

# Rockwood School District

Aug 19, 2024 thru Sep 30, 2024

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

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Generated on: 8/2/2024 1:05:34 PM

	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 - 08/19/2024												
Rockwood Elementary Lunch	Total											
Pizza Tonys 4x6 Cheese	1 each	280	25		4.00	2.20	260.0	2	16.0	32.0	11.0	5.00
Pizza, 4x6 Cheese Nardone	piece	321	31		3.00	2.00	433.0	3	20.0	29.0	14.0	7.00
Pizza, 4x6 Cheese w/Pepperoni	piece	333	36		3.00	2.14	433.0	3	21.17	29.19	14.58	7.19
Corn, Canned	1/2 CUP	102	0		3.04	0.54	1.2	5	3.04	23.49	1.52	0.00
Mixed Fruit, Cocktail	1/2 CUP	60	0		0.99	0.00	0.0	12	0.0	14.9	0.0	0.00
Waffle Snaps, Chocolate Chip	Package	230	0		3.00	1.08	9.0	16	3.0	40.0	7.0	1.50
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		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		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		4203	649	5107	39.86	*23.69	*3248.1	218	201.82	494.23	163.76	56.00
% of Calories								20.7%	19.2%	47.0%	35.1%	12.0%
Nutrient Guideline		550-650				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 School District

Aug 19, 2024 thru Sep 30, 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 - 08/20/2024												
Rockwood Elementary Lunch	Total											
Cavatappi, Three Cheese	6 oz by weight	329	48		2.05	1.03	393.8	4	16.41	27.69	16.41	9.33
Breadstick, WG 1 oz	Breadstick	80	0		2.00	0.80	0.0	2	3.0	16.0	1.0	0.00
Broccoli, Roast/Steamed	1/2 Cup	26	0		2.76	0.55	46.3	*N/A*	2.81	4.86	0.1	0.02
Blueberries w/Whip Topping	1/2 Cup	52	0		2.20	0.14	6.0	*1	0.32	10.5	1.5	1.04
Cereal Cinnamon Toast Crunch	Bowl	100	0		4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0		2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0		2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0		2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0		2.00	5.40	200.0	6	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0		1.00	2.20	90.0	6	2.0	23.0	1.5	0.00
Cracker, Mixed Berry Animal	pkg	110	0		2.00	1.08	4.0	6	2.0	18.0	3.5	0.50
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		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		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		4125	606	5440	46.84	*36.03	*3102.2	*226	175.15	541.70	146.17	46.20
% of Calories								*21.9%	17.0%	52.5%	31.9%	10.1%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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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)
Wed - 08/21/2024												
Rockwood Elementary Lunch	Total											
Mozzarella Sticks Breaded	6 sticks	310	15		3.00	1.70	520.0	3	20.0	32.0	11.0	3.50
Marinara Sauce	1/4 Cup	35	0		1.00	0.54	10.0	4	1.0	6.0	0.75	0.00
Green Beans, Italian	1/2 cup	28	0		3.40	0.61	34.4	*2	1.7	5.22	0.0	0.00
Grapes, Fresh Seedless	1/2 CUP	52	0		0.68	0.27	7.6	12	0.54	13.67	0.12	0.04
Muffin Blueberry Otis	1 Each	190	40		2.00	1.00	25.0	10	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	200	40		2.00	0.00	0.0	17	4.0	32.0	6.0	2.00
Muffin, Apple Cinnamon Chef P	Muffin	180	15		2.00	1.00	20.0	12	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10		1.00	1.00	10.0	15	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10		1.00	1.00	10.0	14	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10		2.00	1.50	15.0	14	3.0	29.0	6.0	1.50
Goldfish Pretzels	package	90	0		1.00	0.72	10.0	0	2.0	16.0	1.5	0.00
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		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		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		4533	698	5460	41.91	*25.07	*2774.0	*279	179.85	575.53	167.04	47.35
% of Calories								*24.6%	15.9%	50.8%	33.2%	9.4%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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# Rockwood School District

Aug 19, 2024 thru Sep 30, 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 - 08/22/2024												
Rockwood Elementary Lunch	Total											
Hamburger on Bun Elem	1 each	270	40		2.00	2.78	50.0	4	17.0	30.0	9.5	3.50
Cheeseburger on Bun Elem	1 EACH	326	53		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		5.02	1.81	40.1	12	5.02	30.09	0.0	0.00
Peaches, Fresh	1 EACH	59	0		2.25	0.38	9.0	13	1.37	14.31	0.38	0.03
Bug Bites Graham Crackers	Package	120	0		1.00	0.72	0.0	8	2.0	21.0	4.0	1.00
Crackers Cheez-It Whole Grain	Package	100	5		1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		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		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		3892	655	4844	36.10	*25.09	*2281.1	218	185.52	466.06	147.10	46.87
% of Calories								22.4%	19.1%	47.9%	34.0%	10.8%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Fri - 08/23/2024												
Rockwood Elementary Lunch	Total											
Chicken and Waffle Elem	2 strips/1 waff	232	46		3.33	3.13	144.0	3	16.66	23.33	7.17	1.75
Syrup, Pancake 1.5 oz	1.5 oz	120	0		0.00	0.00	0.0	17	0.0	31.0	0.0	0.00
Sweet Potato Battered Seasoned	3 oz	173	0		1.08	0.54	32.4	8	1.08	26.97	7.55	1.08
Strawberry Frozen Cup	4.5 oz	90	0		1.99	0.36	0.0	18	1.0	21.92	0.0	0.00
Pancakes Mini Confetti Eggo	Pouch	200	0		6.00	3.60	40.0	11	4.0	36.0	6.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		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		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		3692	603	4272	35.23	*23.36	*2328.3	233	161.35	464.86	136.38	39.14
% of Calories								25.2%	17.5%	50.4%	33.2%	9.5%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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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 - 08/26/2024												
Rockwood Elementary Lunch	Total											
Corn Dog, Chicken Foster Farms	1 Each	240	40		2.00	1.50	100.0	8	9.0	30.0	9.0	2.50
Potato Smiles	4 smiles	130	0		2.00	0.40	10.0	0	2.0	20.0	4.5	0.50
Applesauce, flavored	1/2 cup	106	0		1.03	0.00	0.0	*11	0.75	27.32	0.0	0.00
Waffle Snaps, Chocolate Chip	Package	230	0		3.00	1.08	9.0	16	3.0	40.0	7.0	1.50
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		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		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		3583	598	4279	30.86	*18.71	*2231.0	*212	153.36	442.96	136.16	39.81
% of Calories								*23.7%	17.1%	49.4%	34.2%	10.0%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Aug 19, 2024 thru Sep 30, 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 - 08/27/2024												
Rockwood Elementary Lunch	Total											
Japanese Cherry BlossomChicken	#8 scoop	202	46		2.02	1.27	0.0	14	13.15	27.31	4.05	1.01
Rice, White	1/2 cup	110	0		0.53	0.98	22.1	0	2.21	23.85	0.3	0.09
Broccoli, Roast/Steamed	1/2 Cup	26	0		2.76	0.55	46.3	*N/A*	2.81	4.86	0.1	0.02
Pineapple Chunks	1/2 CUP	75	0		1.00	0.35	17.4	18	0.52	19.55	0.1	0.01
Cookie, Fortune	1 each	30	0		0.13	0.12	1.0	4	0.34	6.72	0.22	0.05
Cereal Cinnamon Toast Crunch	Bowl	100	0		4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0		2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0		2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0		2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0		2.00	5.40	200.0	6	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0		1.00	2.20	90.0	6	2.0	23.0	1.5	0.00
Cracker, Mixed Berry Animal	pkg	110	0		2.00	1.08	4.0	6	2.0	18.0	3.5	0.50
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		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		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		4081	603	4905	44.27	*36.79	*2742.8	*255	171.64	564.93	131.93	36.99
% of Calories								*25.0%	16.8%	55.4%	29.1%	8.2%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Aug 19, 2024 thru Sep 30, 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 - 08/28/2024												
Rockwood Elementary Lunch	Total											
Spaghetti w Mt Sce Combi 1 MMA	3/4 cup	265	20		5.97	3.09	42.6	*6	13.47	42.79	5.82	1.59
Breadstick, WG 1 oz	Breadstick	80	0		2.00	0.80	0.0	2	3.0	16.0	1.0	0.00
Peas, steamed	1/2 cup	66	0		4.45	1.28	20.8	*0	4.16	12.17	0.23	0.04
Watermelon, Fresh	1/2 Cup	23	0		0.30	0.18	5.3	5	0.46	5.74	0.11	0.01
Muffin, Apple Cinnamon Chef P	Muffin	180	15		2.00	1.00	20.0	12	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10		1.00	1.00	10.0	15	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10		1.00	1.00	10.0	14	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10		2.00	1.50	15.0	14	3.0	29.0	6.0	1.50
Goldfish Pretzels	package	90	0		1.00	0.72	10.0	0	2.0	16.0	1.5	0.00
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		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		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		4151	622	4942	42.55	*26.30	*2245.6	*245	170.71	533.35	150.33	41.45
% of Calories								*23.6%	16.4%	51.4%	32.6%	9.0%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Aug 19, 2024 thru Sep 30, 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 - 08/29/2024												
Rockwood Elementary Lunch	Total											
BBQ Pulled Pork Sand Brookwood	#12 scoop	347	64		2.00	2.70	69.7	*6	23.0	34.15	13.5	4.20
Baked Beans Bush's Best	1/2 Cup	140	0		5.02	1.81	40.1	12	5.02	30.09	0.0	0.00
Peaches, Diced Frozen Cup	4 oz cup	80	0		1.00	0.00	0.0	16	1.0	19.0	0.0	0.00
Bug Bites Graham Crackers	Package	120	0		1.00	0.72	0.0	8	2.0	21.0	4.0	1.00
Crackers Cheez-It Whole Grain	Package	100	5		1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		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		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		3666	627	4639	32.85	*21.86	*2241.8	*219	171.62	443.89	136.66	41.51
% of Calories								*23.9%	18.7%	48.4%	33.6%	10.2%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Aug 19, 2024 thru Sep 30, 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 - 08/30/2024												
Rockwood Elementary Lunch	Total											
Chicken Crispy Sandwich	Sandwich	350	45		5.00	2.70	50.0	4	26.0	39.0	10.5	1.50
Chicken Brd Patty on Bun Elem	Sandwich	430	65		3.00	3.30	60.0	4	25.0	45.0	17.5	4.00
Doritos Wild White Nacho	bag	130	0		2.00	0.30	40.0	1	2.0	20.0	5.0	1.00
Carrots, Baby Raw	1/2 cup	25	0		2.10	0.65	23.2	3	0.46	5.98	0.09	0.02
Apples, Sliced in Bag 2 oz	2 oz Bag	33	0		1.00	0.00	10.0	7	0.0	9.0	0.0	0.00
Pancakes Mini Confetti Eggo	Pouch	200	0		6.00	3.60	40.0	11	4.0	36.0	6.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		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		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		4046	668	5122	41.94	*26.28	*2335.2	207	196.07	480.62	154.76	42.83
% of Calories								20.4%	19.4%	47.5%	34.4%	9.5%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Aug 19, 2024 thru Sep 30, 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 - 09/03/2024												
Rockwood Elementary Lunch	Total											
Soft Pretzel	1 each	150	0		3.00	1.80	20.0	1	5.0	30.0	1.0	0.00
Cheddar Cheese Sauce	3 oz	130	30		0.00	0.00	288.0	0	7.0	5.0	10.0	6.00
Baked Beans Bush's Best	1/2 Cup	140	0		5.02	1.81	40.1	12	5.02	30.09	0.0	0.00
Blueberries w/Whip Topping	1/2 Cup	52	0		2.20	0.14	6.0	*1	0.32	10.5	1.5	1.04
Cereal Cinnamon Toast Crunch	Bowl	100	0		4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0		2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0		2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0		2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0		2.00	5.40	200.0	6	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0		1.00	2.20	90.0	6	2.0	23.0	1.5	0.00
Cracker, Mixed Berry Animal	pkg	110	0		2.00	1.08	4.0	6	2.0	18.0	3.5	0.50
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		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		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		4111	588	5493	48.05	*37.26	*3010.1	*233	169.95	558.24	139.66	42.85
% of Calories								*22.7%	16.5%	54.3%	30.6%	9.4%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Aug 19, 2024 thru Sep 30, 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 - 09/04/2024												
Rockwood Elementary Lunch	Total											
Mandarin Orange Chicken Elem	#8 scoop 3.6o	150	40		0.00	0.72	20.0	10	11.0	19.0	3.0	0.50
Rice, White	1/2 cup	110	0		0.53	0.98	22.1	0	2.21	23.85	0.3	0.09
Tropical Fruit Salad	1/2 CUP	70	0		1.00	0.00	0.0	15	0.5	16.0	0.0	0.00
Cookie, Fortune	1 each	30	0		0.13	0.12	1.0	4	0.34	6.72	0.22	0.05
Muffin, Apple Cinnamon Chef P	Muffin	180	15		2.00	1.00	20.0	12	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10		1.00	1.00	10.0	15	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10		1.00	1.00	10.0	14	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10		2.00	1.50	15.0	14	3.0	29.0	6.0	1.50
Goldfish Pretzels	package	90	0		1.00	0.72	10.0	0	2.0	16.0	1.5	0.00
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		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		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		4078	643	4503	31.49	*22.77	*2220.1	261	163.66	522.21	146.68	40.45
% of Calories								25.6%	16.1%	51.2%	32.4%	8.9%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Aug 19, 2024 thru Sep 30, 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 - 09/05/2024												
Rockwood Elementary Lunch	Total											
Pizza, Wild Mike Cheese 10-Cut	slice	390	35		1.00	2.00	404.0	6	19.0	37.0	15.0	7.00
Carrots, Canned	1/2 cup	37	0		2.02	0.00	40.8	4	0.0	8.14	0.0	0.00
Pears, Canned Extra Lt Syrup	1/2 CUP	61	0		2.02	0.00	0.0	12	0.0	16.15	0.0	0.00
Bug Bites Graham Crackers	Package	120	0		1.00	0.72	0.0	8	2.0	21.0	4.0	1.00
Crackers Cheez-It Whole Grain	Package	100	5		1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		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		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		3585	598	4466	29.87	*19.35	*2576.7	207	161.61	421.94	138.16	44.31
% of Calories								23.1%	18.0%	47.1%	34.7%	11.1%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Aug 19, 2024 thru Sep 30, 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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 09/06/2024												
Rockwood Elementary Lunch	Total											
Hot Dog on Bun	1 each	270	50		2.00	2.42	100.0	5	14.0	31.0	10.5	3.00
French Fries, Crinkle Cut	1/2 Cup	92	0		0.51	0.20	10.2	0	0.51	13.29	3.58	0.51
Orange Wedges	Whole Orang	69	0		3.08	0.18	60.2	12	1.27	17.56	0.21	0.02
Pancakes Mini Confetti Eggo	Pouch	200	0		6.00	3.60	40.0	11	4.0	36.0	6.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		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		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		3508	608	4143	34.42	*22.14	*2322.4	205	158.39	423.49	135.95	39.84
% of Calories								23.3%	18.1%	48.3%	34.9%	10.2%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Aug 19, 2024 thru Sep 30, 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)
Mon - 09/09/2024												
Rockwood Elementary Lunch	Total											
Fish Pollock, Potato Brd Wedge	Wedge	210	45		1.00	0.72	0.0	0	14.0	13.0	11.0	2.00
Hushpuppies	2 Each	93	3		0.67	0.48	26.7	1	1.33	12.0	4.67	0.67
Baked Beans Bush's Best	1/2 Cup	140	0		5.02	1.81	40.1	12	5.02	30.09	0.0	0.00
Strawberry Frozen Cup	4.5 oz	90	0		1.99	0.36	0.0	18	1.0	21.92	0.0	0.00
Waffle Snaps, Chocolate Chip	Package	230	0		3.00	1.08	9.0	16	3.0	40.0	7.0	1.50
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		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		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		3641	606	4407	34.50	*20.18	*2187.8	224	162.95	442.65	138.33	39.48
% of Calories								24.6%	17.9%	48.6%	34.2%	9.8%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Aug 19, 2024 thru Sep 30, 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 - 09/10/2024												
Rockwood Elementary Lunch	Total											
French Toast Sticks, Cinn Glzd	3 stick	210	105		2.00	1.80	40.0	8	8.0	28.0	7.0	2.50
Sausage, Link Pork Jones	2 links	130	20		0.00	0.36	0.0	0	4.0	0.0	13.0	4.00
Sweet Potato Battered Seasoned	3 oz	173	0		1.08	0.54	32.4	8	1.08	26.97	7.55	1.08
Mixed Fruit, Cocktail	1/2 CUP	60	0		0.99	0.00	0.0	12	0.0	14.9	0.0	0.00
Syrup, Pancake 1.5 oz	1.5 oz	120	0		0.00	0.00	0.0	17	0.0	31.0	0.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0		4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0		2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0		2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0		2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0		2.00	5.40	200.0	6	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0		1.00	2.20	90.0	6	2.0	23.0	1.5	0.00
Cracker, Mixed Berry Animal	pkg	110	0		2.00	1.08	4.0	6	2.0	18.0	3.5	0.50
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		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		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		4330	683	5171	41.90	*36.21	*2728.3	263	165.69	583.51	154.71	43.39
% of Calories								24.3%	15.3%	53.9%	32.2%	9.0%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Aug 19, 2024 thru Sep 30, 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 - 09/11/2024												
Rockwood Elementary Lunch	Total											
Pizza Dominos Cheese Slice 14"	slice	340	45		0.00	2.00	352.0	3	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45		1.00	2.70	318.0	3	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40		2.00	2.70	282.0	3	15.0	35.0	18.0	8.00
Pizza Papa John's Cheese	slice	350	40		2.00	2.70	250.0	5	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50		2.00	2.70	250.0	5	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50		2.00	2.70	60.0	5	16.0	39.0	19.0	9.00
Pizza Hut Cheese 14"	Slice	320	40		3.00	2.70	380.0	2	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45		3.00	2.80	285.0	2	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45		3.00	3.00	320.0	2	17.0	36.0	18.0	9.00
Mixed Vegetables, Steamed	1/2 CUP	71	0		3.54	*0.02	*1.0	4	2.39	14.33	0.0	0.00
Grapes, Fresh Seedless	1/2 CUP	52	0		0.68	0.27	7.6	12	0.54	13.67	0.12	0.04
Muffin, Apple Cinnamon Chef P	Muffin	180	15		2.00	1.00	20.0	12	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10		1.00	1.00	10.0	15	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10		1.00	1.00	10.0	14	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10		2.00	1.50	15.0	14	3.0	29.0	6.0	1.50
Goldfish Pretzels	package	90	0		1.00	0.72	10.0	0	2.0	16.0	1.5	0.00
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		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		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		7101	1003	11748	52.05	*45.25	*4682.5	277	296.54	814.64	289.29	113.85
% of Calories								15.6%	16.7%	45.9%	36.7%	14.4%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Aug 19, 2024 thru Sep 30, 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 - 09/12/2024												
Rockwood Elementary Lunch	Total											
Chicken Popcorn Smackers	10 pieces	270	70		3.00	1.44	20.0	0	19.0	19.0	13.0	3.00
Breadstick, WG 1 oz	Breadstick	80	0		2.00	0.80	0.0	2	3.0	16.0	1.0	0.00
Potatoes Mashed w/Gravy	1/2 CUP	105	0		1.00	0.30	13.7	0	0.0	18.18	2.91	0.96
Bananarama	1/2 cup	80	0		2.12	0.22	7.0	10	0.83	18.39	1.25	1.09
Bug Bites Graham Crackers	Package	120	0		1.00	0.72	0.0	8	2.0	21.0	4.0	1.00
Crackers Cheez-It Whole Grain	Package	100	5		1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		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		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		3633	633	4766	32.95	*20.12	*2172.7	197	165.44	432.21	141.33	42.35
% of Calories								21.7%	18.2%	47.6%	35.0%	10.5%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Aug 19, 2024 thru Sep 30, 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 - 09/13/2024												
Rockwood Elementary Lunch	Total											
Mozzarella Sticks Breaded	6 sticks	310	15		3.00	1.70	520.0	3	20.0	32.0	11.0	3.50
Marinara Sauce	1/4 Cup	35	0		1.00	0.54	10.0	4	1.0	6.0	0.75	0.00
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2		1.99	0.42	51.7	*0	2.65	3.92	3.87	0.78
Peaches, Sliced Extra Lt Syrup	1/2 CUP	58	0		0.00	0.00	0.0	11	0.0	13.44	0.0	0.00
Pancakes Mini Confetti Eggo	Pouch	200	0		6.00	3.60	40.0	11	4.0	36.0	6.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		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		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		3536	574	4490	34.82	*21.99	*2733.6	*205	166.26	417.01	137.28	40.59
% of Calories								*23.2%	18.8%	47.2%	34.9%	10.3%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Aug 19, 2024 thru Sep 30, 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)
Mon - 09/16/2024												
Rockwood Elementary Lunch	Total											
Nacho Supreme w/Queso K-8	Serving	319	57		3.65	2.18	225.8	5	20.34	20.94	17.66	6.73
Guacamole, Simplot Bulk	1.5 oz	85	0		1.42	0.00	0.0	0	1.42	2.84	7.09	1.42
Refried Beans Southwestern	1/2 cup	191	4		10.82	*2.36	*52.5	1	12.05	29.59	2.53	1.20
Applesauce Cup Mango	4.5 oz cup	50	0		1.00	*N/A*	5.0	12	0.0	14.0	0.0	0.00
Waffle Snaps, Chocolate Chip	Package	230	0		3.00	1.08	9.0	16	3.0	40.0	7.0	1.50
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		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		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		3753	619	5282	42.71	*21.36	*2404.3	210	175.42	433.02	149.95	46.15
% of Calories								22.4%	18.7%	46.2%	36.0%	11.1%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Aug 19, 2024 thru Sep 30, 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 - 09/17/2024												
Rockwood Elementary Lunch	Total											
Corn Dog, Chicken Foster Farms	1 Each	240	40		2.00	1.50	100.0	8	9.0	30.0	9.0	2.50
Carrots, Glazed	1/2 cup	86	0		2.99	0.48	46.6	*4	0.72	20.22	0.42	0.04
Mixed Berries Frozen Cup	4 oz cup	90	0		2.00	*N/A*	*N/A*	16	0.0	20.0	0.0	0.00
Zucchini, Roasted	1/4 cup	14	0		0.36	0.13	5.7	*1	0.43	1.13	0.95	0.16
Cereal Cinnamon Toast Crunch	Bowl	100	0		4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0		2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0		2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0		2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0		2.00	5.40	200.0	6	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0		1.00	2.20	90.0	6	2.0	23.0	1.5	0.00
Cracker, Mixed Berry Animal	pkg	110	0		2.00	1.08	4.0	6	2.0	18.0	3.5	0.50
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		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		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		4067	598	5168	45.18	*35.63	*2808.3	*248	162.76	554.00	137.53	38.51
% of Calories								*24.4%	16.0%	54.5%	30.4%	8.5%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Aug 19, 2024 thru Sep 30, 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 - 09/18/2024												
Rockwood Elementary Lunch	Total											
Hamburger on Bun Elem	1 each	270	40		2.00	2.78	50.0	4	17.0	30.0	9.5	3.50
Cheeseburger on Bun Elem	1 EACH	326	53		2.00	*2.78	*50.0	5	19.53	31.01	14.06	6.03
French Fries, Crinkle Cut	1/2 Cup	92	0		0.51	0.20	10.2	0	0.51	13.29	3.58	0.51
Apples, Sliced in Bag 2 oz	2 oz Bag	33	0		1.00	0.00	10.0	7	0.0	9.0	0.0	0.00
Muffin, Apple Cinnamon Chef P	Muffin	180	15		2.00	1.00	20.0	12	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10		1.00	1.00	10.0	15	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10		1.00	1.00	10.0	14	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10		2.00	1.50	15.0	14	3.0	29.0	6.0	1.50
Goldfish Pretzels	package	90	0		1.00	0.72	10.0	0	2.0	16.0	1.5	0.00
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		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		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		4439	695	4968	35.34	*26.72	*2297.2	247	186.65	539.94	170.30	49.85
% of Calories								22.3%	16.8%	48.7%	34.5%	10.1%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Aug 19, 2024 thru Sep 30, 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 - 09/19/2024												
Rockwood Elementary Lunch	Total											
Cavatappi, Three Cheese	6 oz by weight	329	48		2.05	1.03	393.8	4	16.41	27.69	16.41	9.33
Breadstick, WG 1 oz	Breadstick	80	0		2.00	0.80	0.0	2	3.0	16.0	1.0	0.00
Zucchini, Roasted	1/2 cup	27	0		0.72	0.27	11.4	*2	0.86	2.26	1.9	0.32
STRAWBERRIES,FRESH	1/2 Cup	23	0		1.44	0.30	11.5	4	0.48	5.53	0.22	0.01
Bug Bites Graham Crackers	Package	120	0		1.00	0.72	0.0	8	2.0	21.0	4.0	1.00
Crackers Cheez-It Whole Grain	Package	100	5		1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		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		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		3557	611	4685	31.04	*19.74	*2548.8	*196	163.37	412.13	142.69	46.98
% of Calories								*22.1%	18.4%	46.3%	36.1%	11.9%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Aug 19, 2024 thru Sep 30, 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 - 09/20/2024												
Rockwood Elementary Lunch	Total											
Pizza Create your Own	Pizza	312	27		4.01	1.88	400.2	*1	16.68	32.25	13.09	4.69
Broccoli, Roast/Steamed	1/2 Cup	26	0		2.76	0.55	46.3	*N/A*	2.81	4.86	0.1	0.02
Sidekicks Blue Raspberry Lemon	4.4 oz cup	90	0		0.00	1.44	60.0	21	0.0	23.0	0.0	0.00
Pancakes Mini Confetti Eggo	Pouch	200	0		6.00	3.60	40.0	11	4.0	36.0	6.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		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		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		3505	585	4367	35.60	*23.21	*2658.5	*210	162.10	421.76	134.85	41.02
% of Calories								*24.0%	18.5%	48.1%	34.6%	10.5%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Aug 19, 2024 thru Sep 30, 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 - 09/23/2024												
Rockwood Elementary Lunch	Total											
Chicken Brd Patty on Bun Elem	Sandwich	430	65		3.00	3.30	60.0	4	25.0	45.0	17.5	4.00
Baked Beans Bush's Best	1/2 Cup	140	0		5.02	1.81	40.1	12	5.02	30.09	0.0	0.00
Blueberries w/Whip Topping	1/2 Cup	52	0		2.20	0.14	6.0	*1	0.32	10.5	1.5	1.04
Waffle Snaps, Chocolate Chip	Package	230	0		3.00	1.08	9.0	16	3.0	40.0	7.0	1.50
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		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		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		3731	623	4708	36.05	*22.06	*2227.1	*210	171.94	451.24	141.66	41.85
% of Calories								*22.5%	18.4%	48.4%	34.2%	10.1%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Aug 19, 2024 thru Sep 30, 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 - 09/24/2024												
Rockwood Elementary Lunch	Total											
Spaghetti w Mt Sce Combi 1 MMA	3/4 cup	265	20		5.97	3.09	42.6	*6	13.47	42.79	5.82	1.59
Breadstick, WG 1 oz	Breadstick	80	0		2.00	0.80	0.0	2	3.0	16.0	1.0	0.00
Green Beans, Italian	1/2 cup	28	0		3.40	0.61	34.4	*2	1.7	5.22	0.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0		4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0		2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0		2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0		2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0		2.00	5.40	200.0	6	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0		1.00	2.20	90.0	6	2.0	23.0	1.5	0.00
Cracker, Mixed Berry Animal	pkg	110	0		2.00	1.08	4.0	6	2.0	18.0	3.5	0.50
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		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		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		4010	577	5399	49.19	*38.01	*2733.0	*229	170.78	546.66	133.99	37.40
% of Calories								*22.8%	17.0%	54.5%	30.1%	8.4%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Aug 19, 2024 thru Sep 30, 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 - 09/25/2024												
Rockwood Elementary Lunch	Total											
Pizza Bagels Mini Cheese	4 each	260	20		4.00	1.80	350.0	4	21.0	24.0	9.0	5.00
Corn, Canned	1/2 CUP	102	0		3.04	0.54	1.2	5	3.04	23.49	1.52	0.00
Peaches, Diced Frozen Cup	4 oz cup	80	0		1.00	0.00	0.0	16	1.0	19.0	0.0	0.00
Muffin, Apple Cinnamon Chef P	Muffin	180	15		2.00	1.00	20.0	12	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10		1.00	1.00	10.0	15	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10		1.00	1.00	10.0	14	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10		2.00	1.50	15.0	14	3.0	29.0	6.0	1.50
Goldfish Pretzels	package	90	0		1.00	0.72	10.0	0	2.0	16.0	1.5	0.00
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		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		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		4160	623	4756	37.87	*23.29	*2528.1	256	174.65	523.14	153.68	44.81
% of Calories								24.7%	16.8%	50.3%	33.2%	9.7%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Aug 19, 2024 thru Sep 30, 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 - 09/26/2024												
Rockwood Elementary Lunch	Total											
Dumplings, Chicken & Vegetable	6 pieces	240	35		4.00	2.70	40.0	3	17.0	31.0	7.0	0.50
Sweet Chili Sauce	1 oz	55	0		0.00	0.00	0.0	13	0.0	14.17	0.0	0.00
Broccoli, Roast/Steamed	1/2 Cup	26	0		2.76	0.55	46.3	*N/A*	2.81	4.86	0.1	0.02
Pineapple Chunks	1/2 CUP	75	0		1.00	0.35	17.4	18	0.52	19.55	0.1	0.01
Bug Bites Graham Crackers	Package	120	0		1.00	0.72	0.0	8	2.0	21.0	4.0	1.00
Crackers Cheez-It Whole Grain	Package	100	5		1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		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		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		3493	598	4607	32.58	*20.96	*2235.7	*218	162.95	430.23	130.36	37.83
% of Calories								*25.0%	18.7%	49.3%	33.6%	9.7%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Aug 19, 2024 thru Sep 30, 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 - 09/27/2024												
Rockwood Elementary Lunch	Total											
Pancake Whole Grain (2)	2 pancakes	126	6		2.00	1.08	20.0	6	4.0	24.0	2.0	0.00
Sausage, Link Pork Jones	2 links	130	20		0.00	0.36	0.0	0	4.0	0.0	13.0	4.00
Sweet Potato Battered Seasoned	3 oz	173	0		1.08	0.54	32.4	8	1.08	26.97	7.55	1.08
Orange Wedges	Whole Orang	69	0		3.08	0.18	60.2	12	1.27	17.56	0.21	0.02
Pancakes Mini Confetti Eggo	Pouch	200	0		6.00	3.60	40.0	11	4.0	36.0	6.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		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		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		3575	584	4266	34.99	*21.50	*2264.5	213	152.96	430.17	144.42	41.41
% of Calories								23.9%	17.1%	48.1%	36.4%	10.4%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Aug 19, 2024 thru Sep 30, 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)
Mon - 09/30/2024												
Rockwood Elementary Lunch	Total											
Wild Mike's Cheese Pocket	Pocket	280	35		0.00	2.00	453.0	2	19.0	28.0	10.0	6.00
Marinara Sauce	1/2 Cup	70	0		2.00	1.08	20.0	7	2.0	12.0	1.5	0.00
Peas, Italian	1/2 cup	69	0		4.53	1.31	22.3	*0	4.27	12.86	0.23	0.04
Mixed Fruit, Cocktail	1/2 CUP	60	0		0.99	0.00	0.0	12	0.0	14.9	0.0	0.00
Waffle Snaps, Chocolate Chip	Package	230	0		3.00	1.08	9.0	16	3.0	40.0	7.0	1.50
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		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		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		3586	593	4722	33.34	*21.20	*2616.3	*214	166.88	433.40	134.40	42.85
% of Calories								*23.9%	18.6%	48.3%	33.7%	10.8%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

Weighted Average		3979	632		38.21	*26.07	*2582.9	*228	174.27	493.32	148.85	45.13
								*51.5%	17.5%	49.6%	33.7%	10.2%

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**Rockwood School District**

**Aug 19, 2024 thru Sep 30, 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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)				
Calories	3979		550 - 650	612%			3329	Correction Required - Calories too High				
Cholesterol (mg)	632											
Sodium 1a (mg)	5037		1110	454%			3927	Correction Required - Sodium too High				
Fiber (g)	38.21											
Iron (mg)	26.07		3.30	790%	Missing							
Calcium (mg)	2582.9		267.00	967%	Missing							
Sugars (g)	228	22.91%			Missing							
Protein (g)	174.27	17.52%	8.65	2015%								
Carbohydrate (g)	493.32	49.59%										
Total Fat (g)	148.85	33.67%	<=30.00%					Correction Required - Total Fat too High				
Saturated Fat (g)	45.13	10.21%	<10.00%					Correction Required - Sat. Fat too High				

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