

Rockwood School District

Jun 3, 2024 thru Jun 28, 2024

Base Menu Spreadsheet

Rockwood Elementary 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 - 06/03/2024												
Rockwood Elementary Break	Total											
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
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
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 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 Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	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
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.30	240.0	9	3.0	25.0	6.0	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8	2.0	21.0	4.0	1.00
Cracker, Jungle Animal	Package	130	0	95	1.00	0.72	150.0	8	2.0	20.0	4.0	0.00
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, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	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		2860	196	2978	23.00	20.42	2786.3	*252	86.00	490.00	62.99	21.00
% of Calories								*35.2%	12.0%	68.5%	19.8%	6.6%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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

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

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Rockwood School District

Jun 3, 2024 thru Jun 28, 2024

Base Menu Spreadsheet

Rockwood Elementary 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 - 06/04/2024												
Rockwood Elementary Break	Total											
Biscuit, Egg and Cheese	Sandwich	326	113	582	0.50	*9.36	*141.0	4	9.53	30.01	17.06	8.03
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 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 Golden Grahams Bowlpak	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
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
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.30	240.0	9	3.0	25.0	6.0	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8	2.0	21.0	4.0	1.00
Cracker, Jungle Animal	Package	130	0	95	1.00	0.72	150.0	8	2.0	20.0	4.0	0.00
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, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	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		2726	198	3295	19.50	*30.76	*2962.3	237	87.53	452.01	63.55	23.03
% of Calories								34.7%	12.8%	66.3%	21.0%	7.6%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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

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Rockwood Elementary 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 - 06/05/2024												
Rockwood Elementary Break	Total											
Pancake Whole Grain (1)	Serving	63	3	127	1.00	0.54	10.0	3	2.0	12.0	1.0	0.00
Sausage Patty Pork Jones 1.5oz	patty	180	30	280	0.00	0.36	0.0	0	6.0	0.0	17.0	6.00
Sausage, Link Pork Jones	2 links	130	20	190	0.00	0.36	0.0	0	4.0	0.0	13.0	4.00
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
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 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 Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	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
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
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.30	240.0	9	3.0	25.0	6.0	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8	2.0	21.0	4.0	1.00
Cracker, Jungle Animal	Package	130	0	95	1.00	0.72	150.0	8	2.0	20.0	4.0	0.00
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, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	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		2773	138	3225	18.00	19.96	2731.3	245	88.00	440.00	75.99	25.00
% of Calories								35.3%	12.7%	63.5%	24.7%	8.1%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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Rockwood Elementary Breakfast

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Thu - 06/06/2024												
Rockwood Elementary Break	Total											
Bagel, Toasted	1 each	140	0	160	4.00	*N/A*	20.0	5	6.0	28.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2	1.0	2.0	7.0	4.00
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 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 Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	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
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
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.30	240.0	9	3.0	25.0	6.0	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8	2.0	21.0	4.0	1.00
Cracker, Jungle Animal	Package	130	0	95	1.00	0.72	150.0	8	2.0	20.0	4.0	0.00
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, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	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		2490	105	2858	21.00	*18.70	2761.3	232	83.00	427.00	52.99	19.00
% of Calories								37.3%	13.3%	68.6%	19.2%	6.9%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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Rockwood Elementary Breakfast

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Fri - 06/07/2024												
Rockwood Elementary Break	Total											
Cinnamon Roll	1 each	241	5	210	1.00	1.81	20.3	21	5.0	48.11	3.5	1.00
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 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 Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	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
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
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Annie's Organic Bunny Grahamz	Package	160	0	105	3.00	1.30	240.0	9	3.0	25.0	6.0	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8	2.0	21.0	4.0	1.00
Cracker, Jungle Animal	Package	130	0	95	1.00	0.72	150.0	8	2.0	20.0	4.0	0.00
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, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	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		2522	90	2799	18.00	20.51	2741.5	246	81.00	445.11	48.49	16.00
% of Calories								39.0%	12.8%	70.6%	17.3%	5.7%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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Rockwood Elementary 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 - 06/10/2024												
Rockwood Elementary Break	Total											
Pancakes Mini Confetti Eggo	Pouch	210	10	210	4.00	3.60	40.0	11	4.0	36.0	7.0	1.00
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 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 Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	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
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
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.30	240.0	9	3.0	25.0	6.0	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8	2.0	21.0	4.0	1.00
Cracker, Jungle Animal	Package	130	0	95	1.00	0.72	150.0	8	2.0	20.0	4.0	0.00
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, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	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		2490	95	2798	21.00	22.30	2761.3	236	80.00	433.00	51.99	16.00
% of Calories								37.9%	12.9%	69.6%	18.8%	5.8%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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Rockwood School District

Jun 3, 2024 thru Jun 28, 2024

Base Menu Spreadsheet

Rockwood Elementary 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 - 06/11/2024												
Rockwood Elementary Break	Total											
Biscuit, Egg and Cheese	Sandwich	326	113	582	0.50	*9.36	*141.0	4	9.53	30.01	17.06	8.03
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 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 Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	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
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
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Annie's Organic Bunny Grahamz	Package	160	0	105	3.00	1.30	240.0	9	3.0	25.0	6.0	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8	2.0	21.0	4.0	1.00
Cracker, Jungle Animal	Package	130	0	95	1.00	0.72	150.0	8	2.0	20.0	4.0	0.00
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, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	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		2606	198	3170	17.50	*28.06	*2862.3	229	85.53	427.01	62.05	23.03
% of Calories								35.1%	13.1%	65.5%	21.4%	8.0%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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Rockwood School District

Jun 3, 2024 thru Jun 28, 2024

Base Menu Spreadsheet

Rockwood Elementary 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 - 06/12/2024												
Rockwood Elementary Break	Total											
Pizza, Breakfast Tony's	pizza	200	15	320	3.00	1.80	150.0	6	9.0	26.0	7.0	2.00
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 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 Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	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
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
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.30	240.0	9	3.0	25.0	6.0	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8	2.0	21.0	4.0	1.00
Cracker, Jungle Animal	Package	130	0	95	1.00	0.72	150.0	8	2.0	20.0	4.0	0.00
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, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	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		2480	100	2908	20.00	20.50	2871.3	231	85.00	423.00	51.99	17.00
% of Calories								37.3%	13.7%	68.2%	18.9%	6.2%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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Rockwood School District

Jun 3, 2024 thru Jun 28, 2024

Base Menu Spreadsheet

Rockwood Elementary 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 - 06/13/2024												
Rockwood Elementary Break	Total											
Pancake Sausage Bites	5 pieces	220	40	360	2.00	1.10	10.0	4	10.0	17.0	13.0	3.00
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 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 Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	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
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
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.30	240.0	9	3.0	25.0	6.0	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8	2.0	21.0	4.0	1.00
Cracker, Jungle Animal	Package	130	0	95	1.00	0.72	150.0	8	2.0	20.0	4.0	0.00
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, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	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		2500	125	2948	19.00	19.80	2731.3	229	86.00	414.00	57.99	18.00
% of Calories								36.6%	13.8%	66.2%	20.9%	6.5%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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Rockwood School District

Jun 3, 2024 thru Jun 28, 2024

Base Menu Spreadsheet

Rockwood Elementary 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 - 06/14/2024												
Rockwood Elementary Break	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
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
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 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 Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	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
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
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.30	240.0	9	3.0	25.0	6.0	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8	2.0	21.0	4.0	1.00
Cracker, Jungle Animal	Package	130	0	95	1.00	0.72	150.0	8	2.0	20.0	4.0	0.00
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, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	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		2610	190	2928	19.00	20.50	2761.3	250	84.00	456.00	51.99	17.50
% of Calories								38.3%	12.9%	69.9%	17.9%	6.0%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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Rockwood School District

Jun 3, 2024 thru Jun 28, 2024

Base Menu Spreadsheet

Rockwood Elementary 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 - 06/17/2024												
Rockwood Elementary Break	Total											
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
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
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 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 Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	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
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.30	240.0	9	3.0	25.0	6.0	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8	2.0	21.0	4.0	1.00
Cracker, Jungle Animal	Package	130	0	95	1.00	0.72	150.0	8	2.0	20.0	4.0	0.00
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, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	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		2860	196	2978	23.00	20.42	2786.3	*252	86.00	490.00	62.99	21.00
% of Calories								*35.2%	12.0%	68.5%	19.8%	6.6%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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Rockwood School District

Jun 3, 2024 thru Jun 28, 2024

Base Menu Spreadsheet

Rockwood Elementary 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 - 06/18/2024												
Rockwood Elementary Break	Total											
Biscuit, Egg and Cheese	Sandwich	326	113	582	0.50	*9.36	*141.0	4	9.53	30.01	17.06	8.03
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 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 Golden Grahams Bowlpak	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
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
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.30	240.0	9	3.0	25.0	6.0	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8	2.0	21.0	4.0	1.00
Cracker, Jungle Animal	Package	130	0	95	1.00	0.72	150.0	8	2.0	20.0	4.0	0.00
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, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	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		2726	198	3295	19.50	*30.76	*2962.3	237	87.53	452.01	63.55	23.03
% of Calories								34.7%	12.8%	66.3%	21.0%	7.6%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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Rockwood School District

Jun 3, 2024 thru Jun 28, 2024

Base Menu Spreadsheet

Rockwood Elementary 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 - 06/20/2024												
Rockwood Elementary Break	Total											
Bagel, Toasted	1 each	140	0	160	4.00	*N/A*	20.0	5	6.0	28.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2	1.0	2.0	7.0	4.00
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 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 Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	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
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
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.30	240.0	9	3.0	25.0	6.0	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8	2.0	21.0	4.0	1.00
Cracker, Jungle Animal	Package	130	0	95	1.00	0.72	150.0	8	2.0	20.0	4.0	0.00
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, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	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		2490	105	2858	21.00	*18.70	2761.3	232	83.00	427.00	52.99	19.00
% of Calories								37.3%	13.3%	68.6%	19.2%	6.9%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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Rockwood School District

Jun 3, 2024 thru Jun 28, 2024

Base Menu Spreadsheet

Rockwood Elementary 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 - 06/21/2024												
Rockwood Elementary Break	Total											
Cinnamon Roll	1 each	241	5	210	1.00	1.81	20.3	21	5.0	48.11	3.5	1.00
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 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 Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	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
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
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Annie's Organic Bunny Grahamz	Package	160	0	105	3.00	1.30	240.0	9	3.0	25.0	6.0	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8	2.0	21.0	4.0	1.00
Cracker, Jungle Animal	Package	130	0	95	1.00	0.72	150.0	8	2.0	20.0	4.0	0.00
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, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	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		2522	90	2799	18.00	20.51	2741.5	246	81.00	445.11	48.49	16.00
% of Calories								39.0%	12.8%	70.6%	17.3%	5.7%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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Rockwood School District

Jun 3, 2024 thru Jun 28, 2024

Base Menu Spreadsheet

Rockwood Elementary 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 - 06/24/2024												
Rockwood Elementary Break	Total											
Pancakes Mini Confetti Eggo	Pouch	210	10	210	4.00	3.60	40.0	11	4.0	36.0	7.0	1.00
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 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 Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	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
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
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.30	240.0	9	3.0	25.0	6.0	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8	2.0	21.0	4.0	1.00
Cracker, Jungle Animal	Package	130	0	95	1.00	0.72	150.0	8	2.0	20.0	4.0	0.00
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, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	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		2490	95	2798	21.00	22.30	2761.3	236	80.00	433.00	51.99	16.00
% of Calories								37.9%	12.9%	69.6%	18.8%	5.8%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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Rockwood School District

Jun 3, 2024 thru Jun 28, 2024

Base Menu Spreadsheet

Rockwood Elementary 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 - 06/25/2024												
Rockwood Elementary Break	Total											
Biscuit, Egg and Cheese	Sandwich	326	113	582	0.50	*9.36	*141.0	4	9.53	30.01	17.06	8.03
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 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 Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	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
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
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.30	240.0	9	3.0	25.0	6.0	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8	2.0	21.0	4.0	1.00
Cracker, Jungle Animal	Package	130	0	95	1.00	0.72	150.0	8	2.0	20.0	4.0	0.00
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, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	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		2606	198	3170	17.50	*28.06	*2862.3	229	85.53	427.01	62.05	23.03
% of Calories								35.1%	13.1%	65.5%	21.4%	8.0%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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Rockwood School District

Jun 3, 2024 thru Jun 28, 2024

Base Menu Spreadsheet

Rockwood Elementary 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 - 06/26/2024												
Rockwood Elementary Break	Total											
Pizza, Breakfast Tony's	pizza	200	15	320	3.00	1.80	150.0	6	9.0	26.0	7.0	2.00
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 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 Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	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
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
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.30	240.0	9	3.0	25.0	6.0	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8	2.0	21.0	4.0	1.00
Cracker, Jungle Animal	Package	130	0	95	1.00	0.72	150.0	8	2.0	20.0	4.0	0.00
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, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	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		2480	100	2908	20.00	20.50	2871.3	231	85.00	423.00	51.99	17.00
% of Calories								37.3%	13.7%	68.2%	18.9%	6.2%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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Rockwood School District

Jun 3, 2024 thru Jun 28, 2024

Base Menu Spreadsheet

Rockwood Elementary 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 - 06/27/2024												
Rockwood Elementary Break	Total											
Pancake Sausage Bites	5 pieces	220	40	360	2.00	1.10	10.0	4	10.0	17.0	13.0	3.00
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 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 Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	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
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
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.30	240.0	9	3.0	25.0	6.0	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8	2.0	21.0	4.0	1.00
Cracker, Jungle Animal	Package	130	0	95	1.00	0.72	150.0	8	2.0	20.0	4.0	0.00
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, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	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		2500	125	2948	19.00	19.80	2731.3	229	86.00	414.00	57.99	18.00
% of Calories								36.6%	13.8%	66.2%	20.9%	6.5%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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Rockwood School District

Jun 3, 2024 thru Jun 28, 2024

Base Menu Spreadsheet

Rockwood Elementary 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 - 06/28/2024												
Rockwood Elementary Break	Total											
Manager's Choice	1 each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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 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 Lucky Charms 1 oz	bowl	110	0	180	2.00	2.80	90.0	9	2.0	23.0	1.0	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
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
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.30	240.0	9	3.0	25.0	6.0	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8	2.0	21.0	4.0	1.00
Cracker, Jungle Animal	Package	130	0	95	1.00	0.72	150.0	8	2.0	20.0	4.0	0.00
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, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	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		2280	85	2588	17.00	18.70	2721.3	225	76.00	397.00	44.99	15.00
% of Calories								39.5%	13.3%	69.6%	17.8%	5.9%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

Weighted Average		2579	138	2961	19.58	*22.17	*2798.3	*237	84.00	437.64	56.69	19.14
								*82.7%	13.0%	67.9%	19.8%	6.7%

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Rockwood School District

Jun 3, 2024 thru Jun 28, 2024

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

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Generated on: 5/13/2024 9:16:30 AM

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	2579		350 - 500	516%					2079						Correction Required - Calories too High
Cholesterol (mg)	138														
Sodium 1 (mg)	2961		540	548%					2421						Correction Required - Sodium too High
Fiber (g)	19.58														
Iron (mg)	22.17		2.50	887%		Missing									
Calcium (mg)	2798.3		200.00	1399%		Missing									
Sugars (g)	237	36.74%				Missing									
Protein (g)	84.00	13.03%	5.50	1527%											
Carbohydrate (g)	437.64	67.87%													
Total Fat (g)	56.69	19.78%	<=30.00%												
Saturated Fat (g)	19.14	6.68%	<10.00%												

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