

Rockwood School District

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/01/2024												
Rockwood Elementary Lunc	Total											
Mandarin Orange Chicken Elem	#8 scoop 3.6	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
Broccoli, Roast/Steamed	1/2 Cup	26	0		2.76	0.55	46.3	*N/A*	2.81	4.86	0.1	0.02
Strawberry Frozen Cup	4.5 oz	90	0		1.99	0.36	0.0	18	1.0	21.92	0.0	0.00
Cookie, Fortune	1 each	12	0		0.00	0.00	0.5	2	0.17	2.67	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
Dino Bites Graham Vanilla	pkg	110	0		2.00	1.80	12.0	7	2.0	20.0	3.5	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		4025	598	4862	43.11	*36.85	*2752.9	*250	169.80	556.94	130.57	35.91
% of Calories								*24.8%	16.9%	55.3%	29.2%	8.0%
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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 10/02/2024												
Rockwood Elementary Lunc	Total											
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
Carrots, Canned, Butterbuds	1/2 cup	40	0		2.02	0.00	42.2	4	0.0	8.85	0.0	0.00
Kale Salad Cranberry Apple	1 CUP	106	0		2.46	*0.82	*119.4	8	1.53	10.56	6.89	1.06
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		4570	669	5647	40.99	*26.18	*3212.1	262	192.85	547.91	178.76	55.11
% of Calories								22.9%	16.9%	48.0%	35.2%	10.9%
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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 10/03/2024												
Rockwood Elementary Lunc	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
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
Scooby Grahams Cinnamon	Package	120	0		1.00	0.72	0.0	8	2.0	21.0	3.5	1.00
Corn Crunch, Buffalo Ranch	package	90	0		1.00	0.39	8.8	1	1.0	14.0	3.0	0.25
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		3507	608	4161	27.34	*19.47	*2231.0	201	156.12	418.37	136.24	40.07
% of Calories								23.0%	17.8%	47.7%	35.0%	10.3%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood Elementary Lunch

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Fri - 10/04/2024												
Rockwood Elementary Lunc	Total											
Taco Soft Shell	1 Each	324	58		3.41	*2.49	*56.0	2	21.03	22.51	16.65	8.22
Refried Beans Southwestern	1/2 cup	191	4		10.82	*2.36	*52.5	1	12.05	29.59	2.53	1.20
Blueberries w/Whip Topping	1/2 Cup	52	0		2.20	0.14	6.0	*1	0.32	10.5	1.5	1.04
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		3645	619	4823	45.25	*24.32	*2266.5	*192	176.01	424.25	142.34	46.77
% of Calories								*21.1%	19.3%	46.6%	35.1%	11.5%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Tue - 10/08/2024												
Rockwood Elementary Lunch	Total											
Ravioli, Toasted Cheese WG	7 pieces	360	5		7.00	4.00	150.0	5	19.0	64.0	4.0	1.50
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
Tropical Fruit Salad	1/2 CUP	70	0		1.00	0.00	0.0	15	0.5	16.0	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
Dino Bites Graham Vanilla	pkg	110	0		2.00	1.80	12.0	7	2.0	20.0	3.5	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		4158	564	5530	48.83	*39.19	*2875.6	*243	175.76	574.57	135.78	37.59
% of Calories								*23.4%	16.9%	55.3%	29.4%	8.1%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 10/09/2024												
Rockwood Elementary Lunc	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	73	0		3.48	*0.00	*1.2	3	2.32	14.54	0.0	0.00
Mixed Berries Frozen Cup	4 oz cup	90	0		2.00	*N/A*	*N/A*	16	0.0	20.0	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		7141	1003	11770	53.31	*44.96	*4675.2	281	295.93	821.18	289.16	113.81
% of Calories								15.8%	16.6%	46.0%	36.4%	14.3%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 10/10/2024												
Rockwood Elementary Lunc	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 Crosstrax	1/2 cup (11 p	163	0		1.02	0.41	30.6	8	1.02	25.47	6.11	1.02
Sweet Potato Battered Seasoned	3 oz	173	0		1.08	0.54	32.4	8	1.08	26.97	7.55	1.08
Apples, Cinnamon, Canned Warm	1/2 cup	55	0		1.53	0.16	4.8	*1	0.21	14.76	0.06	0.00
Scooby Grahams Cinnamon	Package	120	0		1.00	0.72	0.0	8	2.0	21.0	3.5	1.00
Corn Crunch, Buffalo Ranch	package	90	0		1.00	0.39	8.8	1	1.0	14.0	3.0	0.25
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		3818	683	4516	30.46	*20.11	*2228.5	*211	155.92	455.84	155.89	45.16
% of Calories								*22.1%	16.3%	47.8%	36.7%	10.6%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 10/11/2024												
Rockwood Elementary Lunc	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
Corn, Canned	1/2 CUP	102	0		3.04	0.54	1.2	5	3.04	23.49	1.52	0.00
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		3844	650	4504	38.95	*25.61	*2313.3	213	183.46	463.70	146.95	45.86
% of Calories								22.1%	19.1%	48.2%	34.4%	10.7%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 10/14/2024												
Rockwood Elementary Lunc	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, Canned, Cooked	1/2 cup	27	0		3.38	0.60	34.0	2	1.68	5.1	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
Cookie, Iced Sugar	Cookie	172	6		1.00	0.72	10.0	15	1.7	27.0	6.7	1.80
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		3713	579	4742	36.23	*20.38	*2695.0	228	165.99	451.89	141.12	42.11
% of Calories								24.6%	17.9%	48.7%	34.2%	10.2%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/15/2024												
Rockwood Elementary Lunc	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
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
Applesauce, Blue Raspberry	Cup (4.5 oz)	50	0		1.00	*N/A*	5.0	12	0.0	14.0	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
Dino Bites Graham Vanilla	pkg	110	0		2.00	1.80	12.0	7	2.0	20.0	3.5	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		4178	628	5477	48.85	*38.28	*2729.1	246	179.62	563.74	141.16	38.31
% of Calories								23.5%	17.2%	54.0%	30.4%	8.3%
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
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Rockwood School District

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 10/16/2024												
Rockwood Elementary Lunc	Total											
Pizza Create your Own	Pizza	312	27		4.01	1.88	400.2	*1	16.68	32.25	13.09	4.69
Carrots, Canned, Butterbuds	1/2 cup	40	0		2.02	0.00	42.2	4	0.0	8.85	0.0	0.00
Bananarama	1/2 cup	80	0		2.12	0.22	7.0	10	0.83	18.39	1.25	1.09
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		4150	630	5178	37.99	*23.06	*2626.3	*247	167.12	516.14	157.50	45.59
% of Calories								*23.8%	16.1%	49.7%	34.2%	9.9%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 10/17/2024												
Rockwood Elementary Lunc	Total											
Chicken Alfredo w/Spaghetti	6 oz spoodle	289	56		2.81	1.23	313.2	*0	19.69	25.12	13.09	7.06
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
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
Scooby Grahams Cinnamon	Package	120	0		1.00	0.72	0.0	8	2.0	21.0	3.5	1.00
Corn Crunch, Buffalo Ranch	package	90	0		1.00	0.39	8.8	1	1.0	14.0	3.0	0.25
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		3515	614	4322	33.40	*19.43	*2490.3	*195	167.11	415.63	136.36	43.64
% of Calories								*22.2%	19.0%	47.3%	34.9%	11.2%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 10/18/2024												
Rockwood Elementary Lunc	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
French Fries, Crinkle Cut	1/2 Cup	92	0		0.51	0.20	10.2	0	0.51	13.29	3.58	0.51
Peaches, Diced Frozen Cup	4 oz cup	80	0		1.00	0.00	0.0	16	1.0	19.0	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		3553	606	4091	32.01	*20.74	*2188.8	205	159.45	418.93	140.91	39.49
% of Calories								23.1%	18.0%	47.2%	35.7%	10.0%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 10/21/2024												
Rockwood Elementary Lunc	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
Fiesta Black Beans	1/2 CUP	113	0		4.10	1.84	41.0	2	5.12	20.48	1.02	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		3599	615	4840	34.56	*20.84	*2387.8	211	167.07	421.97	141.35	43.53
% of Calories								23.5%	18.6%	46.9%	35.3%	10.9%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/22/2024												
Rockwood Elementary Lunc	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
Corn, Canned	1/2 CUP	102	0		3.04	0.54	1.2	5	3.04	23.49	1.52	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
Dino Bites Graham Vanilla	pkg	110	0		2.00	1.80	12.0	7	2.0	20.0	3.5	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		4033	598	5007	45.07	*36.41	*2771.1	*233	164.97	548.64	139.18	38.85
% of Calories								*23.2%	16.4%	54.4%	31.1%	8.7%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 10/23/2024												
Rockwood Elementary Lunc	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
Carrots, Glazed	1/2 cup	86	0		2.99	0.48	46.6	*4	0.72	20.22	0.42	0.04
Apple, Medium (3" dia)	1 EACH	95	0		4.37	0.22	10.9	19	0.47	25.13	0.31	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		4246	667	4986	39.19	*24.35	*2304.2	*262	173.80	536.15	157.39	44.10
% of Calories								*24.6%	16.4%	50.5%	33.4%	9.3%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 10/24/2024												
Rockwood Elementary Lunc	Total											
Pizza Bagels Mini Cheese	4 each	260	20		4.00	1.80	350.0	4	21.0	24.0	9.0	5.00
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2		1.99	0.42	51.7	*0	2.65	3.92	3.87	0.78
Grapes, Fresh Seedless	1/2 CUP	52	0		0.68	0.27	7.6	12	0.54	13.67	0.12	0.04
Scooby Grahams Cinnamon	Package	120	0		1.00	0.72	0.0	8	2.0	21.0	3.5	1.00
Corn Crunch, Buffalo Ranch	package	90	0		1.00	0.39	8.8	1	1.0	14.0	3.0	0.25
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		3455	579	4242	31.50	*19.33	*2530.0	*202	165.80	402.23	135.15	42.38
% of Calories								*23.3%	19.2%	46.6%	35.2%	11.0%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 10/25/2024												
Rockwood Elementary Lunc	Total											
Chicken Drumstick or Thigh GC	Drum or Thig	230	75		1.00	1.08	20.0	0	16.0	11.0	14.0	3.50
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
Pineapple Chunks	1/2 CUP	75	0		1.00	0.35	17.4	18	0.52	19.55	0.1	0.01
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		3568	633	4737	33.83	*21.86	*2203.1	208	162.13	426.37	139.68	40.77
% of Calories								23.3%	18.2%	47.8%	35.2%	10.3%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 10/28/2024												
Rockwood Elementary Lunc	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
Pears, Diced Cinnamon	1/2 CUP	61	0		2.19	0.03	3.3	12	0.01	16.41	0.0	0.00
Pudding, Chocolate	1/3 cup	87	3		0.24	0.24	56.8	13	1.82	15.41	1.9	1.00
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		3827	626	4906	36.27	*22.19	*2281.2	234	173.46	472.56	142.06	41.81
% of Calories								24.4%	18.1%	49.4%	33.4%	9.8%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/29/2024												
Rockwood Elementary Lunc	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
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
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
Dino Bites Graham Vanilla	pkg	110	0		2.00	1.80	12.0	7	2.0	20.0	3.5	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		4068	577	5443	49.19	*38.73	*2741.0	*240	170.78	562.10	133.99	36.90
% of Calories								*23.6%	16.8%	55.3%	29.6%	8.2%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 10/30/2024												
Rockwood Elementary Lunc	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
Sweet Potato Crosstrax	1/2 cup (11 p	163	0		1.02	0.41	30.6	8	1.02	25.47	6.11	1.02
Melon, Cantaloupe	1/2 cup	27	0		0.72	0.17	7.2	6	0.67	6.53	0.15	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		4337	629	4981	34.65	*23.51	*2267.1	260	160.38	539.61	171.98	45.95
% of Calories								24.0%	14.8%	49.8%	35.7%	9.5%
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

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 10/31/2024												
Rockwood Elementary Lunc	Total											
Soft Pretzel w/ Cheese Sauce	1 each	280	30		3.00	1.80	243.0	1	12.0	35.0	10.0	6.00
Broccoli, Roast/Steamed	1/2 Cup	26	0		2.76	0.55	46.3	*N/A*	2.81	4.86	0.1	0.02
Apple Dippers w/Caramel	4 oz pkg	159	5		2.00	0.00	40.0	24	0.0	29.0	4.5	1.50
Scooby Grahams Cinnamon	Package	120	0		1.00	0.72	0.0	8	2.0	21.0	3.5	1.00
Corn Crunch, Buffalo Ranch	package	90	0		1.00	0.39	8.8	1	1.0	14.0	3.0	0.25
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		3552	593	4328	32.59	*19.20	*2450.1	*211	156.42	429.51	136.76	44.08
% of Calories								*23.7%	17.6%	48.4%	34.6%	11.2%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

Weighted Average		4023	635		38.80	*26.59	*2600.9	*229	174.54	498.56	151.38	45.81
								*51.2%	17.4%	49.6%	33.9%	10.2%

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