

# Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

## Base Menu Spreadsheet

Rockwood Elementary Lunch

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/01/2024												
Rockwood Elementary Lunch	Total											
Wild Mike's Cheese Pocket	Pocket	280	35	460	0.00	2.00	453.0	2	19.0	28.0	10.0	6.00
Marinara Sauce	1/4 Cup	35	0	280	1.00	0.54	10.0	4	1.0	6.0	0.75	0.00
Corn, Canned	1/2 CUP	102	0	70	3.04	0.54	1.2	5	3.04	23.49	1.52	0.00
Orange Wedges	Whole Orang	62	0	0	3.14	0.13	52.4	12	1.23	15.39	0.16	0.02
Pancakes Mini Confetti Eggo	Pouch	210	10	210	4.00	3.60	40.0	11	4.0	36.0	7.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	1.84	0.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	199.9	0	7.0	0.0	5.99	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		4067	603	4549	38.02	*26.06	*2871.8	233	183.88	470.53	169.08	46.33
% of Calories								22.9%	18.1%	46.3%	37.4%	10.3%
Nutrient Guideline		550-650		1230		3.30	267.00		8.65		<=30.0	<10.00

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

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

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Rockwood Elementary Lunch

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/04/2024												
Rockwood Elementary Lunch	Total											
Pancake Sausage Bites (Lunch)	6 pieces	265	48	433	2.41	1.32	12.0	5	12.03	20.45	15.64	3.61
Syrup, Pancake 1.5 oz	1.5 oz	120	0	40	0.00	0.00	0.0	17	0.0	31.0	0.0	0.00
Sweet Potato Battered Seasoned	3 oz	173	0	205	1.08	0.54	32.4	8	1.08	26.97	7.55	1.08
Applesauce Cup Birthday Cake	4.5 oz cup	50	0	0	1.00	*N/A*	5.0	12	0.0	14.0	0.0	0.00
Waffle, Sweet Cinnamon Snack'n	Waffle	250	44	290	2.00	1.44	30.0	15	6.0	37.0	9.0	4.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	1.84	0.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	199.9	0	7.0	0.0	5.99	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		4235	650	4497	33.32	*22.56	*2394.6	256	174.72	491.07	181.85	48.00
% of Calories								24.2%	16.5%	46.4%	38.6%	10.2%
Nutrient Guideline		550-650		1230		3.30	267.00		8.65		<=30.0	<10.00

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

Rockwood Elementary Lunch

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/05/2024												
Rockwood Elementary Lunch	Total											
BBQ Pulled Pork Sand Brookwood	#12 scoop	347	64	611	2.00	2.70	69.7	*6	23.0	34.15	13.5	4.20
Cowboy Beans	1/2 CUP	185	0	394	5.86	2.05	52.1	*10	5.61	40.32	0.12	0.00
Tropical Fruit Salad	1/2 CUP	70	0	0	1.00	0.00	0.0	15	0.5	16.0	0.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Frosted Flakes Bowlpak	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Tiger Bites, Cinnamon Graham	pkg	120	0	95	1.00	0.80	0.0	8	2.0	21.0	4.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	1.84	0.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	199.9	0	7.0	0.0	5.99	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
Juice Apple	-serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	-serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		4860	622	5759	50.69	*42.01	*2787.0	*291	198.72	640.11	175.28	44.51
% of Calories								*24.0%	16.4%	52.7%	32.5%	8.2%
Nutrient Guideline		550-650		1230		3.30	267.00		8.65		<=30.0	<10.00

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Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/06/2024												
Rockwood Elementary Lunch	Total											
Pizza Create your Own		282	27	744	4.01	1.84	330.2	*1	16.68	31.25	11.09	4.69
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
Bananarama	1/2 cup	80	0	1	2.12	0.22	7.0	10	0.83	18.39	1.25	1.09
Muffin Apple Cinnamon Otis	Muffin	190	40	130	2.00	0.00	0.0	16	3.0	30.0	6.0	2.00
Muffin Banana Otis	Muffin	190	31	130	2.00	0.72	40.0	*N/A*	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	1 Each	190	40	130	2.00	1.00	25.0	10	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	200	40	130	2.00	0.00	0.0	17	4.0	32.0	6.0	2.00
Goldfish Pretzels	package	90	0	200	1.00	0.72	10.0	0	2.0	16.0	1.5	0.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	1.84	0.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	199.9	0	7.0	0.0	5.99	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		4626	736	5016	44.72	*24.31	*2773.8	*254	190.93	555.15	187.59	53.11
% of Calories								*22.0%	16.5%	48.0%	36.5%	10.3%
Nutrient Guideline		550-650		1230		3.30	267.00		8.65		<=30.0	<10.00

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### 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												
Rockwood Elementary Lunch	Total											
Chicken Crispy Sandwich	Sandwich	350	45	530	5.00	2.70	50.0	4	26.0	39.0	10.5	1.50
Mixed Vegetables, Steamed	1/2 CUP	71	0	71	3.54	*0.02	*1.0	4	2.39	14.33	0.0	0.00
Apples, Sliced in Bag 2 oz	2 oz Bag	33	0	0	1.00	0.00	10.0	7	0.0	9.0	0.0	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7	2.0	21.0	4.0	1.00
Cracker Goldfish Colors	1 each	100	0	170	1.00	0.72	20.0	0	2.0	14.0	3.5	0.50
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	1.84	0.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	199.9	0	7.0	0.0	5.99	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		4052	603	4355	37.37	*22.70	*2401.2	221	188.00	458.97	167.66	42.31
% of Calories								21.9%	18.6%	45.3%	37.2%	9.4%
Nutrient Guideline		550-650		1230		3.30	267.00		8.65		<=30.0	<10.00

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

Mar 1, 2024 thru Mar 31, 2024

## Base Menu Spreadsheet

Rockwood Elementary Lunch

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/08/2024												
Rockwood Elementary Lunch	Total											
Fish Sticks	4 sticks	209	40	398	0.00	*N/A*	*N/A*	0	11.94	21.88	9.95	1.99
Breadstick, WG 1 oz	Breadstick	80	0	160	2.00	0.72	0.0	2	3.0	16.0	1.0	0.00
Potatoes, Golden Nuggets	1/2 cup	131	0	252	2.01	0.36	5.0	0	2.01	17.11	6.54	0.50
Mixed Berries Frozen Cup	4 oz cup	90	0	0	2.00	*N/A*	*N/A*	16	0.0	20.0	0.0	0.00
Pancakes Mini Confetti Eggo	Pouch	210	10	210	4.00	3.60	40.0	11	4.0	36.0	7.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	1.84	0.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	199.9	0	7.0	0.0	5.99	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		4098	608	4549	36.84	*23.94	*2360.2	229	176.56	472.63	174.14	42.80
% of Calories								22.3%	17.2%	46.1%	38.2%	9.4%
Nutrient Guideline		550-650		1230		3.30	267.00		8.65		<=30.0	<10.00

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# Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

## Base Menu Spreadsheet

Rockwood Elementary Lunch

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/11/2024												
Rockwood Elementary Lunch	Total											
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
Latin Baked Beans	1/2 Cup	271	0	495	12.74	3.31	63.1	*3	12.69	50.66	1.52	0.71
Blueberries, Frozen	1/2 Cup	34	0	0	2.00	0.86	12.0	*N/A*	0.54	8.12	0.0	0.00
Waffle, Sweet Cinnamon Snack'n	Waffle	250	44	290	2.00	1.44	30.0	15	6.0	37.0	9.0	4.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	1.84	0.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	199.9	0	7.0	0.0	5.99	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		4173	642	4784	45.56	*26.36	*2490.3	*226	183.84	487.42	169.17	46.52
% of Calories								*21.6%	17.6%	46.7%	36.5%	10.0%
Nutrient Guideline		550-650		1230		3.30	267.00		8.65		<=30.0	<10.00

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# Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

## Base Menu Spreadsheet

Rockwood Elementary Lunch

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/12/2024												
Rockwood Elementary Lunch	Total											
Chicken Popcorn Smackers	10 pieces	270	70	630	3.00	1.44	20.0	0	19.0	20.0	13.0	2.50
Breadstick, WG 1 oz	Breadstick	80	0	160	2.00	0.72	0.0	2	3.0	16.0	1.0	0.00
Corn, Canned	1/2 CUP	102	0	70	3.04	0.54	1.2	5	3.04	23.49	1.52	0.00
Peaches, Sliced Extra Lt Syrup	1/2 CUP	58	0	10	0.00	0.00	0.0	11	0.0	13.44	0.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Frosted Flakes Bowlpak	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Tiger Bites, Cinnamon Graham	pkg	120	0	95	1.00	0.80	0.0	8	2.0	21.0	4.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	1.84	0.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	199.9	0	7.0	0.0	5.99	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		4768	628	5624	49.87	*39.95	*2686.4	277	194.65	622.58	177.17	42.81
% of Calories								23.2%	16.3%	52.2%	33.4%	8.1%
Nutrient Guideline		550-650		1230		3.30	267.00		8.65		<=30.0	<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/13/2024												
Rockwood Elementary Lunch	Total											
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3	15.0	35.0	18.0	8.00
Pizza 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
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
Carrots, Glazed	1/2 cup	86	0	246	2.99	0.48	46.6	*4	0.72	20.22	0.42	0.04
Grapes, Fresh Seedless	1/2 CUP	52	0	2	0.68	0.27	7.6	12	0.54	13.67	0.12	0.04
Muffin Apple Cinnamon Otis	Muffin	190	40	130	2.00	0.00	0.0	16	3.0	30.0	6.0	2.00
Muffin Banana Otis	Muffin	190	31	130	2.00	0.72	40.0	*N/A*	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	1 Each	190	40	130	2.00	1.00	25.0	10	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	200	40	130	2.00	0.00	0.0	17	4.0	32.0	6.0	2.00
Goldfish Pretzels	package	90	0	200	1.00	0.72	10.0	0	2.0	16.0	1.5	0.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	1.84	0.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	199.9	0	7.0	0.0	5.99	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50

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# Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

## Base Menu Spreadsheet

Rockwood Elementary Lunch

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		7636	1109	12047	57.50	*46.44	*4941.4	*289	315.87	864.54	321.69	121.39
% of Calories								*15.1%	16.5%	45.3%	37.9%	14.3%
Nutrient Guideline		550-650		1230		3.30	267.00		8.65		<=30.0	<10.00

Thu - 03/14/2024												
Rockwood Elementary Lunch	Total											
Japanese Cherry Blossom Chicken	#8 scoop	202	46	354	2.02	1.27	0.0	14	13.15	27.31	4.05	1.01
Rice, White	1/2 cup	110	0	95	0.53	0.98	22.1	0	2.21	23.85	0.3	0.09
Broccoli, Roast/Steamed	1/2 Cup	26	0	22	2.76	0.55	46.3	*N/A*	2.81	4.86	0.1	0.02
Pears, Canned Extra Lt Syrup	1/2 CUP	61	0	5	2.02	0.00	0.0	12	0.0	16.15	0.0	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7	2.0	21.0	4.0	1.00
Cracker Goldfish Colors	1 each	100	0	170	1.00	0.72	20.0	0	2.0	14.0	3.5	0.50
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	1.84	0.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	199.9	0	7.0	0.0	5.99	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		3997	603	4230	35.16	*22.78	*2408.7	*233	177.79	468.82	161.61	41.92
% of Calories								*23.3%	17.8%	46.9%	36.4%	9.4%
Nutrient Guideline		550-650		1230		3.30	267.00		8.65		<=30.0	<10.00

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# Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

## Base Menu Spreadsheet

Rockwood Elementary Lunch

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/15/2024												
Rockwood Elementary Lunch	Total											
Fish Pollock, Potato Brd Wedge	Wedge	210	45	330	1.00	0.72	0.0	0	14.0	13.0	11.0	2.00
Hushpuppies	2 Each	93	3	120	0.67	0.48	26.7	1	1.33	12.0	4.67	0.67
French Fries, Crinkle Cut	1/2 Cup	92	0	26	0.51	0.20	10.2	0	0.51	13.29	3.58	0.51
Sidekicks Blue Raspberry Lemon	4.4 oz cup	90	0	20	0.00	1.44	60.0	21	0.0	23.0	0.0	0.00
Pancakes Mini Confetti Eggo	Pouch	210	10	210	4.00	3.60	40.0	11	4.0	36.0	7.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	1.84	0.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	199.9	0	7.0	0.0	5.99	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		4073	616	4235	33.01	*25.70	*2452.1	233	175.45	458.93	175.90	43.49
% of Calories								22.9%	17.2%	45.1%	38.9%	9.6%
Nutrient Guideline		550-650		1230		3.30	267.00		8.65		<=30.0	<10.00

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# Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

## Base Menu Spreadsheet

Rockwood Elementary Lunch

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/25/2024												
Rockwood Elementary Lunch	Total											
Mozzarella Sticks Breaded	6 sticks	310	15	530	3.00	1.70	520.0	3	20.0	32.0	11.0	3.50
Marinara Sauce	1/2 Cup	70	0	560	2.00	1.08	20.0	7	2.0	12.0	1.5	0.00
Peas, Italian	1/2 cup	69	0	111	4.53	1.31	22.3	*0	4.27	12.86	0.23	0.04
Raisels	Pouch	130	0	5	2.00	0.00	20.0	24	1.0	29.0	0.0	0.00
Waffle, Sweet Cinnamon Snack'n	Waffle	250	44	290	2.00	1.44	30.0	15	6.0	37.0	9.0	4.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	1.84	0.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	199.9	0	7.0	0.0	5.99	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		4207	617	5025	40.35	*24.78	*2927.5	*249	188.88	484.50	171.39	46.85
% of Calories								*23.7%	18.0%	46.1%	36.7%	10.0%
Nutrient Guideline		550-650		1230		3.30	267.00		8.65		<=30.0	<10.00

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

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# Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

## Base Menu Spreadsheet

Rockwood Elementary Lunch

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/26/2024												
Rockwood Elementary Lunch	Total											
Cavatappi, Three Cheese	6 oz by weigh	329	48	825	2.05	1.03	393.8	3	16.41	27.69	16.41	9.54
Breadstick, WG 1 oz	Breadstick	80	0	160	2.00	0.72	0.0	2	3.0	16.0	1.0	0.00
Broccoli, Roast/Steamed	1/2 Cup	26	0	22	2.76	0.55	46.3	*N/A*	2.81	4.86	0.1	0.02
Pears, Diced Cinnamon	1/2 CUP	61	0	5	2.19	0.03	3.3	12	0.01	16.41	0.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs Bowl	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Cereal Froot Loops Bowlpak	1 each	100	0	170	2.00	1.80	0.0	8	2.0	24.0	0.5	0.00
Cereal Frosted Flakes Bowlpak	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal, Berry Colossal Crunch	bowl	110	0	200	0.00	3.60	0.0	12	1.0	24.0	1.0	0.00
Cereal Golden Grahams Bowlpak	1 each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Tiger Bites, Cinnamon Graham	pkg	120	0	95	1.00	0.80	0.0	8	2.0	21.0	4.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	1.84	0.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	199.9	0	7.0	0.0	5.99	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		4754	606	5765	50.83	*39.58	*3108.7	*277	191.84	614.61	179.17	49.87
% of Calories								*23.3%	16.1%	51.7%	33.9%	9.4%
Nutrient Guideline		550-650		1230		3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/27/2024												
Rockwood Elementary Lunch	Total											
Turkey Roast, Pulled	3 oz	192	69	675	0.02	0.01	1.4	*0	24.22	0.47	11.12	3.28
Roll, WG Sister Schubert's	roll	140	10	230	1.00	0.72	0.0	4	3.0	23.0	4.0	1.00
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
STRAWBERRIES,FRESH	1/2 Cup	23	0	1	1.44	0.30	11.5	4	0.48	5.53	0.22	0.01
Muffin Apple Cinnamon Otis	Muffin	190	40	130	2.00	0.00	0.0	16	3.0	30.0	6.0	2.00
Muffin Banana Otis	Muffin	190	31	130	2.00	0.72	40.0	*N/A*	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	1 Each	190	40	130	2.00	1.00	25.0	10	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	200	40	130	2.00	0.00	0.0	17	4.0	32.0	6.0	2.00
Goldfish Pretzels	package	90	0	200	1.00	0.72	10.0	0	2.0	16.0	1.5	0.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	1.84	0.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	199.9	0	7.0	0.0	5.99	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		4698	788	5624	39.29	*23.02	*2416.9	*250	198.31	547.82	193.40	52.56
% of Calories								*21.3%	16.9%	46.6%	37.0%	10.1%
Nutrient Guideline		550-650		1230		3.30	267.00		8.65		<=30.0	<10.00

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# Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

## Base Menu Spreadsheet

Rockwood Elementary Lunch

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/28/2024												
Rockwood Elementary Lunch	Total											
Hamburger on Bun Elem	1 each	270	40	340	2.00	2.78	50.0	4	17.0	30.0	9.5	3.50
Cheeseburger on Bun Elem	1 EACH	326	53	477	2.00	*2.78	*50.0	5	19.53	31.01	14.06	6.03
Baked Beans Bush's Best	1/2 Cup	140	0	371	5.02	1.81	40.1	12	5.02	30.09	0.0	0.00
Peaches, Diced Frozen Cup	4 oz cup	80	0	0	1.00	0.00	0.0	16	1.0	19.0	0.0	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7	2.0	21.0	4.0	1.00
Cracker Goldfish Colors	1 each	100	0	170	1.00	0.72	20.0	0	2.0	14.0	3.5	0.50
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	1.84	0.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.32	40.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14	3.0	19.0	0.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	199.9	0	7.0	0.0	5.99	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Sunflower Seed Butter 88 Acres	Pouch	200	0	15	2.00	1.44	20.0	3	6.0	8.0	17.0	1.50
Pumpkin Seed Butter 88 Acres	Pouch	190	0	15	2.00	2.40	10.0	2	8.0	5.0	17.0	2.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	150	10	230	0.00	0.36	200.0	22	8.0	24.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		4414	650	4942	37.85	*27.34	*2480.3	243	202.16	506.75	180.71	50.34
% of Calories								22.1%	18.3%	45.9%	36.8%	10.3%
Nutrient Guideline		550-650		1230		3.30	267.00		8.65		<=30.0	<10.00
Weighted Average		4577	672	5400	42.03	*29.17	*2766.7	*251 *49.3%	196.11 17.1%	542.96 47.4%	185.72 36.5%	51.52 10.1%

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# Rockwood School District

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Cals (kcal) % of Target	Cholst (mg)	Sodm (mg) Miss Data	Fiber (g) Shortfall	Iron (mg)	Calc (mg) Overage	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Error Messages (if any)
Calories	4577		550 - 650	704%					3927						Correction Required - Calories too High
Cholesterol (mg)	672														
Sodium 1 (mg)	5400		1230	439%					4170						Correction Required - Sodium too High
Sodium 1a (mg)	5400		1110	486%					4290						Correction Required - Sodium too High
Fiber (g)	42.03			884%											
Iron (mg)	29.17		3.30	1036%	Missing										
Calcium (mg)	2766.7		267.00		Missing										
Sugars (g)	251	21.92%		2267%	Missing										
Protein (g)	196.11	17.14%	8.65												
Carbohydrate (g)	542.96	47.45%													
Total Fat (g)	185.72	36.52%	<=30.00%												Correction Required - Total Fat too High
Saturated Fat (g)	51.52	10.13%	<10.00%												Correction Required - Sat. Fat too High

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