

# Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

## Base Menu Spreadsheet

Rockwood High 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 - 11/01/2024												
Rockwood High Lunch	Total											
Dumplings, Chicken w/Gochujang	6 pieces	357	35		4.03	2.72	41.2	26	17.14	58.13	7.06	0.50
Pizza, White Garlic Square	Slice	400	35		4.00	2.60	420.0	2	22.0	43.0	16.0	7.00
Marinara Cup	1 each	40	0		2.00	0.00	20.0	4	1.0	7.0	1.0	0.00
Carrots, Roasted Gochujang	1/2 CUP	136	0		2.63	0.81	31.1	*10	0.58	13.88	9.48	*1.24
Chicken Spicy Brd Sandwich NEW	Sandwich	350	45		3.00	2.70	50.0	5	26.0	39.0	11.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60		2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73		2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0		7.00	3.00	110.0	6	21.0	46.0	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
Uncrustables 5.3 oz	1 each	590	0		7.00	2.00	83.0	30	18.0	64.0	32.0	7.00
Weighted Daily Average		3291	299	5653	36.67	*23.03	*883.3	*96	171.37	365.07	137.81	*42.40
% of Calories								*11.6%	20.8%	44.4%	37.7%	*11.6%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

	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 - 11/04/2024												
Rockwood High 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 Cup	1 each	40	0		2.00	0.00	20.0	4	1.0	7.0	1.0	0.00
Pizza Buffalo Chicken Nardone	Slice	290	30		3.00	2.70	350.0	*N/A*	18.0	27.0	13.0	6.00
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2		1.99	0.42	51.7	*0	2.65	3.92	3.87	0.78
Chicken Spicy Breaded Sandwich	4 oz fillet	370	40		3.00	2.78	70.0	4	24.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60		2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73		2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0		7.00	3.00	110.0	6	21.0	46.0	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
Uncrustables 5.3 oz	1 each	590	0		7.00	2.00	83.0	30	18.0	64.0	32.0	7.00
Weighted Daily Average		3074	270	5298	34.00	*21.80	*1332.7	*60	170.30	318.98	134.15	43.93
% of Calories								*7.7%	22.2%	41.5%	39.3%	12.9%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

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

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# Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

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	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 - 11/06/2024												
Rockwood High Lunch	Total											
Chicken Breast Chunks GC	4 pieces	190	60		1.00	1.08	20.0	0	20.0	13.0	7.0	1.00
Breadstick, WG 1 oz	Breadstick	80	0		2.00	0.80	0.0	2	3.0	16.0	1.0	0.00
Pizza, Selfie 5" Cheese Alpha	5" pizza	390	30		2.00	1.80	500.0	2	22.0	46.0	13.0	7.00
Pizza, Selfie 5" Pepperoni	5" pizza	400	35		2.00	1.80	450.0	2	22.0	47.0	15.0	7.00
French Fries, Seasoned Crinkle	1/2 cup	103	0		0.00	0.31	10.3	0	1.03	15.44	3.09	0.00
Chicken Spicy Brd Sandwich NEW	Sandwich	350	45		3.00	2.70	50.0	5	26.0	39.0	11.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60		2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73		2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0		7.00	3.00	110.0	6	21.0	46.0	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
Uncrustables 5.3 oz	1 each	590	0		7.00	2.00	83.0	30	18.0	64.0	32.0	7.00
Weighted Daily Average		3521	353	5748	31.00	*22.69	*1351.3	60	198.68	380.50	143.37	48.66
% of Calories								6.8%	22.6%	43.2%	36.6%	12.4%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

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# Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High 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 - 11/07/2024												
Rockwood High 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 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
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
Burrito, Shredded Beef IW	Burrito	378	38		6.00	3.60	300.0	1	20.6	41.0	14.6	6.70
Burrito, Bean & Cheese IW	Burrito	404	21		8.00	3.60	300.0	2	17.0	52.0	14.6	6.40
Salsa Cup, Red Gold 3oz	3 oz cup	25	0		1.00	1.00	16.0	3	1.0	5.0	0.0	0.00
Potato Smiles	4 smiles	130	0		2.00	0.40	10.0	0	2.0	20.0	4.5	0.50
Chicken Breaded Sandwich GC	Sandwich	340	60		3.00	2.78	70.0	4	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60		2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73		2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0		7.00	3.00	110.0	6	21.0	46.0	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
Uncrustables 5.3 oz	1 each	590	0		7.00	2.00	83.0	30	18.0	64.0	32.0	7.00
Salad Southwest Chicken	1 each	812	57		13.94	*5.77	*168.3	9	30.43	67.93	48.94	11.87
Weighted Daily Average		7357	760	13893	72.94	*55.35	*3682.3	97	346.68	762.99	329.92	132.13
% of Calories								5.3%	18.8%	41.5%	40.4%	16.2%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

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# Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High 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 - 11/08/2024												
Rockwood High Lunch	Total											
Chicken Wings, BBQ	4 wings	343	139		0.00	0.56	0.0	7	20.0	8.81	24.44	6.67
Chicken Wings, Buffalo	4 wings	362	154		0.00	0.56	1.6	0	20.06	1.11	30.19	10.32
Garlic Knot	Roll	140	0		2.00	1.60	50.0	4	6.0	29.0	1.5	0.00
Philly Steak w/Peppers&Onion	1 each	345	58		2.00	3.43	141.5	*6	20.33	34.04	15.4	2.22
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
Chicken Spicy Brd Sandwich NEW	Sandwich	350	45		3.00	2.70	50.0	5	26.0	39.0	11.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60		2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73		2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0		7.00	3.00	110.0	6	21.0	46.0	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
Uncrustables 5.3 oz	1 each	590	0		7.00	2.00	83.0	30	18.0	64.0	32.0	7.00
Weighted Daily Average		3689	579	5939	33.02	*24.84	*604.2	*82	202.05	346.12	175.82	52.87
% of Calories								*8.9%	21.9%	37.5%	42.9%	12.9%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

	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 - 11/11/2024												
Rockwood High Lunch	Total											
Bosco Breadsticks	2 breadsticks	424	31		4.00	4.01	430.9	4	24.3	50.14	12.29	6.16
Marinara Cup	1 each	40	0		2.00	0.00	20.0	4	1.0	7.0	1.0	0.00
Pizza Big Daddy's 4 Cheese	1 each	360	35		3.00	2.10	441.0	9	21.0	35.0	16.0	7.00
Pizza Big Daddy Turk Pepperoni	1 each	360	45		3.00	2.20	370.0	9	21.0	33.0	17.0	7.00
Cauliflower, Buffalo (Fresh)	1/2 CUP	22	0		1.22	0.27	13.4	*1	1.21	3.27	0.87	0.17
Chicken Spicy Breaded Sandwich	4 oz fillet	370	40		3.00	2.78	70.0	4	24.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60		2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73		2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0		7.00	3.00	110.0	6	21.0	46.0	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
Uncrustables 5.3 oz	1 each	590	0		7.00	2.00	83.0	30	18.0	64.0	32.0	7.00
Weighted Daily Average		3585	334	5900	37.22	*25.56	*1666.3	*80	197.16	377.48	152.44	53.99
% of Calories								*8.9%	22.0%	42.1%	38.3%	13.6%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

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Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High 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 - 11/12/2024												
Rockwood High Lunch	Total											
Mandarin Orange Chx Rice Bowl	#8 scoop	391	39		1.18	2.89	69.6	10	15.57	71.57	3.58	0.68
Pizza, Alpha Cheese Skinny	Slice	340	30		3.00	1.80	500.0	3	20.0	31.0	15.0	6.00
Pizza, Alpha Pepperoni Skinny	slice	370	35		3.00	2.00	450.0	3	20.0	31.0	18.0	8.00
Pizza, Alpha Mega Meat Skinny	Slice	390	35		3.00	2.00	500.0	3	23.0	31.0	19.0	8.00
Broccoli, Roast/Steamed	1/2 Cup	26	0		2.76	0.55	46.3	*N/A*	2.81	4.86	0.1	0.02
Chicken Breaded Sandwich GC	Sandwich	340	60		3.00	2.78	70.0	4	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60		2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73		2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0		7.00	3.00	110.0	6	21.0	46.0	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
Uncrustable PBJ Small 2.6oz	sandwich	300	0		4.00	1.00	44.0	15	9.0	32.0	16.0	3.50
Weighted Daily Average		3575	382	5747	33.94	*25.22	*1917.9	*56	204.04	384.49	140.96	51.85
% of Calories								*6.3%	22.8%	43.0%	35.5%	13.1%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

	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 - 11/13/2024												
Rockwood High Lunch	Total											
Chicken Tenders Gold Creek	3 tenders	220	65		2.00	2.00	21.0	0	22.0	14.0	7.0	1.50
Breadstick, WG 1 oz	Breadstick	80	0		2.00	0.80	0.0	2	3.0	16.0	1.0	0.00
Pizza, Selfie 5" Cheese Alpha	5" pizza	390	30		2.00	1.80	500.0	2	22.0	46.0	13.0	7.00
Pizza, Selfie 5" Pepperoni	5" pizza	400	35		2.00	1.80	450.0	2	22.0	47.0	15.0	7.00
Potatoes Mashed w/Gravy	1/2 CUP	105	0		1.00	0.30	13.7	0	0.0	18.18	2.91	0.96
Chicken Spicy Brd Sandwich NEW	Sandwich	350	45		3.00	2.70	50.0	5	26.0	39.0	11.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60		2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73		2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0		7.00	3.00	110.0	6	21.0	46.0	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
Uncrustables 5.3 oz	1 each	590	0		7.00	2.00	83.0	30	18.0	64.0	32.0	7.00
Weighted Daily Average		3554	358	6033	33.00	*23.60	*1355.7	60	199.65	384.24	143.19	50.11
% of Calories								6.7%	22.5%	43.2%	36.3%	12.7%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

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Rockwood High Lunch

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	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 - 11/14/2024												
Rockwood High 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 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
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
Bean and Cheese Dip w/Chips	1 each	435	22		8.00	2.88	150.0	1	15.0	56.0	20.0	5.00
Potato Smiles	4 smiles	130	0		2.00	0.40	10.0	0	2.0	20.0	4.5	0.50
Chicken Breaded Sandwich GC	Sandwich	340	60		3.00	2.78	70.0	4	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60		2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73		2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0		7.00	3.00	110.0	6	21.0	46.0	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
Uncrustables 5.3 oz	1 each	590	0		7.00	2.00	83.0	30	18.0	64.0	32.0	7.00
Salad Southwest Chicken	1 each	812	57		13.94	*5.77	*168.3	9	30.43	67.93	48.94	11.87
Weighted Daily Average		6985	723	13063	65.94	*50.03	*3216.3	92	323.08	720.99	320.72	124.03
% of Calories								5.3%	18.5%	41.3%	41.3%	16.0%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

Fri - 11/15/2024												
Rockwood High Lunch	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
Biscuit	Biscuit	220	0		0.50	1.80	120.0	3	4.0	29.0	9.0	4.50
Corn Dog, Chicken Foster Farms	1 Each	240	40		2.00	1.50	100.0	8	9.0	30.0	9.0	2.50
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
Chicken Spicy Brd Sandwich NEW	Sandwich	350	45		3.00	2.70	50.0	5	26.0	39.0	11.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60		2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73		2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0		7.00	3.00	110.0	6	21.0	46.0	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
Uncrustables 5.3 oz	1 each	590	0		7.00	2.00	83.0	30	18.0	64.0	32.0	7.00

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# Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

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	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)
Weighted Daily Average		3189	343	5035	32.52	*23.09	*651.1	77	164.67	343.15	136.28	44.16
% of Calories								9.6%	20.7%	43.0%	38.5%	12.5%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

Mon - 11/18/2024												
Rockwood High 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 Cup	1 each	40	0		2.00	0.00	20.0	4	1.0	7.0	1.0	0.00
Pizza Buffalo Chicken Nardone	Slice	290	30		3.00	2.70	350.0	*N/A*	18.0	27.0	13.0	6.00
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
Chicken Spicy Breaded Sandwich	4 oz fillet	370	40		3.00	2.78	70.0	4	24.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60		2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73		2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0		7.00	3.00	110.0	6	21.0	46.0	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
Uncrustables 5.3 oz	1 each	590	0		7.00	2.00	83.0	30	18.0	64.0	32.0	7.00
Weighted Daily Average		3404	258	5842	38.10	*24.63	*973.9	*77	168.75	399.50	136.94	43.25
% of Calories								*9.1%	19.8%	46.9%	36.2%	11.4%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

Tue - 11/19/2024												
Rockwood High Lunch	Total											
Pulled Pork Cheese Cavatappi	6 oz by weig	490	101		2.05	1.85	410.0	*6	29.54	30.81	26.26	12.78
Breadstick, WG 1 oz	Breadstick	80	0		2.00	0.80	0.0	2	3.0	16.0	1.0	0.00
Pizza, Alpha Cheese Skinny	Slice	340	30		3.00	1.80	500.0	3	20.0	31.0	15.0	6.00
Pizza, Alpha Pepperoni Skinny	slice	370	35		3.00	2.00	450.0	3	20.0	31.0	18.0	8.00
Pizza, Alpha Mega Meat Skinny	Slice	390	35		3.00	2.00	500.0	3	23.0	31.0	19.0	8.00
Chicken Breaded Sandwich GC	Sandwich	340	60		3.00	2.78	70.0	4	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60		2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73		2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0		7.00	3.00	110.0	6	21.0	46.0	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
Uncrustable PBJ Small 2.6oz	sandwich	300	0		4.00	1.00	44.0	15	9.0	32.0	16.0	3.50

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# Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

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	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)
Weighted Daily Average		3728	444	6545	34.05	*24.43	*2212.0	*54	218.19	354.87	164.53	63.94
% of Calories								*5.8%	23.4%	38.1%	39.7%	15.4%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

Wed - 11/20/2024												
Rockwood High Lunch	Total											
Chicken Breast Chunks GC	4 pieces	190	60		1.00	1.08	20.0	0	20.0	13.0	7.0	1.00
Breadstick, WG 1 oz	Breadstick	80	0		2.00	0.80	0.0	2	3.0	16.0	1.0	0.00
Pizza, Selfie 5" Cheese Alpha	5" pizza	390	30		2.00	1.80	500.0	2	22.0	46.0	13.0	7.00
Pizza, Selfie 5" Pepperoni	5" pizza	400	35		2.00	1.80	450.0	2	22.0	47.0	15.0	7.00
French Fries, Seasoned Crinkle	1/2 cup	103	0		0.00	0.31	10.3	0	1.03	15.44	3.09	0.00
Chicken Spicy Brd Sandwich NEW	Sandwich	350	45		3.00	2.70	50.0	5	26.0	39.0	11.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60		2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73		2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0		7.00	3.00	110.0	6	21.0	46.0	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
Uncrustables 5.3 oz	1 each	590	0		7.00	2.00	83.0	30	18.0	64.0	32.0	7.00
Weighted Daily Average		3521	353	5748	31.00	*22.69	*1351.3	60	198.68	380.50	143.37	48.66
% of Calories								6.8%	22.6%	43.2%	36.6%	12.4%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

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# Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High 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 - 11/21/2024												
Rockwood High 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 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
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
Chicken Buffalo Grilled Sandwi	1 Each	300	65		2.00	*2.42	*60.0	4	33.5	31.5	5.5	1.50
Chicken Grilled Sandwich	sandwich	270	60		2.00	2.42	60.0	4	30.0	31.0	4.0	0.50
Latin Baked Beans	1/2 Cup	271	0		12.74	3.31	63.1	*3	12.69	50.66	1.52	0.71
Chicken Breaded Sandwich GC	Sandwich	340	60		3.00	2.78	70.0	4	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60		2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73		2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0		7.00	3.00	110.0	6	21.0	46.0	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
Uncrustables 5.3 oz	1 each	590	0		7.00	2.00	83.0	30	18.0	64.0	32.0	7.00
Salad Southwest Chicken	1 each	812	57		13.94	*5.77	*168.3	9	30.43	67.93	48.94	11.87
Weighted Daily Average		7262	826	14501	72.68	*54.90	*3239.4	*102	382.28	758.14	307.24	121.24
% of Calories								*5.6%	21.1%	41.8%	38.1%	15.0%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

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Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High 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 - 11/22/2024												
Rockwood High Lunch	Total											
Turkey Roast, Pulled	3 oz	192	69		0.02	0.01	1.4	*0	24.22	0.47	11.12	3.28
Gravy Poultry Low Sodium	1/4 cup	23	0		0.00	0.00	1.7	1	0.0	3.61	0.9	0.00
Roll, WG Sister Schubert's	roll	140	10		1.00	0.72	0.0	4	3.0	23.0	4.0	1.00
Pizza, Stuffed Crust Cheese	Slice	325	31		3.00	2.00	433.0	3	20.0	30.0	14.0	7.00
Pizza, Stuffed Crust Turk Pepp	Slice	300	26		4.00	2.70	460.0	4	21.0	30.0	12.0	6.00
Potatoes Mashed w/Gravy	1/2 CUP	105	0		1.00	0.30	13.7	0	0.0	18.18	2.91	0.96
Chicken Spicy Brd Sandwich NEW	Sandwich	350	45		3.00	2.70	50.0	5	26.0	39.0	11.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60		2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73		2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0		7.00	3.00	110.0	6	21.0	46.0	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
Unrustables 5.3 oz	1 each	590	0		7.00	2.00	83.0	30	18.0	64.0	32.0	7.00
Weighted Daily Average		3443	365	5945	33.02	*22.63	*1280.8	*65	198.87	348.32	149.22	51.89
% of Calories								*7.6%	23.1%	40.5%	39.0%	13.6%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

Mon - 11/25/2024												
Rockwood High 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
Pizza Big Daddy's 4 Cheese	1 each	360	35		3.00	2.10	441.0	9	21.0	35.0	16.0	7.00
Pizza Big Daddy Turk Pepperoni	1 each	360	45		3.00	2.20	370.0	9	21.0	33.0	17.0	7.00
French Fries, Seasoned Crinkle	1/2 cup	103	0		0.00	0.31	10.3	0	1.03	15.44	3.09	0.00
Chicken Spicy Breaded Sandwich	4 oz fillet	370	40		3.00	2.78	70.0	4	24.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60		2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73		2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0		7.00	3.00	110.0	6	21.0	46.0	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
Unrustables 5.3 oz	1 each	590	0		7.00	2.00	83.0	30	18.0	64.0	32.0	7.00
Weighted Daily Average		3505	352	5288	31.67	*22.79	*1239.0	72	187.01	357.50	157.03	50.32
% of Calories								8.2%	21.3%	40.8%	40.3%	12.9%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

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# Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

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	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 - 11/26/2024												
Rockwood High Lunch	Total											
Wild Mike's Cheese Bites	4 pieces	280	35		2.00	1.80	453.0	2	19.0	28.0	10.0	6.00
Marinara Cup	1 each	40	0		2.00	0.00	20.0	4	1.0	7.0	1.0	0.00
Pizza, Alpha Cheese Skinny	Slice	340	30		3.00	1.80	500.0	3	20.0	31.0	15.0	6.00
Pizza, Alpha Pepperoni Skinny	slice	370	35		3.00	2.00	450.0	3	20.0	31.0	18.0	8.00
Pizza, Alpha Mega Meat Skinny	Slice	390	35		3.00	2.00	500.0	3	23.0	31.0	19.0	8.00
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2		1.99	0.42	51.7	*0	2.65	3.92	3.87	0.78
Chicken Breaded Sandwich GC	Sandwich	340	60		3.00	2.78	70.0	4	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60		2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73		2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0		7.00	3.00	110.0	6	21.0	46.0	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
Uncrustable PBJ Small 2.6oz	sandwich	300	0		4.00	1.00	44.0	15	9.0	32.0	16.0	3.50
Weighted Daily Average		3534	380	5978	36.00	*24.00	*2326.7	*53	208.30	346.98	152.15	57.93
% of Calories								*5.9%	23.6%	39.3%	38.8%	14.8%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

Weighted Average		4130	434		40.40	*28.90	*1722.6	*73 *15.9%	219.99 21.3%	431.17 41.8%	177.95 38.8%	*63.61 *13.9%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	4130		750 - 850	486%			3280	Correction Required - Calories too High
Cholesterol (mg)	434							
Sodium 1a (mg)	7186		1280	561%			5906	Correction Required - Sodium too High
Fiber (g)	40.40							
Iron (mg)	28.90		4.50	642%	Missing			
Calcium (mg)	1722.6		400.00	431%	Missing			
Sugars (g)	73	7.08%			Missing			
Protein (g)	219.99	21.30%	15.00	1467%				
Carbohydrate (g)	431.17	41.76%						
Total Fat (g)	177.95	38.77%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	63.61	13.86%	<10.00%		Missing			Correction Required - Sat. Fat too High

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