7.00		<=30.0	<10.00

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Mon - 03/04/2024												
Rockwood Middle Breakfast	Total											
Breakfast Pizza Bagel Sausage	Pizza Bagel	235	65	459	3.00	2.00	89.0	2	12.0	31.0	8.0	4.00
Cinnatwin	Roll	240	5	260	4.00	5.40	100.3	16	4.0	45.99	6.0	2.00
Bagel, Toasted	bagel	140	0	160	4.00	*N/A*	20.0	5	6.0	28.0	1.0	0.00
BeneFIT Bar Variety	Bar	290	20	220	3.00	1.62	20.0	22	5.0	47.5	9.0	3.00
Breakfast Bar, WG Sky Blue	Bar	270	5	290	1.00	1.08	20.0	21	4.0	43.0	8.0	4.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8	5.0	32.0	16.0	7.00
Hadley Farms Rasp/Cream Bar	Bar	280	0	280	3.00	1.80	40.0	19	5.0	46.0	8.0	2.50
Donuts Mini Chocolate IW	Package	376	0	299	2.21	1.99	44.2	21	5.53	45.34	16.59	7.74
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19	4.0	41.0	11.0	4.50
Oatmeal Round Apple Cinnamon	round	270	20	240	4.00	1.44	30.0	15	5.0	39.0	12.0	4.50
Oatmeal Round Banana Choc Chip	round	280	10	240	4.00	1.60	30.0	15	5.0	39.0	12.0	4.00
Granola Bar, Dark Choc 88Acres	Bar	180	0	115	2.00	1.80	30.0	9	6.0	26.0	7.0	1.50
Pop Tart Blueberry WG 1 Pk	Pop Tart	170	0	115	3.00	1.80	130.0	14	2.0	36.0	2.5	1.00
Pop Tart Cinnamon WG 1 Pk	PopTart	170	0	120	3.00	1.80	130.0	15	2.0	37.0	3.0	1.00
Pop Tart Fudge WG 1 Pk	Pop Tart	170	0	190	3.00	1.80	100.0	15	2.0	36.0	3.0	1.00
Pop Tart Strawberry WG 1 Pk	PopTart	170	0	115	3.00	1.80	130.0	14	2.0	36.0	2.5	1.00
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9	3.0	29.0	3.5	0.00
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11	3.0	44.0	5.0	0.50
Cereal Lucky Charms 2 oz Bowl	2 oz bowl	210	0	350	4.00	5.40	200.0	19	4.0	47.0	2.0	0.00
Cereal Blueberry Chex 2 oz	2 oz bowl	240	0	350	1.00	16.20	100.0	12	3.0	46.0	5.0	0.50
Cereal Cocoa Puffs 2 oz Bowl	2 oz bowl	220	0	230	3.00	5.40	200.0	15	3.0	47.0	2.5	0.00
Dunkin' Stik WG	1 each	170	0	180	2.00	1.00	25.0	14	3.0	29.0	4.5	1.50
Granola Bake, Blueberry Pomegr	1 oz Bar	110	5	60	2.00	1.08	20.0	8	2.0	19.0	3.0	0.50
Granola Bake, Chocolate Cherry	1 oz Bar	110	5	65	2.00	1.08	34.0	7	2.0	19.0	3.0	1.00
Granola Bake,Oatmeal Cranberry	1 oz Bar	110	5	80	1.00	1.08	58.0	6	2.0	18.0	3.0	0.50
KIND Dark Chocolate Chunk Bar	Bar	150	0	65	2.00	1.08	0.0	8	2.0	23.0	5.0	1.50
KIND Oats & Honey Granola Bar	Bar	150	0	95	2.00	1.08	0.0	6	3.0	23.0	5.0	1.50
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
Nutri-Grain Bar Variety	bar	153	0	140	3.00	1.83	160.0	14	2.0	30.0	3.67	0.50
Quaker Chocolate Chunk Granola	Bar	160	0	135	2.00	0.72	0.0	12	2.0	31.0	3.0	1.00

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

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Mon - 03/04/2024												
Quaker Cookies & Cream Granola	bar	150	0	135	4.00	0.72	100.0	9	2.0	29.0	4.0	1.00
Pumpkin Bread Slice Super Bake	1 each	260	0	240	2.00	1.00	114.0	24	5.0	44.0	8.0	1.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Crackers Animal Keebler	1 EACH	120	0	115	2.00	0.72	0.0	8	2.0	22.0	3.5	1.00
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
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0	7.0	1.0	8.99	5.01
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
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		9656	537	9267	118.21	*100.34	4936.8	*629	219.81	1552.1	302.99	91.31
% of Calories								*26.0%	9.1%	64.3%	28.2%	8.5%
Nutrient Guideline		400-550		600		2.50	200.00		7.00		<=30.0	<10.00

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Tue - 03/05/2024												
Rockwood Middle Breakfast	Total											
Biscuit, Sausage Egg & Cheese	Sandwich	506	143	862	0.50	*9.72	*141.0	4	15.53	30.01	34.06	14.03
Blueberry Cinn Breakfast Cake	1 Each	197	10	191	1.32	2.73	21.7	*26	2.05	40.5	3.07	1.01
Bagel, Toasted	bagel	140	0	160	4.00	*N/A*	20.0	5	6.0	28.0	1.0	0.00
BeneFIT Bar Variety	Bar	290	20	220	3.00	1.62	20.0	22	5.0	47.5	9.0	3.00
Breakfast Bar, WG Sky Blue	Bar	270	5	290	1.00	1.08	20.0	21	4.0	43.0	8.0	4.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8	5.0	32.0	16.0	7.00
Hadley Farms Rasp/Cream Bar	Bar	280	0	280	3.00	1.80	40.0	19	5.0	46.0	8.0	2.50
Donuts Mini Chocolate IW	Package	376	0	299	2.21	1.99	44.2	21	5.53	45.34	16.59	7.74
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19	4.0	41.0	11.0	4.50
Oatmeal Round Apple Cinnamon	round	270	20	240	4.00	1.44	30.0	15	5.0	39.0	12.0	4.50
Oatmeal Round Banana Choc Chip	round	280	10	240	4.00	1.60	30.0	15	5.0	39.0	12.0	4.00
Granola Bar, Dark Choc 88Acres	Bar	180	0	115	2.00	1.80	30.0	9	6.0	26.0	7.0	1.50
Pop Tart Blueberry WG 1 Pk	Pop Tart	170	0	115	3.00	1.80	130.0	14	2.0	36.0	2.5	1.00
Pop Tart Cinnamon WG 1 Pk	PopTart	170	0	120	3.00	1.80	130.0	15	2.0	37.0	3.0	1.00
Pop Tart Fudge WG 1 Pk	Pop Tart	170	0	190	3.00	1.80	100.0	15	2.0	36.0	3.0	1.00
Pop Tart Strawberry WG 1 Pk	PopTart	170	0	115	3.00	1.80	130.0	14	2.0	36.0	2.5	1.00
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9	3.0	29.0	3.5	0.00
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11	3.0	44.0	5.0	0.50
Cereal Lucky Charms 2 oz Bowl	2 oz bowl	210	0	350	4.00	5.40	200.0	19	4.0	47.0	2.0	0.00
Cereal Blueberry Chex 2 oz	2 oz bowl	240	0	350	1.00	16.20	100.0	12	3.0	46.0	5.0	0.50
Cereal Cocoa Puffs 2 oz Bowl	2 oz bowl	220	0	230	3.00	5.40	200.0	15	3.0	47.0	2.5	0.00
Dunkin' Stik WG	1 each	170	0	180	2.00	1.00	25.0	14	3.0	29.0	4.5	1.50
Granola Bake, Blueberry Pomegr	1 oz Bar	110	5	60	2.00	1.08	20.0	8	2.0	19.0	3.0	0.50
Granola Bake, Chocolate Cherry	1 oz Bar	110	5	65	2.00	1.08	34.0	7	2.0	19.0	3.0	1.00
Granola Bake,Oatmeal Cranberry	1 oz Bar	110	5	80	1.00	1.08	58.0	6	2.0	18.0	3.0	0.50
KIND Dark Chocolate Chunk Bar	Bar	150	0	65	2.00	1.08	0.0	8	2.0	23.0	5.0	1.50
KIND Oats & Honey Granola Bar	Bar	150	0	95	2.00	1.08	0.0	6	3.0	23.0	5.0	1.50
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
Nutri-Grain Bar Variety	bar	153	0	140	3.00	1.83	160.0	14	2.0	30.0	3.67	0.50
Quaker Chocolate Chunk Granola	Bar	160	0	135	2.00	0.72	0.0	12	2.0	31.0	3.0	1.00

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Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/05/2024												
Quaker Cookies & Cream Granola	bar	150	0	135	4.00	0.72	100.0	9	2.0	29.0	4.0	1.00
Pumpkin Bread Slice Super Bake	1 each	260	0	240	2.00	1.00	114.0	24	5.0	44.0	8.0	1.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Crackers Animal Keebler	1 EACH	120	0	115	2.00	0.72	0.0	8	2.0	22.0	3.5	1.00
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
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0	7.0	1.0	8.99	5.01
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
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		9884	620	9601	113.03	*105.39	*4910.3	*640	221.38	1545.7	326.12	100.35
% of Calories								*25.9%	9.0%	62.6%	29.7%	9.1%
Nutrient Guideline		400-550		600		2.50	200.00		7.00		<=30.0	<10.00

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Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/06/2024												
Rockwood Middle Breakfast	Total											
Breakfast Burrito (Make Ahead)	Burrito	382	134	669	3.00	*3.10	*194.5	3	17.81	37.92	18.05	7.54
Pancakes Mini Confetti Eggo	Pouch	210	10	210	4.00	3.60	40.0	11	4.0	36.0	7.0	1.00
Bagel, Toasted	bagel	140	0	160	4.00	*N/A*	20.0	5	6.0	28.0	1.0	0.00
BeneFIT Bar Variety	Bar	290	20	220	3.00	1.62	20.0	22	5.0	47.5	9.0	3.00
Breakfast Bar, WG Sky Blue	Bar	270	5	290	1.00	1.08	20.0	21	4.0	43.0	8.0	4.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8	5.0	32.0	16.0	7.00
Hadley Farms Rasp/Cream Bar	Bar	280	0	280	3.00	1.80	40.0	19	5.0	46.0	8.0	2.50
Donuts Mini Chocolate IW	Package	376	0	299	2.21	1.99	44.2	21	5.53	45.34	16.59	7.74
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19	4.0	41.0	11.0	4.50
Oatmeal Round Apple Cinnamon	round	270	20	240	4.00	1.44	30.0	15	5.0	39.0	12.0	4.50
Oatmeal Round Banana Choc Chip	round	280	10	240	4.00	1.60	30.0	15	5.0	39.0	12.0	4.00
Granola Bar, Dark Choc 88Acres	Bar	180	0	115	2.00	1.80	30.0	9	6.0	26.0	7.0	1.50
Pop Tart Blueberry WG 1 Pk	Pop Tart	170	0	115	3.00	1.80	130.0	14	2.0	36.0	2.5	1.00
Pop Tart Cinnamon WG 1 Pk	PopTart	170	0	120	3.00	1.80	130.0	15	2.0	37.0	3.0	1.00
Pop Tart Fudge WG 1 Pk	Pop Tart	170	0	190	3.00	1.80	100.0	15	2.0	36.0	3.0	1.00
Pop Tart Strawberry WG 1 Pk	PopTart	170	0	115	3.00	1.80	130.0	14	2.0	36.0	2.5	1.00
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9	3.0	29.0	3.5	0.00
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11	3.0	44.0	5.0	0.50
Cereal Lucky Charms 2 oz Bowl	2 oz bowl	210	0	350	4.00	5.40	200.0	19	4.0	47.0	2.0	0.00
Cereal Blueberry Chex 2 oz	2 oz bowl	240	0	350	1.00	16.20	100.0	12	3.0	46.0	5.0	0.50
Cereal Cocoa Puffs 2 oz Bowl	2 oz bowl	220	0	230	3.00	5.40	200.0	15	3.0	47.0	2.5	0.00
Dunkin' Stik WG	1 each	170	0	180	2.00	1.00	25.0	14	3.0	29.0	4.5	1.50
Granola Bake, Blueberry Pomegr	1 oz Bar	110	5	60	2.00	1.08	20.0	8	2.0	19.0	3.0	0.50
Granola Bake, Chocolate Cherry	1 oz Bar	110	5	65	2.00	1.08	34.0	7	2.0	19.0	3.0	1.00
Granola Bake,Oatmeal Cranberry	1 oz Bar	110	5	80	1.00	1.08	58.0	6	2.0	18.0	3.0	0.50
KIND Dark Chocolate Chunk Bar	Bar	150	0	65	2.00	1.08	0.0	8	2.0	23.0	5.0	1.50
KIND Oats & Honey Granola Bar	Bar	150	0	95	2.00	1.08	0.0	6	3.0	23.0	5.0	1.50
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
Nutri-Grain Bar Variety	bar	153	0	140	3.00	1.83	160.0	14	2.0	30.0	3.67	0.50
Quaker Chocolate Chunk Granola	Bar	160	0	135	2.00	0.72	0.0	12	2.0	31.0	3.0	1.00

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Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/06/2024												
Quaker Cookies & Cream Granola	bar	150	0	135	4.00	0.72	100.0	9	2.0	29.0	4.0	1.00
Pumpkin Bread Slice Super Bake	1 each	260	0	240	2.00	1.00	114.0	24	5.0	44.0	8.0	1.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Crackers Animal Keebler	1 EACH	120	0	115	2.00	0.72	0.0	8	2.0	22.0	3.5	1.00
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
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0	7.0	1.0	8.99	5.01
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
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		9773	611	9427	118.21	*99.63	*4982.0	*625	225.61	1549.1	314.04	93.85
% of Calories								*25.6%	9.2%	63.4%	28.9%	8.6%
Nutrient Guideline		400-550		600		2.50	200.00		7.00		<=30.0	<10.00

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Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

Generated on: 2/23/2024 11:23:28 AM

	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 Breakfast	Total											
Bacon Egg & Cheese Croissant	1 each	297	119	671	2.00	*8.63	*102.0	4	12.29	30.19	14.47	5.88
Cinnatwin	Roll	240	5	260	4.00	5.40	100.3	16	4.0	45.99	6.0	2.00
Bagel, Toasted	bagel	140	0	160	4.00	*N/A*	20.0	5	6.0	28.0	1.0	0.00
BeneFIT Bar Variety	Bar	290	20	220	3.00	1.62	20.0	22	5.0	47.5	9.0	3.00
Breakfast Bar, WG Sky Blue	Bar	270	5	290	1.00	1.08	20.0	21	4.0	43.0	8.0	4.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8	5.0	32.0	16.0	7.00
Hadley Farms Rasp/Cream Bar	Bar	280	0	280	3.00	1.80	40.0	19	5.0	46.0	8.0	2.50
Donuts Mini Chocolate IW	Package	376	0	299	2.21	1.99	44.2	21	5.53	45.34	16.59	7.74
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19	4.0	41.0	11.0	4.50
Oatmeal Round Apple Cinnamon	round	270	20	240	4.00	1.44	30.0	15	5.0	39.0	12.0	4.50
Oatmeal Round Banana Choc Chip	round	280	10	240	4.00	1.60	30.0	15	5.0	39.0	12.0	4.00
Granola Bar, Dark Choc 88Acres	Bar	180	0	115	2.00	1.80	30.0	9	6.0	26.0	7.0	1.50
Pop Tart Blueberry WG 1 Pk	Pop Tart	170	0	115	3.00	1.80	130.0	14	2.0	36.0	2.5	1.00
Pop Tart Cinnamon WG 1 Pk	PopTart	170	0	120	3.00	1.80	130.0	15	2.0	37.0	3.0	1.00
Pop Tart Fudge WG 1 Pk	Pop Tart	170	0	190	3.00	1.80	100.0	15	2.0	36.0	3.0	1.00
Pop Tart Strawberry WG 1 Pk	PopTart	170	0	115	3.00	1.80	130.0	14	2.0	36.0	2.5	1.00
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9	3.0	29.0	3.5	0.00
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11	3.0	44.0	5.0	0.50
Cereal Lucky Charms 2 oz Bowl	2 oz bowl	210	0	350	4.00	5.40	200.0	19	4.0	47.0	2.0	0.00
Cereal Blueberry Chex 2 oz	2 oz bowl	240	0	350	1.00	16.20	100.0	12	3.0	46.0	5.0	0.50
Cereal Cocoa Puffs 2 oz Bowl	2 oz bowl	220	0	230	3.00	5.40	200.0	15	3.0	47.0	2.5	0.00
Dunkin' Stik WG	1 each	170	0	180	2.00	1.00	25.0	14	3.0	29.0	4.5	1.50
Granola Bake, Blueberry Pomegr	1 oz Bar	110	5	60	2.00	1.08	20.0	8	2.0	19.0	3.0	0.50
Granola Bake, Chocolate Cherry	1 oz Bar	110	5	65	2.00	1.08	34.0	7	2.0	19.0	3.0	1.00
Granola Bake,Oatmeal Cranberry	1 oz Bar	110	5	80	1.00	1.08	58.0	6	2.0	18.0	3.0	0.50
KIND Dark Chocolate Chunk Bar	Bar	150	0	65	2.00	1.08	0.0	8	2.0	23.0	5.0	1.50
KIND Oats & Honey Granola Bar	Bar	150	0	95	2.00	1.08	0.0	6	3.0	23.0	5.0	1.50
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
Nutri-Grain Bar Variety	bar	153	0	140	3.00	1.83	160.0	14	2.0	30.0	3.67	0.50
Quaker Chocolate Chunk Granola	Bar	160	0	135	2.00	0.72	0.0	12	2.0	31.0	3.0	1.00

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Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/07/2024												
Quaker Cookies & Cream Granola	bar	150	0	135	4.00	0.72	100.0	9	2.0	29.0	4.0	1.00
Pumpkin Bread Slice Super Bake	1 each	260	0	240	2.00	1.00	114.0	24	5.0	44.0	8.0	1.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Crackers Animal Keebler	1 EACH	120	0	115	2.00	0.72	0.0	8	2.0	22.0	3.5	1.00
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
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0	7.0	1.0	8.99	5.01
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
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		9718	591	9479	117.21	*106.97	*4949.8	*630	220.10	1551.3	309.46	93.20
% of Calories								*25.9%	9.1%	63.9%	28.7%	8.6%
Nutrient Guideline		400-550		600		2.50	200.00		7.00		<=30.0	<10.00

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

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Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

Generated on: 2/23/2024 11:23:28 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/08/2024												
Rockwood Middle Breakfast	Total											
Donut, Long John	Donut	253	0	310	3.00	1.44	16.0	13	6.0	37.67	9.0	4.00
Bagel, Toasted	bagel	140	0	160	4.00	*N/A*	20.0	5	6.0	28.0	1.0	0.00
BeneFIT Bar Variety	Bar	290	20	220	3.00	1.62	20.0	22	5.0	47.5	9.0	3.00
Breakfast Bar, WG Sky Blue	Bar	270	5	290	1.00	1.08	20.0	21	4.0	43.0	8.0	4.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8	5.0	32.0	16.0	7.00
Hadley Farms Rasp/Cream Bar	Bar	280	0	280	3.00	1.80	40.0	19	5.0	46.0	8.0	2.50
Donuts Mini Chocolate IW	Package	376	0	299	2.21	1.99	44.2	21	5.53	45.34	16.59	7.74
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19	4.0	41.0	11.0	4.50
Oatmeal Round Apple Cinnamon	round	270	20	240	4.00	1.44	30.0	15	5.0	39.0	12.0	4.50
Oatmeal Round Banana Choc Chip	round	280	10	240	4.00	1.60	30.0	15	5.0	39.0	12.0	4.00
Granola Bar, Dark Choc 88Acres	Bar	180	0	115	2.00	1.80	30.0	9	6.0	26.0	7.0	1.50
Pop Tart Blueberry WG 1 Pk	Pop Tart	170	0	115	3.00	1.80	130.0	14	2.0	36.0	2.5	1.00
Pop Tart Cinnamon WG 1 Pk	PopTart	170	0	120	3.00	1.80	130.0	15	2.0	37.0	3.0	1.00
Pop Tart Fudge WG 1 Pk	Pop Tart	170	0	190	3.00	1.80	100.0	15	2.0	36.0	3.0	1.00
Pop Tart Strawberry WG 1 Pk	PopTart	170	0	115	3.00	1.80	130.0	14	2.0	36.0	2.5	1.00
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9	3.0	29.0	3.5	0.00
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11	3.0	44.0	5.0	0.50
Cereal Lucky Charms 2 oz Bowl	2 oz bowl	210	0	350	4.00	5.40	200.0	19	4.0	47.0	2.0	0.00
Cereal Blueberry Chex 2 oz	2 oz bowl	240	0	350	1.00	16.20	100.0	12	3.0	46.0	5.0	0.50
Cereal Cocoa Puffs 2 oz Bowl	2 oz bowl	220	0	230	3.00	5.40	200.0	15	3.0	47.0	2.5	0.00
Dunkin' Stik WG	1 each	170	0	180	2.00	1.00	25.0	14	3.0	29.0	4.5	1.50
Granola Bake, Blueberry Pomegr	1 oz Bar	110	5	60	2.00	1.08	20.0	8	2.0	19.0	3.0	0.50
Granola Bake, Chocolate Cherry	1 oz Bar	110	5	65	2.00	1.08	34.0	7	2.0	19.0	3.0	1.00
Granola Bake,Oatmeal Cranberry	1 oz Bar	110	5	80	1.00	1.08	58.0	6	2.0	18.0	3.0	0.50
KIND Dark Chocolate Chunk Bar	Bar	150	0	65	2.00	1.08	0.0	8	2.0	23.0	5.0	1.50
KIND Oats & Honey Granola Bar	Bar	150	0	95	2.00	1.08	0.0	6	3.0	23.0	5.0	1.50
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
Nutri-Grain Bar Variety	bar	153	0	140	3.00	1.83	160.0	14	2.0	30.0	3.67	0.50
Quaker Chocolate Chunk Granola	Bar	160	0	135	2.00	0.72	0.0	12	2.0	31.0	3.0	1.00
Quaker Cookies & Cream Granola	bar	150	0	135	4.00	0.72	100.0	9	2.0	29.0	4.0	1.00

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Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/08/2024												
Pumpkin Bread Slice Super Bake	1 each	260	0	240	2.00	1.00	114.0	24	5.0	44.0	8.0	1.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Crackers Animal Keebler	1 EACH	120	0	115	2.00	0.72	0.0	8	2.0	22.0	3.5	1.00
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
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0	7.0	1.0	8.99	5.01
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
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		9434	467	8858	114.21	*94.38	4763.5	*624	209.81	1512.8	297.99	89.31
% of Calories								*26.5%	8.9%	64.1%	28.4%	8.5%
Nutrient Guideline		400-550		600		2.50	200.00		7.00		<=30.0	<10.00

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Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/11/2024												
Rockwood Middle Breakfast	Total											
Pancake Sausage Bites	5 pieces	220	40	360	2.00	1.10	10.0	4	10.0	17.0	13.0	3.00
Cinnatwin	Roll	240	5	260	4.00	5.40	100.3	16	4.0	45.99	6.0	2.00
Bagel, Toasted	bagel	140	0	160	4.00	*N/A*	20.0	5	6.0	28.0	1.0	0.00
BeneFIT Bar Variety	Bar	290	20	220	3.00	1.62	20.0	22	5.0	47.5	9.0	3.00
Breakfast Bar, WG Sky Blue	Bar	270	5	290	1.00	1.08	20.0	21	4.0	43.0	8.0	4.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8	5.0	32.0	16.0	7.00
Hadley Farms Rasp/Cream Bar	Bar	280	0	280	3.00	1.80	40.0	19	5.0	46.0	8.0	2.50
Donuts Mini Chocolate IW	Package	376	0	299	2.21	1.99	44.2	21	5.53	45.34	16.59	7.74
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19	4.0	41.0	11.0	4.50
Oatmeal Round Apple Cinnamon	round	270	20	240	4.00	1.44	30.0	15	5.0	39.0	12.0	4.50
Oatmeal Round Banana Choc Chip	round	280	10	240	4.00	1.60	30.0	15	5.0	39.0	12.0	4.00
Granola Bar, Dark Choc 88Acres	Bar	180	0	115	2.00	1.80	30.0	9	6.0	26.0	7.0	1.50
Pop Tart Blueberry WG 1 Pk	Pop Tart	170	0	115	3.00	1.80	130.0	14	2.0	36.0	2.5	1.00
Pop Tart Cinnamon WG 1 Pk	PopTart	170	0	120	3.00	1.80	130.0	15	2.0	37.0	3.0	1.00
Pop Tart Fudge WG 1 Pk	Pop Tart	170	0	190	3.00	1.80	100.0	15	2.0	36.0	3.0	1.00
Pop Tart Strawberry WG 1 Pk	PopTart	170	0	115	3.00	1.80	130.0	14	2.0	36.0	2.5	1.00
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9	3.0	29.0	3.5	0.00
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11	3.0	44.0	5.0	0.50
Cereal Lucky Charms 2 oz Bowl	2 oz bowl	210	0	350	4.00	5.40	200.0	19	4.0	47.0	2.0	0.00
Cereal Blueberry Chex 2 oz	2 oz bowl	240	0	350	1.00	16.20	100.0	12	3.0	46.0	5.0	0.50
Cereal Cocoa Puffs 2 oz Bowl	2 oz bowl	220	0	230	3.00	5.40	200.0	15	3.0	47.0	2.5	0.00
Dunkin' Stik WG	1 each	170	0	180	2.00	1.00	25.0	14	3.0	29.0	4.5	1.50
Granola Bake, Blueberry Pomegr	1 oz Bar	110	5	60	2.00	1.08	20.0	8	2.0	19.0	3.0	0.50
Granola Bake, Chocolate Cherry	1 oz Bar	110	5	65	2.00	1.08	34.0	7	2.0	19.0	3.0	1.00
Granola Bake,Oatmeal Cranberry	1 oz Bar	110	5	80	1.00	1.08	58.0	6	2.0	18.0	3.0	0.50
KIND Dark Chocolate Chunk Bar	Bar	150	0	65	2.00	1.08	0.0	8	2.0	23.0	5.0	1.50
KIND Oats & Honey Granola Bar	Bar	150	0	95	2.00	1.08	0.0	6	3.0	23.0	5.0	1.50
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
Nutri-Grain Bar Variety	bar	153	0	140	3.00	1.83	160.0	14	2.0	30.0	3.67	0.50
Quaker Chocolate Chunk Granola	Bar	160	0	135	2.00	0.72	0.0	12	2.0	31.0	3.0	1.00

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Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

Generated on: 2/23/2024 11:23:28 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/11/2024												
Quaker Cookies & Cream Granola	bar	150	0	135	4.00	0.72	100.0	9	2.0	29.0	4.0	1.00
Pumpkin Bread Slice Super Bake	1 each	260	0	240	2.00	1.00	114.0	24	5.0	44.0	8.0	1.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Crackers Animal Keebler	1 EACH	120	0	115	2.00	0.72	0.0	8	2.0	22.0	3.5	1.00
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
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0	7.0	1.0	8.99	5.01
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
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		9641	512	9168	117.21	*99.44	4857.8	*631	217.81	1538.1	307.99	90.31
% of Calories								*26.2%	9.0%	63.8%	28.8%	8.4%
Nutrient Guideline		400-550		600		2.50	200.00		7.00		<=30.0	<10.00

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

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Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/12/2024												
Rockwood Middle Breakfast	Total											
Chicken Biscuit	1 each	320	30	550	1.50	2.88	120.0	3	14.0	35.0	12.5	5.00
Dutch Waffle	Waffle	304	20	350	3.00	1.80	40.0	13	4.0	44.04	13.0	3.00
Bagel, Toasted	bagel	140	0	160	4.00	*N/A*	20.0	5	6.0	28.0	1.0	0.00
BeneFIT Bar Variety	Bar	290	20	220	3.00	1.62	20.0	22	5.0	47.5	9.0	3.00
Breakfast Bar, WG Sky Blue	Bar	270	5	290	1.00	1.08	20.0	21	4.0	43.0	8.0	4.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8	5.0	32.0	16.0	7.00
Hadley Farms Rasp/Cream Bar	Bar	280	0	280	3.00	1.80	40.0	19	5.0	46.0	8.0	2.50
Donuts Mini Chocolate IW	Package	376	0	299	2.21	1.99	44.2	21	5.53	45.34	16.59	7.74
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19	4.0	41.0	11.0	4.50
Oatmeal Round Apple Cinnamon	round	270	20	240	4.00	1.44	30.0	15	5.0	39.0	12.0	4.50
Oatmeal Round Banana Choc Chip	round	280	10	240	4.00	1.60	30.0	15	5.0	39.0	12.0	4.00
Granola Bar, Dark Choc 88Acres	Bar	180	0	115	2.00	1.80	30.0	9	6.0	26.0	7.0	1.50
Pop Tart Blueberry WG 1 Pk	Pop Tart	170	0	115	3.00	1.80	130.0	14	2.0	36.0	2.5	1.00
Pop Tart Cinnamon WG 1 Pk	PopTart	170	0	120	3.00	1.80	130.0	15	2.0	37.0	3.0	1.00
Pop Tart Fudge WG 1 Pk	Pop Tart	170	0	190	3.00	1.80	100.0	15	2.0	36.0	3.0	1.00
Pop Tart Strawberry WG 1 Pk	PopTart	170	0	115	3.00	1.80	130.0	14	2.0	36.0	2.5	1.00
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9	3.0	29.0	3.5	0.00
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11	3.0	44.0	5.0	0.50
Cereal Lucky Charms 2 oz Bowl	2 oz bowl	210	0	350	4.00	5.40	200.0	19	4.0	47.0	2.0	0.00
Cereal Blueberry Chex 2 oz	2 oz bowl	240	0	350	1.00	16.20	100.0	12	3.0	46.0	5.0	0.50
Cereal Cocoa Puffs 2 oz Bowl	2 oz bowl	220	0	230	3.00	5.40	200.0	15	3.0	47.0	2.5	0.00
Dunkin' Stik WG	1 each	170	0	180	2.00	1.00	25.0	14	3.0	29.0	4.5	1.50
Granola Bake, Blueberry Pomegr	1 oz Bar	110	5	60	2.00	1.08	20.0	8	2.0	19.0	3.0	0.50
Granola Bake, Chocolate Cherry	1 oz Bar	110	5	65	2.00	1.08	34.0	7	2.0	19.0	3.0	1.00
Granola Bake,Oatmeal Cranberry	1 oz Bar	110	5	80	1.00	1.08	58.0	6	2.0	18.0	3.0	0.50
KIND Dark Chocolate Chunk Bar	Bar	150	0	65	2.00	1.08	0.0	8	2.0	23.0	5.0	1.50
KIND Oats & Honey Granola Bar	Bar	150	0	95	2.00	1.08	0.0	6	3.0	23.0	5.0	1.50
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
Nutri-Grain Bar Variety	bar	153	0	140	3.00	1.83	160.0	14	2.0	30.0	3.67	0.50
Quaker Chocolate Chunk Granola	Bar	160	0	135	2.00	0.72	0.0	12	2.0	31.0	3.0	1.00

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Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/12/2024												
Quaker Cookies & Cream Granola	bar	150	0	135	4.00	0.72	100.0	9	2.0	29.0	4.0	1.00
Pumpkin Bread Slice Super Bake	1 each	260	0	240	2.00	1.00	114.0	24	5.0	44.0	8.0	1.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Crackers Animal Keebler	1 EACH	120	0	115	2.00	0.72	0.0	8	2.0	22.0	3.5	1.00
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
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0	7.0	1.0	8.99	5.01
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
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		9805	517	9448	115.71	*97.62	4907.5	*627	221.81	1554.2	314.49	93.31
% of Calories								*25.6%	9.0%	63.4%	28.9%	8.6%
Nutrient Guideline		400-550		600		2.50	200.00		7.00		<=30.0	<10.00

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Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/13/2024												
Rockwood Middle Breakfast	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
Pancakes Mini Confetti Eggo	Pouch	210	10	210	4.00	3.60	40.0	11	4.0	36.0	7.0	1.00
Bagel, Toasted	1/2 each	70	0	80	2.00	*N/A*	10.0	3	3.0	14.0	0.5	0.00
BeneFIT Bar Variety	Bar	290	20	220	3.00	1.62	20.0	22	5.0	47.5	9.0	3.00
Breakfast Bar, WG Sky Blue	Bar	270	5	290	1.00	1.08	20.0	21	4.0	43.0	8.0	4.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8	5.0	32.0	16.0	7.00
Hadley Farms Rasp/Cream Bar	Bar	280	0	280	3.00	1.80	40.0	19	5.0	46.0	8.0	2.50
Donuts Mini Chocolate IW	Package	376	0	299	2.21	1.99	44.2	21	5.53	45.34	16.59	7.74
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19	4.0	41.0	11.0	4.50
Oatmeal Round Apple Cinnamon	round	270	20	240	4.00	1.44	30.0	15	5.0	39.0	12.0	4.50
Oatmeal Round Banana Choc Chip	round	280	10	240	4.00	1.60	30.0	15	5.0	39.0	12.0	4.00
Granola Bar, Dark Choc 88Acres	Bar	180	0	115	2.00	1.80	30.0	9	6.0	26.0	7.0	1.50
Pop Tart Blueberry WG 1 Pk	Pop Tart	170	0	115	3.00	1.80	130.0	14	2.0	36.0	2.5	1.00
Pop Tart Cinnamon WG 1 Pk	PopTart	170	0	120	3.00	1.80	130.0	15	2.0	37.0	3.0	1.00
Pop Tart Fudge WG 1 Pk	Pop Tart	170	0	190	3.00	1.80	100.0	15	2.0	36.0	3.0	1.00
Pop Tart Strawberry WG 1 Pk	PopTart	170	0	115	3.00	1.80	130.0	14	2.0	36.0	2.5	1.00
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9	3.0	29.0	3.5	0.00
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11	3.0	44.0	5.0	0.50
Cereal Lucky Charms 2 oz Bowl	2 oz bowl	210	0	350	4.00	5.40	200.0	19	4.0	47.0	2.0	0.00
Cereal Blueberry Chex 2 oz	2 oz bowl	240	0	350	1.00	16.20	100.0	12	3.0	46.0	5.0	0.50
Cereal Cocoa Puffs 2 oz Bowl	2 oz bowl	220	0	230	3.00	5.40	200.0	15	3.0	47.0	2.5	0.00
Dunkin' Stik WG	1 each	170	0	180	2.00	1.00	25.0	14	3.0	29.0	4.5	1.50
Granola Bake, Blueberry Pomegr	1 oz Bar	110	5	60	2.00	1.08	20.0	8	2.0	19.0	3.0	0.50
Granola Bake, Chocolate Cherry	1 oz Bar	110	5	65	2.00	1.08	34.0	7	2.0	19.0	3.0	1.00
Granola Bake, Oatmeal Cranberry	1 oz Bar	110	5	80	1.00	1.08	58.0	6	2.0	18.0	3.0	0.50
KIND Dark Chocolate Chunk Bar	Bar	150	0	65	2.00	1.08	0.0	8	2.0	23.0	5.0	1.50
KIND Oats & Honey Granola Bar	Bar	150	0	95	2.00	1.08	0.0	6	3.0	23.0	5.0	1.50
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
Nutri-Grain Bar Variety	bar	153	0	140	3.00	1.83	160.0	14	2.0	30.0	3.67	0.50

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Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

Generated on: 2/23/2024 11:23:29 AM

	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 - 03/13/2024												
Quaker Chocolate Chunk Granola	Bar	160	0	135	2.00	0.72	0.0	12	2.0	31.0	3.0	1.00
Quaker Cookies & Cream Granola	bar	150	0	135	4.00	0.72	100.0	9	2.0	29.0	4.0	1.00
Pumpkin Bread Slice Super Bake	1 each	260	0	240	2.00	1.00	114.0	24	5.0	44.0	8.0	1.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Crackers Animal Keebler	1 EACH	120	0	115	2.00	0.72	0.0	8	2.0	22.0	3.5	1.00
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
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0	7.0	1.0	8.99	5.01
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
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		9661	602	9168	115.21	*98.70	4817.5	*627	216.81	1525.2	315.49	92.81
% of Calories								*26.0%	9.0%	63.1%	29.4%	8.6%
Nutrient Guideline		400-550		600		2.50	200.00		7.00		<=30.0	<10.00

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Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/14/2024												
Rockwood Middle Breakfast	Total											
Sausage Egg & Cheese Croissant	1 each	456	143	842	2.00	*8.92	*102.0	4	16.53	30.01	30.06	11.53
Cinnatwin	Roll	240	5	260	4.00	5.40	100.3	16	4.0	45.99	6.0	2.00
Bagel, Toasted	bagel	140	0	160	4.00	*N/A*	20.0	5	6.0	28.0	1.0	0.00
BeneFIT Bar Variety	Bar	290	20	220	3.00	1.62	20.0	22	5.0	47.5	9.0	3.00
Breakfast Bar, WG Sky Blue	Bar	270	5	290	1.00	1.08	20.0	21	4.0	43.0	8.0	4.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8	5.0	32.0	16.0	7.00
Hadley Farms Rasp/Cream Bar	Bar	280	0	280	3.00	1.80	40.0	19	5.0	46.0	8.0	2.50
Donuts Mini Chocolate IW	Package	376	0	299	2.21	1.99	44.2	21	5.53	45.34	16.59	7.74
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19	4.0	41.0	11.0	4.50
Oatmeal Round Apple Cinnamon	round	270	20	240	4.00	1.44	30.0	15	5.0	39.0	12.0	4.50
Oatmeal Round Banana Choc Chip	round	280	10	240	4.00	1.60	30.0	15	5.0	39.0	12.0	4.00
Granola Bar, Dark Choc 88Acres	Bar	180	0	115	2.00	1.80	30.0	9	6.0	26.0	7.0	1.50
Pop Tart Blueberry WG 1 Pk	Pop Tart	170	0	115	3.00	1.80	130.0	14	2.0	36.0	2.5	1.00
Pop Tart Cinnamon WG 1 Pk	PopTart	170	0	120	3.00	1.80	130.0	15	2.0	37.0	3.0	1.00
Pop Tart Fudge WG 1 Pk	Pop Tart	170	0	190	3.00	1.80	100.0	15	2.0	36.0	3.0	1.00
Pop Tart Strawberry WG 1 Pk	PopTart	170	0	115	3.00	1.80	130.0	14	2.0	36.0	2.5	1.00
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9	3.0	29.0	3.5	0.00
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11	3.0	44.0	5.0	0.50
Cereal Lucky Charms 2 oz Bowl	2 oz bowl	210	0	350	4.00	5.40	200.0	19	4.0	47.0	2.0	0.00
Cereal Blueberry Chex 2 oz	2 oz bowl	240	0	350	1.00	16.20	100.0	12	3.0	46.0	5.0	0.50
Cereal Cocoa Puffs 2 oz Bowl	2 oz bowl	220	0	230	3.00	5.40	200.0	15	3.0	47.0	2.5	0.00
Dunkin' Stik WG	1 each	170	0	180	2.00	1.00	25.0	14	3.0	29.0	4.5	1.50
Granola Bake, Blueberry Pomegr	1 oz Bar	110	5	60	2.00	1.08	20.0	8	2.0	19.0	3.0	0.50
Granola Bake, Chocolate Cherry	1 oz Bar	110	5	65	2.00	1.08	34.0	7	2.0	19.0	3.0	1.00
Granola Bake,Oatmeal Cranberry	1 oz Bar	110	5	80	1.00	1.08	58.0	6	2.0	18.0	3.0	0.50
KIND Dark Chocolate Chunk Bar	Bar	150	0	65	2.00	1.08	0.0	8	2.0	23.0	5.0	1.50
KIND Oats & Honey Granola Bar	Bar	150	0	95	2.00	1.08	0.0	6	3.0	23.0	5.0	1.50
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
Nutri-Grain Bar Variety	bar	153	0	140	3.00	1.83	160.0	14	2.0	30.0	3.67	0.50
Quaker Chocolate Chunk Granola	Bar	160	0	135	2.00	0.72	0.0	12	2.0	31.0	3.0	1.00

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Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/14/2024												
Quaker Cookies & Cream Granola	bar	150	0	135	4.00	0.72	100.0	9	2.0	29.0	4.0	1.00
Pumpkin Bread Slice Super Bake	1 each	260	0	240	2.00	1.00	114.0	24	5.0	44.0	8.0	1.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Crackers Animal Keebler	1 EACH	120	0	115	2.00	0.72	0.0	8	2.0	22.0	3.5	1.00
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
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0	7.0	1.0	8.99	5.01
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
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		9876	615	9650	117.21	*107.26	*4949.8	*630	224.34	1551.2	325.04	98.84
% of Calories								*25.5%	9.1%	62.8%	29.6%	9.0%
Nutrient Guideline		400-550		600		2.50	200.00		7.00		<=30.0	<10.00

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Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

Generated on: 2/23/2024 11:23:29 AM

	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 - 03/15/2024												
Rockwood Middle Breakfast	Total											
Cinnamon Roll	1 each	241	5	210	1.00	1.81	20.3	21	5.0	48.11	3.5	1.00
Bagel, Toasted	bagel	140	0	160	4.00	*N/A*	20.0	5	6.0	28.0	1.0	0.00
BeneFIT Bar Variety	Bar	290	20	220	3.00	1.62	20.0	22	5.0	47.5	9.0	3.00
Breakfast Bar, WG Sky Blue	Bar	270	5	290	1.00	1.08	20.0	21	4.0	43.0	8.0	4.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8	5.0	32.0	16.0	7.00
Hadley Farms Rasp/Cream Bar	Bar	280	0	280	3.00	1.80	40.0	19	5.0	46.0	8.0	2.50
Donuts Mini Chocolate IW	Package	376	0	299	2.21	1.99	44.2	21	5.53	45.34	16.59	7.74
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19	4.0	41.0	11.0	4.50
Oatmeal Round Apple Cinnamon	round	270	20	240	4.00	1.44	30.0	15	5.0	39.0	12.0	4.50
Oatmeal Round Banana Choc Chip	round	280	10	240	4.00	1.60	30.0	15	5.0	39.0	12.0	4.00
Granola Bar, Dark Choc 88Acres	Bar	180	0	115	2.00	1.80	30.0	9	6.0	26.0	7.0	1.50
Pop Tart Blueberry WG 1 Pk	Pop Tart	170	0	115	3.00	1.80	130.0	14	2.0	36.0	2.5	1.00
Pop Tart Cinnamon WG 1 Pk	PopTart	170	0	120	3.00	1.80	130.0	15	2.0	37.0	3.0	1.00
Pop Tart Fudge WG 1 Pk	Pop Tart	170	0	190	3.00	1.80	100.0	15	2.0	36.0	3.0	1.00
Pop Tart Strawberry WG 1 Pk	PopTart	170	0	115	3.00	1.80	130.0	14	2.0	36.0	2.5	1.00
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9	3.0	29.0	3.5	0.00
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11	3.0	44.0	5.0	0.50
Cereal Lucky Charms 2 oz Bowl	2 oz bowl	210	0	350	4.00	5.40	200.0	19	4.0	47.0	2.0	0.00
Cereal Blueberry Chex 2 oz	2 oz bowl	240	0	350	1.00	16.20	100.0	12	3.0	46.0	5.0	0.50
Cereal Cocoa Puffs 2 oz Bowl	2 oz bowl	220	0	230	3.00	5.40	200.0	15	3.0	47.0	2.5	0.00
Dunkin' Stik WG	1 each	170	0	180	2.00	1.00	25.0	14	3.0	29.0	4.5	1.50
Granola Bake, Blueberry Pomegr	1 oz Bar	110	5	60	2.00	1.08	20.0	8	2.0	19.0	3.0	0.50
Granola Bake, Chocolate Cherry	1 oz Bar	110	5	65	2.00	1.08	34.0	7	2.0	19.0	3.0	1.00
Granola Bake,Oatmeal Cranberry	1 oz Bar	110	5	80	1.00	1.08	58.0	6	2.0	18.0	3.0	0.50
KIND Dark Chocolate Chunk Bar	Bar	150	0	65	2.00	1.08	0.0	8	2.0	23.0	5.0	1.50
KIND Oats & Honey Granola Bar	Bar	150	0	95	2.00	1.08	0.0	6	3.0	23.0	5.0	1.50
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
Nutri-Grain Bar Variety	bar	153	0	140	3.00	1.83	160.0	14	2.0	30.0	3.67	0.50
Quaker Chocolate Chunk Granola	Bar	160	0	135	2.00	0.72	0.0	12	2.0	31.0	3.0	1.00
Quaker Cookies & Cream Granola	bar	150	0	135	4.00	0.72	100.0	9	2.0	29.0	4.0	1.00

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Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/15/2024												
Pumpkin Bread Slice Super Bake	1 each	260	0	240	2.00	1.00	114.0	24	5.0	44.0	8.0	1.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Crackers Animal Keebler	1 EACH	120	0	115	2.00	0.72	0.0	8	2.0	22.0	3.5	1.00
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
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0	7.0	1.0	8.99	5.01
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
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		9422	472	8758	112.21	*94.75	4767.8	*632	208.81	1523.3	292.49	86.31
% of Calories								*26.8%	8.9%	64.7%	27.9%	8.2%
Nutrient Guideline		400-550		600		2.50	200.00		7.00		<=30.0	<10.00

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Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/25/2024												
Rockwood Middle Breakfast	Total											
Breakfast Pizza Bagel Sausage	Pizza Bagel	235	65	459	3.00	2.00	89.0	2	12.0	31.0	8.0	4.00
Cinnatwin	Roll	240	5	260	4.00	5.40	100.3	16	4.0	45.99	6.0	2.00
Bagel, Toasted	bagel	140	0	160	4.00	*N/A*	20.0	5	6.0	28.0	1.0	0.00
BeneFIT Bar Variety	Bar	290	20	220	3.00	1.62	20.0	22	5.0	47.5	9.0	3.00
Breakfast Bar, WG Sky Blue	Bar	270	5	290	1.00	1.08	20.0	21	4.0	43.0	8.0	4.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8	5.0	32.0	16.0	7.00
Hadley Farms Rasp/Cream Bar	Bar	280	0	280	3.00	1.80	40.0	19	5.0	46.0	8.0	2.50
Donuts Mini Chocolate IW	Package	376	0	299	2.21	1.99	44.2	21	5.53	45.34	16.59	7.74
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19	4.0	41.0	11.0	4.50
Oatmeal Round Apple Cinnamon	round	270	20	240	4.00	1.44	30.0	15	5.0	39.0	12.0	4.50
Oatmeal Round Banana Choc Chip	round	280	10	240	4.00	1.60	30.0	15	5.0	39.0	12.0	4.00
Granola Bar, Dark Choc 88Acres	Bar	180	0	115	2.00	1.80	30.0	9	6.0	26.0	7.0	1.50
Pop Tart Blueberry WG 1 Pk	Pop Tart	170	0	115	3.00	1.80	130.0	14	2.0	36.0	2.5	1.00
Pop Tart Cinnamon WG 1 Pk	PopTart	170	0	120	3.00	1.80	130.0	15	2.0	37.0	3.0	1.00
Pop Tart Fudge WG 1 Pk	Pop Tart	170	0	190	3.00	1.80	100.0	15	2.0	36.0	3.0	1.00
Pop Tart Strawberry WG 1 Pk	PopTart	170	0	115	3.00	1.80	130.0	14	2.0	36.0	2.5	1.00
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9	3.0	29.0	3.5	0.00
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11	3.0	44.0	5.0	0.50
Cereal Lucky Charms 2 oz Bowl	2 oz bowl	210	0	350	4.00	5.40	200.0	19	4.0	47.0	2.0	0.00
Cereal Blueberry Chex 2 oz	2 oz bowl	240	0	350	1.00	16.20	100.0	12	3.0	46.0	5.0	0.50
Cereal Cocoa Puffs 2 oz Bowl	2 oz bowl	220	0	230	3.00	5.40	200.0	15	3.0	47.0	2.5	0.00
Dunkin' Stik WG	1 each	170	0	180	2.00	1.00	25.0	14	3.0	29.0	4.5	1.50
Granola Bake, Blueberry Pomegr	1 oz Bar	110	5	60	2.00	1.08	20.0	8	2.0	19.0	3.0	0.50
Granola Bake, Chocolate Cherry	1 oz Bar	110	5	65	2.00	1.08	34.0	7	2.0	19.0	3.0	1.00
Granola Bake,Oatmeal Cranberry	1 oz Bar	110	5	80	1.00	1.08	58.0	6	2.0	18.0	3.0	0.50
KIND Dark Chocolate Chunk Bar	Bar	150	0	65	2.00	1.08	0.0	8	2.0	23.0	5.0	1.50
KIND Oats & Honey Granola Bar	Bar	150	0	95	2.00	1.08	0.0	6	3.0	23.0	5.0	1.50
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
Nutri-Grain Bar Variety	bar	153	0	140	3.00	1.83	160.0	14	2.0	30.0	3.67	0.50
Quaker Chocolate Chunk Granola	Bar	160	0	135	2.00	0.72	0.0	12	2.0	31.0	3.0	1.00

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

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Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/25/2024												
Quaker Cookies & Cream Granola	bar	150	0	135	4.00	0.72	100.0	9	2.0	29.0	4.0	1.00
Pumpkin Bread Slice Super Bake	1 each	260	0	240	2.00	1.00	114.0	24	5.0	44.0	8.0	1.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Crackers Animal Keebler	1 EACH	120	0	115	2.00	0.72	0.0	8	2.0	22.0	3.5	1.00
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
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0	7.0	1.0	8.99	5.01
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
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		9656	537	9267	118.21	*100.34	4936.8	*629	219.81	1552.1	302.99	91.31
% of Calories								*26.0%	9.1%	64.3%	28.2%	8.5%
Nutrient Guideline		400-550		600		2.50	200.00		7.00		<=30.0	<10.00

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Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/26/2024												
Rockwood Middle Breakfast	Total											
Biscuit, Sausage Egg & Cheese	Sandwich	506	143	862	0.50	*9.72	*141.0	4	15.53	30.01	34.06	14.03
Blueberry Cinn Breakfast Cake	1 Each	197	10	191	1.32	2.73	21.7	*26	2.05	40.5	3.07	1.01
Bagel, Toasted	bagel	140	0	160	4.00	*N/A*	20.0	5	6.0	28.0	1.0	0.00
BeneFIT Bar Variety	Bar	290	20	220	3.00	1.62	20.0	22	5.0	47.5	9.0	3.00
Breakfast Bar, WG Sky Blue	Bar	270	5	290	1.00	1.08	20.0	21	4.0	43.0	8.0	4.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8	5.0	32.0	16.0	7.00
Hadley Farms Rasp/Cream Bar	Bar	280	0	280	3.00	1.80	40.0	19	5.0	46.0	8.0	2.50
Donuts Mini Chocolate IW	Package	376	0	299	2.21	1.99	44.2	21	5.53	45.34	16.59	7.74
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19	4.0	41.0	11.0	4.50
Oatmeal Round Apple Cinnamon	round	270	20	240	4.00	1.44	30.0	15	5.0	39.0	12.0	4.50
Oatmeal Round Banana Choc Chip	round	280	10	240	4.00	1.60	30.0	15	5.0	39.0	12.0	4.00
Granola Bar, Dark Choc 88Acres	Bar	180	0	115	2.00	1.80	30.0	9	6.0	26.0	7.0	1.50
Pop Tart Blueberry WG 1 Pk	Pop Tart	170	0	115	3.00	1.80	130.0	14	2.0	36.0	2.5	1.00
Pop Tart Cinnamon WG 1 Pk	PopTart	170	0	120	3.00	1.80	130.0	15	2.0	37.0	3.0	1.00
Pop Tart Fudge WG 1 Pk	Pop Tart	170	0	190	3.00	1.80	100.0	15	2.0	36.0	3.0	1.00
Pop Tart Strawberry WG 1 Pk	PopTart	170	0	115	3.00	1.80	130.0	14	2.0	36.0	2.5	1.00
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9	3.0	29.0	3.5	0.00
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11	3.0	44.0	5.0	0.50
Cereal Lucky Charms 2 oz Bowl	2 oz bowl	210	0	350	4.00	5.40	200.0	19	4.0	47.0	2.0	0.00
Cereal Blueberry Chex 2 oz	2 oz bowl	240	0	350	1.00	16.20	100.0	12	3.0	46.0	5.0	0.50
Cereal Cocoa Puffs 2 oz Bowl	2 oz bowl	220	0	230	3.00	5.40	200.0	15	3.0	47.0	2.5	0.00
Dunkin' Stik WG	1 each	170	0	180	2.00	1.00	25.0	14	3.0	29.0	4.5	1.50
Granola Bake, Blueberry Pomegr	1 oz Bar	110	5	60	2.00	1.08	20.0	8	2.0	19.0	3.0	0.50
Granola Bake, Chocolate Cherry	1 oz Bar	110	5	65	2.00	1.08	34.0	7	2.0	19.0	3.0	1.00
Granola Bake,Oatmeal Cranberry	1 oz Bar	110	5	80	1.00	1.08	58.0	6	2.0	18.0	3.0	0.50
KIND Dark Chocolate Chunk Bar	Bar	150	0	65	2.00	1.08	0.0	8	2.0	23.0	5.0	1.50
KIND Oats & Honey Granola Bar	Bar	150	0	95	2.00	1.08	0.0	6	3.0	23.0	5.0	1.50
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
Nutri-Grain Bar Variety	bar	153	0	140	3.00	1.83	160.0	14	2.0	30.0	3.67	0.50
Quaker Chocolate Chunk Granola	Bar	160	0	135	2.00	0.72	0.0	12	2.0	31.0	3.0	1.00

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Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/26/2024												
Quaker Cookies & Cream Granola	bar	150	0	135	4.00	0.72	100.0	9	2.0	29.0	4.0	1.00
Pumpkin Bread Slice Super Bake	1 each	260	0	240	2.00	1.00	114.0	24	5.0	44.0	8.0	1.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Crackers Animal Keebler	1 EACH	120	0	115	2.00	0.72	0.0	8	2.0	22.0	3.5	1.00
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
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0	7.0	1.0	8.99	5.01
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
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		9884	620	9601	113.03	*105.39	*4910.3	*640	221.38	1545.7	326.12	100.35
% of Calories								*25.9%	9.0%	62.6%	29.7%	9.1%
Nutrient Guideline		400-550		600		2.50	200.00		7.00		<=30.0	<10.00

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Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/27/2024												
Rockwood Middle Breakfast	Total											
Breakfast Burrito (Make Ahead)	Burrito	382	134	669	3.00	*3.10	*194.5	3	17.81	37.92	18.05	7.54
Pancakes Mini Confetti Eggo	Pouch	210	10	210	4.00	3.60	40.0	11	4.0	36.0	7.0	1.00
Bagel, Toasted	bagel	140	0	160	4.00	*N/A*	20.0	5	6.0	28.0	1.0	0.00
BeneFIT Bar Variety	Bar	290	20	220	3.00	1.62	20.0	22	5.0	47.5	9.0	3.00
Breakfast Bar, WG Sky Blue	Bar	270	5	290	1.00	1.08	20.0	21	4.0	43.0	8.0	4.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8	5.0	32.0	16.0	7.00
Hadley Farms Rasp/Cream Bar	Bar	280	0	280	3.00	1.80	40.0	19	5.0	46.0	8.0	2.50
Donuts Mini Chocolate IW	Package	376	0	299	2.21	1.99	44.2	21	5.53	45.34	16.59	7.74
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19	4.0	41.0	11.0	4.50
Oatmeal Round Apple Cinnamon	round	270	20	240	4.00	1.44	30.0	15	5.0	39.0	12.0	4.50
Oatmeal Round Banana Choc Chip	round	280	10	240	4.00	1.60	30.0	15	5.0	39.0	12.0	4.00
Granola Bar, Dark Choc 88Acres	Bar	180	0	115	2.00	1.80	30.0	9	6.0	26.0	7.0	1.50
Pop Tart Blueberry WG 1 Pk	Pop Tart	170	0	115	3.00	1.80	130.0	14	2.0	36.0	2.5	1.00
Pop Tart Cinnamon WG 1 Pk	PopTart	170	0	120	3.00	1.80	130.0	15	2.0	37.0	3.0	1.00
Pop Tart Fudge WG 1 Pk	Pop Tart	170	0	190	3.00	1.80	100.0	15	2.0	36.0	3.0	1.00
Pop Tart Strawberry WG 1 Pk	PopTart	170	0	115	3.00	1.80	130.0	14	2.0	36.0	2.5	1.00
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9	3.0	29.0	3.5	0.00
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11	3.0	44.0	5.0	0.50
Cereal Lucky Charms 2 oz Bowl	2 oz bowl	210	0	350	4.00	5.40	200.0	19	4.0	47.0	2.0	0.00
Cereal Blueberry Chex 2 oz	2 oz bowl	240	0	350	1.00	16.20	100.0	12	3.0	46.0	5.0	0.50
Cereal Cocoa Puffs 2 oz Bowl	2 oz bowl	220	0	230	3.00	5.40	200.0	15	3.0	47.0	2.5	0.00
Dunkin' Stik WG	1 each	170	0	180	2.00	1.00	25.0	14	3.0	29.0	4.5	1.50
Granola Bake, Blueberry Pomegr	1 oz Bar	110	5	60	2.00	1.08	20.0	8	2.0	19.0	3.0	0.50
Granola Bake, Chocolate Cherry	1 oz Bar	110	5	65	2.00	1.08	34.0	7	2.0	19.0	3.0	1.00
Granola Bake,Oatmeal Cranberry	1 oz Bar	110	5	80	1.00	1.08	58.0	6	2.0	18.0	3.0	0.50
KIND Dark Chocolate Chunk Bar	Bar	150	0	65	2.00	1.08	0.0	8	2.0	23.0	5.0	1.50
KIND Oats & Honey Granola Bar	Bar	150	0	95	2.00	1.08	0.0	6	3.0	23.0	5.0	1.50
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
Nutri-Grain Bar Variety	bar	153	0	140	3.00	1.83	160.0	14	2.0	30.0	3.67	0.50
Quaker Chocolate Chunk Granola	Bar	160	0	135	2.00	0.72	0.0	12	2.0	31.0	3.0	1.00

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Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/27/2024												
Quaker Cookies & Cream Granola	bar	150	0	135	4.00	0.72	100.0	9	2.0	29.0	4.0	1.00
Pumpkin Bread Slice Super Bake	1 each	260	0	240	2.00	1.00	114.0	24	5.0	44.0	8.0	1.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Crackers Animal Keebler	1 EACH	120	0	115	2.00	0.72	0.0	8	2.0	22.0	3.5	1.00
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
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0	7.0	1.0	8.99	5.01
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
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		9773	611	9427	118.21	*99.63	*4982.0	*625	225.61	1549.1	314.04	93.85
% of Calories								*25.6%	9.2%	63.4%	28.9%	8.6%
Nutrient Guideline		400-550		600		2.50	200.00		7.00		<=30.0	<10.00

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Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/28/2024												
Rockwood Middle Breakfast	Total											
Bacon Egg & Cheese Croissant	1 each	297	119	671	2.00	*8.63	*102.0	4	12.29	30.19	14.47	5.88
Cinnatwin	Roll	240	5	260	4.00	5.40	100.3	16	4.0	45.99	6.0	2.00
Bagel, Toasted	bagel	140	0	160	4.00	*N/A*	20.0	5	6.0	28.0	1.0	0.00
BeneFIT Bar Variety	Bar	290	20	220	3.00	1.62	20.0	22	5.0	47.5	9.0	3.00
Breakfast Bar, WG Sky Blue	Bar	270	5	290	1.00	1.08	20.0	21	4.0	43.0	8.0	4.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8	5.0	32.0	16.0	7.00
Hadley Farms Rasp/Cream Bar	Bar	280	0	280	3.00	1.80	40.0	19	5.0	46.0	8.0	2.50
Donuts Mini Chocolate IW	Package	376	0	299	2.21	1.99	44.2	21	5.53	45.34	16.59	7.74
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19	4.0	41.0	11.0	4.50
Oatmeal Round Apple Cinnamon	round	270	20	240	4.00	1.44	30.0	15	5.0	39.0	12.0	4.50
Oatmeal Round Banana Choc Chip	round	280	10	240	4.00	1.60	30.0	15	5.0	39.0	12.0	4.00
Granola Bar, Dark Choc 88Acres	Bar	180	0	115	2.00	1.80	30.0	9	6.0	26.0	7.0	1.50
Pop Tart Blueberry WG 1 Pk	Pop Tart	170	0	115	3.00	1.80	130.0	14	2.0	36.0	2.5	1.00
Pop Tart Cinnamon WG 1 Pk	PopTart	170	0	120	3.00	1.80	130.0	15	2.0	37.0	3.0	1.00
Pop Tart Fudge WG 1 Pk	Pop Tart	170	0	190	3.00	1.80	100.0	15	2.0	36.0	3.0	1.00
Pop Tart Strawberry WG 1 Pk	PopTart	170	0	115	3.00	1.80	130.0	14	2.0	36.0	2.5	1.00
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9	3.0	29.0	3.5	0.00
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11	3.0	44.0	5.0	0.50
Cereal Lucky Charms 2 oz Bowl	2 oz bowl	210	0	350	4.00	5.40	200.0	19	4.0	47.0	2.0	0.00
Cereal Blueberry Chex 2 oz	2 oz bowl	240	0	350	1.00	16.20	100.0	12	3.0	46.0	5.0	0.50
Cereal Cocoa Puffs 2 oz Bowl	2 oz bowl	220	0	230	3.00	5.40	200.0	15	3.0	47.0	2.5	0.00
Dunkin' Stik WG	1 each	170	0	180	2.00	1.00	25.0	14	3.0	29.0	4.5	1.50
Granola Bake, Blueberry Pomegr	1 oz Bar	110	5	60	2.00	1.08	20.0	8	2.0	19.0	3.0	0.50
Granola Bake, Chocolate Cherry	1 oz Bar	110	5	65	2.00	1.08	34.0	7	2.0	19.0	3.0	1.00
Granola Bake,Oatmeal Cranberry	1 oz Bar	110	5	80	1.00	1.08	58.0	6	2.0	18.0	3.0	0.50
KIND Dark Chocolate Chunk Bar	Bar	150	0	65	2.00	1.08	0.0	8	2.0	23.0	5.0	1.50
KIND Oats & Honey Granola Bar	Bar	150	0	95	2.00	1.08	0.0	6	3.0	23.0	5.0	1.50
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
Nutri-Grain Bar Variety	bar	153	0	140	3.00	1.83	160.0	14	2.0	30.0	3.67	0.50
Quaker Chocolate Chunk Granola	Bar	160	0	135	2.00	0.72	0.0	12	2.0	31.0	3.0	1.00

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Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

Generated on: 2/23/2024 11:23:30 AM

	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 - 03/28/2024												
Quaker Cookies & Cream Granola	bar	150	0	135	4.00	0.72	100.0	9	2.0	29.0	4.0	1.00
Pumpkin Bread Slice Super Bake	1 each	260	0	240	2.00	1.00	114.0	24	5.0	44.0	8.0	1.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Crackers Animal Keebler	1 EACH	120	0	115	2.00	0.72	0.0	8	2.0	22.0	3.5	1.00
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
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0	7.0	1.0	8.99	5.01
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
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		9718	591	9479	117.21	*106.97	*4949.8	*630	220.10	1551.3	309.46	93.20
% of Calories								*25.9%	9.1%	63.9%	28.7%	8.6%
Nutrient Guideline		400-550		600		2.50	200.00		7.00		<=30.0	<10.00

Weighted Average		9688	558	9290	115.82	*100.77	*4892.6	*630	218.80	1541.6	310.08	92.98
								*58.5%	9.0%	63.7%	28.8%	8.6%

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