

Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 11/01/2024												
Rockwood High Breakfast	Total											
Donut, Long John	Donut	253	0	310	3.00	1.44	16.0	13	6.0	37.67	9.0	4.00
Biscuit, Sausage Egg & Cheese	Sandwich	506	143	862	0.50	*9.72	*141.0	4	15.53	30.01	34.06	14.03
Biscuit, Egg and Cheese	Sandwich	326	113	582	0.50	*9.36	*141.0	4	9.53	30.01	17.06	8.03
Bagel, Toasted	bagel	140	0	180	4.00	1.80	40.0	5	6.0	29.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2	1.0	2.0	7.0	4.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20	4.5	47.0	8.5	3.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8	5.0	32.0	16.0	7.00
Donuts Mini Chocolate IW	Package	376	0	299	2.21	1.99	44.2	21	5.53	45.34	16.59	7.74
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19	4.0	41.0	11.0	4.50
Donut WG Cake Glz IW	Donut	310	5	260	3.00	1.50	150.2	25	4.0	46.96	12.01	5.00
Donut WG Choc Enrobed IW	Donut	330	20	240	3.00	2.00	30.0	22	3.0	40.95	18.02	11.01
Donut Holes Cup, Blueberry	1 cup	260	0	230	2.00	1.00	37.0	18	4.0	39.0	11.0	4.00
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9	3.0	29.0	3.5	0.00
Cereal Bar, Lucky Charms 2.5oz	Bar	270	0	170	5.00	2.70	420.0	16	5.0	51.0	6.0	0.50
Cereal Bar, Cocoa Puffs 2.5 oz	Bar	280	0	180	5.00	3.60	350.0	15	5.0	52.0	6.0	0.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	15	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12	3.0	47.0	3.0	0.50
Chocolate Swirls Bakecrafters	1 Each	260	10	105	3.00	1.50	45.0	18	6.0	42.0	8.0	2.00
KIND Dark Chocolate Chunk Bar	Bar	150	0	65	2.00	1.08	0.0	8	2.0	23.0	5.0	1.50
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	20.0	12	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	10.0	15	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	10.0	14	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	15.0	14	3.0	29.0	6.0	1.50
Muffin, Trix	Muffin	290	10	260	7.00	1.50	0.0	20	4.0	50.0	10.0	2.00
Muffin, Cinnamon Toast Crunch	Muffin	300	10	260	7.00	1.60	0.0	21	4.0	50.0	11.0	3.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	128	3.00	1.90	140.0	14	2.0	31.0	3.5	0.50
Pumpkin Bread Super Slice	1 each	260	0	240	2.00	1.00	114.0	24	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15	9.0	32.0	16.0	3.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Tiger Bites Chocolate Grahams	pkg	120	0	125	2.00	1.20	0.0	7	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7	1.0	19.0	4.0	1.00

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 11/01/2024												
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		9803	683	9852	111.22	*92.25	*5296.4	615	225.37	1465.3	351.48	117.87
% of Calories								25.1%	9.2%	59.8%	32.3%	10.8%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=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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Mon - 11/04/2024												
Rockwood High Breakfast	Total											
Waffle, Sweet Cinnamon Snack'n	Waffle	250	44	290	2.00	1.44	30.0	15	6.0	37.0	9.0	4.00
Sausage Egg & Cheese Croissant	1 each	456	143	842	2.00	*8.92	*102.0	4	16.53	30.01	30.06	11.53
Egg & Cheese Croissant	1 each	276	113	562	2.00	*8.56	*102.0	4	10.53	30.01	13.06	5.53
Bagel, Toasted	bagel	140	0	180	4.00	1.80	40.0	5	6.0	29.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2	1.0	2.0	7.0	4.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20	4.5	47.0	8.5	3.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8	5.0	32.0	16.0	7.00
Donuts Mini Chocolate IW	Package	376	0	299	2.21	1.99	44.2	21	5.53	45.34	16.59	7.74
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19	4.0	41.0	11.0	4.50
Donut WG Cake Glz IW	Donut	310	5	260	3.00	1.50	150.2	25	4.0	46.96	12.01	5.00
Donut WG Choc Enrobed IW	Donut	330	20	240	3.00	2.00	30.0	22	3.0	40.95	18.02	11.01
Donut Holes Cup, Blueberry	1 cup	260	0	230	2.00	1.00	37.0	18	4.0	39.0	11.0	4.00
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9	3.0	29.0	3.5	0.00
Cereal Bar, Lucky Charms 2.5oz	Bar	270	0	170	5.00	2.70	420.0	16	5.0	51.0	6.0	0.50
Cereal Bar, Cocoa Puffs 2.5 oz	Bar	280	0	180	5.00	3.60	350.0	15	5.0	52.0	6.0	0.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	15	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12	3.0	47.0	3.0	0.50
Chocolate Swirls Bakecrafters	1 Each	260	10	105	3.00	1.50	45.0	18	6.0	42.0	8.0	2.00
KIND Dark Chocolate Chunk Bar	Bar	150	0	65	2.00	1.08	0.0	8	2.0	23.0	5.0	1.50
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	20.0	12	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	10.0	15	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	10.0	14	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	15.0	14	3.0	29.0	6.0	1.50
Muffin, Trix	Muffin	290	10	260	7.00	1.50	0.0	20	4.0	50.0	10.0	2.00
Muffin, Cinnamon Toast Crunch	Muffin	300	10	260	7.00	1.60	0.0	21	4.0	50.0	11.0	3.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	128	3.00	1.90	140.0	14	2.0	31.0	3.5	0.50
Pumpkin Bread Super Slice	1 each	260	0	240	2.00	1.00	114.0	24	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15	9.0	32.0	16.0	3.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Tiger Bites Chocolate Grahams	pkg	120	0	125	2.00	1.20	0.0	7	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7	1.0	19.0	4.0	1.00

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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)
Mon - 11/04/2024												
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		9700	727	9792	113.22	*90.65	*5232.4	616	227.37	1464.6	343.48	112.87
% of Calories								25.4%	9.4%	60.4%	31.9%	10.5%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=30.0	<10.00

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Wed - 11/06/2024												
Rockwood High Breakfast	Total											
Smoothie Fruit & Yogurt	1 each	163	2	68	2.00	*0.43	*324.3	*22	4.77	31.63	2.48	1.69
Granola, Vanilla IW GF	2 oz pkg	220	0	90	4.00	1.44	0.0	8	4.0	32.0	8.0	0.00
Chicken Biscuit	1 each	320	30	550	1.50	2.88	120.0	3	14.0	35.0	12.5	5.00
Bagel, Toasted	bagel	140	0	180	4.00	1.80	40.0	5	6.0	29.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2	1.0	2.0	7.0	4.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20	4.5	47.0	8.5	3.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8	5.0	32.0	16.0	7.00
Donuts Mini Chocolate IW	Package	376	0	299	2.21	1.99	44.2	21	5.53	45.34	16.59	7.74
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19	4.0	41.0	11.0	4.50
Donut WG Cake Glz IW	Donut	310	5	260	3.00	1.50	150.2	25	4.0	46.96	12.01	5.00
Donut WG Choc Enrobed IW	Donut	330	20	240	3.00	2.00	30.0	22	3.0	40.95	18.02	11.01
Donut Holes Cup, Blueberry	1 cup	260	0	230	2.00	1.00	37.0	18	4.0	39.0	11.0	4.00
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9	3.0	29.0	3.5	0.00
Cereal Bar, Lucky Charms 2.5oz	Bar	270	0	170	5.00	2.70	420.0	16	5.0	51.0	6.0	0.50
Cereal Bar, Cocoa Puffs 2.5 oz	Bar	280	0	180	5.00	3.60	350.0	15	5.0	52.0	6.0	0.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	15	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12	3.0	47.0	3.0	0.50
Chocolate Swirls Bakecrafters	1 Each	260	10	105	3.00	1.50	45.0	18	6.0	42.0	8.0	2.00
KIND Dark Chocolate Chunk Bar	Bar	150	0	65	2.00	1.08	0.0	8	2.0	23.0	5.0	1.50
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	20.0	12	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	10.0	15	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	10.0	14	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	15.0	14	3.0	29.0	6.0	1.50
Muffin, Trix	Muffin	290	10	260	7.00	1.50	0.0	20	4.0	50.0	10.0	2.00
Muffin, Cinnamon Toast Crunch	Muffin	300	10	260	7.00	1.60	0.0	21	4.0	50.0	11.0	3.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	128	3.00	1.90	140.0	14	2.0	31.0	3.5	0.50
Pumpkin Bread Super Slice	1 each	260	0	240	2.00	1.00	114.0	24	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15	9.0	32.0	16.0	3.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Tiger Bites Chocolate Grahams	pkg	120	0	125	2.00	1.20	0.0	7	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7	1.0	19.0	4.0	1.00

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# Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

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Generated on: 10/22/2024 9:09:08 AM

	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												
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		9421	460	8807	114.72	*76.48	*5442.8	*627	217.08	1466.2	314.35	98.50
% of Calories								*26.6%	9.2%	62.3%	30.0%	9.4%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=30.0	<10.00

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Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 11/07/2024												
Rockwood High Breakfast	Total											
French Tst Cinn Glz w/ Sausage	3 stick/2 link	340	125	490	2.00	2.16	40.0	8	12.0	28.0	20.0	6.50
Bacon Egg & Cheese Croissant	1 each	297	119	671	2.00	*8.63	*102.0	4	12.29	30.19	14.47	5.88
Egg & Cheese Croissant	1 each	276	113	562	2.00	*8.56	*102.0	4	10.53	30.01	13.06	5.53
Bagel, Toasted	bagel	140	0	180	4.00	1.80	40.0	5	6.0	29.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2	1.0	2.0	7.0	4.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20	4.5	47.0	8.5	3.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8	5.0	32.0	16.0	7.00
Donuts Mini Chocolate IW	Package	376	0	299	2.21	1.99	44.2	21	5.53	45.34	16.59	7.74
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19	4.0	41.0	11.0	4.50
Donut WG Cake Glz IW	Donut	310	5	260	3.00	1.50	150.2	25	4.0	46.96	12.01	5.00
Donut WG Choc Enrobed IW	Donut	330	20	240	3.00	2.00	30.0	22	3.0	40.95	18.02	11.01
Donut Holes Cup, Blueberry	1 cup	260	0	230	2.00	1.00	37.0	18	4.0	39.0	11.0	4.00
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9	3.0	29.0	3.5	0.00
Cereal Bar, Lucky Charms 2.5oz	Bar	270	0	170	5.00	2.70	420.0	16	5.0	51.0	6.0	0.50
Cereal Bar, Cocoa Puffs 2.5 oz	Bar	280	0	180	5.00	3.60	350.0	15	5.0	52.0	6.0	0.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	15	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12	3.0	47.0	3.0	0.50
Chocolate Swirls Bakecrafters	1 Each	260	10	105	3.00	1.50	45.0	18	6.0	42.0	8.0	2.00
KIND Dark Chocolate Chunk Bar	Bar	150	0	65	2.00	1.08	0.0	8	2.0	23.0	5.0	1.50
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	20.0	12	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	10.0	15	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	10.0	14	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	15.0	14	3.0	29.0	6.0	1.50
Muffin, Trix	Muffin	290	10	260	7.00	1.50	0.0	20	4.0	50.0	10.0	2.00
Muffin, Cinnamon Toast Crunch	Muffin	300	10	260	7.00	1.60	0.0	21	4.0	50.0	11.0	3.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	128	3.00	1.90	140.0	14	2.0	31.0	3.5	0.50
Pumpkin Bread Super Slice	1 each	260	0	240	2.00	1.00	114.0	24	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15	9.0	32.0	16.0	3.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Tiger Bites Chocolate Grahams	pkg	120	0	125	2.00	1.20	0.0	7	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7	1.0	19.0	4.0	1.00

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Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 11/07/2024												
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		9631	785	9821	113.22	*91.08	*5242.4	609	229.14	1455.8	338.89	109.72
% of Calories								25.3%	9.5%	60.5%	31.7%	10.3%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=30.0	<10.00

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Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 11/08/2024												
Rockwood High Breakfast	Total											
Donut, Long John	Donut	253	0	310	3.00	1.44	16.0	13	6.0	37.67	9.0	4.00
Biscuit, Sausage Egg & Cheese	Sandwich	506	143	862	0.50	*9.72	*141.0	4	15.53	30.01	34.06	14.03
Biscuit, Egg and Cheese	Sandwich	326	113	582	0.50	*9.36	*141.0	4	9.53	30.01	17.06	8.03
Bagel, Toasted	bagel	140	0	180	4.00	1.80	40.0	5	6.0	29.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2	1.0	2.0	7.0	4.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20	4.5	47.0	8.5	3.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8	5.0	32.0	16.0	7.00
Donuts Mini Chocolate IW	Package	376	0	299	2.21	1.99	44.2	21	5.53	45.34	16.59	7.74
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19	4.0	41.0	11.0	4.50
Donut WG Cake Glz IW	Donut	310	5	260	3.00	1.50	150.2	25	4.0	46.96	12.01	5.00
Donut WG Choc Enrobed IW	Donut	330	20	240	3.00	2.00	30.0	22	3.0	40.95	18.02	11.01
Donut Holes Cup, Blueberry	1 cup	260	0	230	2.00	1.00	37.0	18	4.0	39.0	11.0	4.00
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9	3.0	29.0	3.5	0.00
Cereal Bar, Lucky Charms 2.5oz	Bar	270	0	170	5.00	2.70	420.0	16	5.0	51.0	6.0	0.50
Cereal Bar, Cocoa Puffs 2.5 oz	Bar	280	0	180	5.00	3.60	350.0	15	5.0	52.0	6.0	0.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	15	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12	3.0	47.0	3.0	0.50
Chocolate Swirls Bakecrafters	1 Each	260	10	105	3.00	1.50	45.0	18	6.0	42.0	8.0	2.00
KIND Dark Chocolate Chunk Bar	Bar	150	0	65	2.00	1.08	0.0	8	2.0	23.0	5.0	1.50
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	20.0	12	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	10.0	15	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	10.0	14	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	15.0	14	3.0	29.0	6.0	1.50
Muffin, Trix	Muffin	290	10	260	7.00	1.50	0.0	20	4.0	50.0	10.0	2.00
Muffin, Cinnamon Toast Crunch	Muffin	300	10	260	7.00	1.60	0.0	21	4.0	50.0	11.0	3.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	128	3.00	1.90	140.0	14	2.0	31.0	3.5	0.50
Pumpkin Bread Super Slice	1 each	260	0	240	2.00	1.00	114.0	24	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15	9.0	32.0	16.0	3.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Tiger Bites Chocolate Grahams	pkg	120	0	125	2.00	1.20	0.0	7	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7	1.0	19.0	4.0	1.00

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# Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 11/08/2024												
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		9803	683	9852	111.22	*92.25	*5296.4	615	225.37	1465.3	351.48	117.87
% of Calories								25.1%	9.2%	59.8%	32.3%	10.8%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=30.0	<10.00

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Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 11/11/2024												
Rockwood High Breakfast	Total											
Breakfast Pizza Bagel Sausage	Pizza Bagel	233	57	488	3.00	2.00	328.0	3	12.0	32.0	7.0	3.00
Sausage Egg & Cheese Croissant	1 each	456	143	842	2.00	*8.92	*102.0	4	16.53	30.01	30.06	11.53
Egg & Cheese Croissant	1 each	276	113	562	2.00	*8.56	*102.0	4	10.53	30.01	13.06	5.53
Bagel, Toasted	bagel	140	0	180	4.00	1.80	40.0	5	6.0	29.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2	1.0	2.0	7.0	4.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20	4.5	47.0	8.5	3.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8	5.0	32.0	16.0	7.00
Donuts Mini Chocolate IW	Package	376	0	299	2.21	1.99	44.2	21	5.53	45.34	16.59	7.74
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19	4.0	41.0	11.0	4.50
Donut WG Cake Glz IW	Donut	310	5	260	3.00	1.50	150.2	25	4.0	46.96	12.01	5.00
Donut WG Choc Enrobed IW	Donut	330	20	240	3.00	2.00	30.0	22	3.0	40.95	18.02	11.01
Donut Holes Cup, Blueberry	1 cup	260	0	230	2.00	1.00	37.0	18	4.0	39.0	11.0	4.00
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9	3.0	29.0	3.5	0.00
Cereal Bar, Lucky Charms 2.5oz	Bar	270	0	170	5.00	2.70	420.0	16	5.0	51.0	6.0	0.50
Cereal Bar, Cocoa Puffs 2.5 oz	Bar	280	0	180	5.00	3.60	350.0	15	5.0	52.0	6.0	0.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	15	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12	3.0	47.0	3.0	0.50
Chocolate Swirls Bakecrafters	1 Each	260	10	105	3.00	1.50	45.0	18	6.0	42.0	8.0	2.00
KIND Dark Chocolate Chunk Bar	Bar	150	0	65	2.00	1.08	0.0	8	2.0	23.0	5.0	1.50
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	20.0	12	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	10.0	15	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	10.0	14	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	15.0	14	3.0	29.0	6.0	1.50
Muffin, Trix	Muffin	290	10	260	7.00	1.50	0.0	20	4.0	50.0	10.0	2.00
Muffin, Cinnamon Toast Crunch	Muffin	300	10	260	7.00	1.60	0.0	21	4.0	50.0	11.0	3.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	128	3.00	1.90	140.0	14	2.0	31.0	3.5	0.50
Pumpkin Bread Super Slice	1 each	260	0	240	2.00	1.00	114.0	24	5.0	44.0	8.0	1.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15	9.0	32.0	16.0	3.50
Tiger Bites Chocolate Grahams	pkg	120	0	125	2.00	1.20	0.0	7	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7	1.0	19.0	4.0	1.00

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

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# Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 11/11/2024												
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		9683	740	9990	114.22	*91.21	*5530.4	604	233.37	1459.6	341.48	111.87
% of Calories								25.0%	9.6%	60.3%	31.7%	10.4%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=30.0	<10.00

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Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 11/12/2024												
Rockwood High Breakfast	Total											
Cinnamon Breakfast Cake	1 Each	192	10	191	1.00	2.71	20.9	26	2.0	39.13	3.0	1.00
Biscuit, Turk Bacon Egg Cheese	1 EACH	347	119	691	0.50	*9.43	*141.0	4	11.29	30.19	18.47	8.38
Biscuit, Egg and Cheese	Sandwich	326	113	582	0.50	*9.36	*141.0	4	9.53	30.01	17.06	8.03
Bagel, Toasted	bagel	140	0	180	4.00	1.80	40.0	5	6.0	29.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2	1.0	2.0	7.0	4.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20	4.5	47.0	8.5	3.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8	5.0	32.0	16.0	7.00
Donuts Mini Chocolate IW	Package	376	0	299	2.21	1.99	44.2	21	5.53	45.34	16.59	7.74
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19	4.0	41.0	11.0	4.50
Donut WG Cake Glz IW	Donut	310	5	260	3.00	1.50	150.2	25	4.0	46.96	12.01	5.00
Donut WG Choc Enrobed IW	Donut	330	20	240	3.00	2.00	30.0	22	3.0	40.95	18.02	11.01
Donut Holes Cup, Blueberry	1 cup	260	0	230	2.00	1.00	37.0	18	4.0	39.0	11.0	4.00
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9	3.0	29.0	3.5	0.00
Cereal Bar, Lucky Charms 2.5oz	Bar	270	0	170	5.00	2.70	420.0	16	5.0	51.0	6.0	0.50
Cereal Bar, Cocoa Puffs 2.5 oz	Bar	280	0	180	5.00	3.60	350.0	15	5.0	52.0	6.0	0.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	15	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12	3.0	47.0	3.0	0.50
Chocolate Swirls Bakecrafters	1 Each	260	10	105	3.00	1.50	45.0	18	6.0	42.0	8.0	2.00
KIND Dark Chocolate Chunk Bar	Bar	150	0	65	2.00	1.08	0.0	8	2.0	23.0	5.0	1.50
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	20.0	12	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	10.0	15	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	10.0	14	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	15.0	14	3.0	29.0	6.0	1.50
Muffin, Trix	Muffin	290	10	260	7.00	1.50	0.0	20	4.0	50.0	10.0	2.00
Muffin, Cinnamon Toast Crunch	Muffin	300	10	260	7.00	1.60	0.0	21	4.0	50.0	11.0	3.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	128	3.00	1.90	140.0	14	2.0	31.0	3.5	0.50
Pumpkin Bread Super Slice	1 each	260	0	240	2.00	1.00	114.0	24	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15	9.0	32.0	16.0	3.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Tiger Bites Chocolate Grahams	pkg	120	0	125	2.00	1.20	0.0	7	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7	1.0	19.0	4.0	1.00

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# Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 11/12/2024												
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		9582	670	9562	109.22	*93.23	*5301.3	627	217.14	1466.9	329.90	109.22
% of Calories								26.2%	9.1%	61.2%	31.0%	10.3%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=30.0	<10.00

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

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Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High Breakfast

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Wed - 11/13/2024												
Rockwood High Breakfast	Total											
Oatmeal Combi	1 CUP	213	0	11	4.34	1.89	41.0	*0	6.78	37.56	2.66	0.47
Chicken Biscuit	1 each	320	30	550	1.50	2.88	120.0	3	14.0	35.0	12.5	5.00
Bagel, Toasted	bagel	140	0	180	4.00	1.80	40.0	5	6.0	29.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2	1.0	2.0	7.0	4.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20	4.5	47.0	8.5	3.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8	5.0	32.0	16.0	7.00
Donuts Mini Chocolate IW	Package	376	0	299	2.21	1.99	44.2	21	5.53	45.34	16.59	7.74
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19	4.0	41.0	11.0	4.50
Donut WG Cake Glz IW	Donut	310	5	260	3.00	1.50	150.2	25	4.0	46.96	12.01	5.00
Donut WG Choc Enrobed IW	Donut	330	20	240	3.00	2.00	30.0	22	3.0	40.95	18.02	11.01
Donut Holes Cup, Blueberry	1 cup	260	0	230	2.00	1.00	37.0	18	4.0	39.0	11.0	4.00
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9	3.0	29.0	3.5	0.00
Cereal Bar, Lucky Charms 2.5oz	Bar	270	0	170	5.00	2.70	420.0	16	5.0	51.0	6.0	0.50
Cereal Bar, Cocoa Puffs 2.5 oz	Bar	280	0	180	5.00	3.60	350.0	15	5.0	52.0	6.0	0.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	15	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12	3.0	47.0	3.0	0.50
Chocolate Swirls Bakecrafters	1 Each	260	10	105	3.00	1.50	45.0	18	6.0	42.0	8.0	2.00
KIND Dark Chocolate Chunk Bar	Bar	150	0	65	2.00	1.08	0.0	8	2.0	23.0	5.0	1.50
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	20.0	12	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	10.0	15	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	10.0	14	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	15.0	14	3.0	29.0	6.0	1.50
Muffin, Trix	Muffin	290	10	260	7.00	1.50	0.0	20	4.0	50.0	10.0	2.00
Muffin, Cinnamon Toast Crunch	Muffin	300	10	260	7.00	1.60	0.0	21	4.0	50.0	11.0	3.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	128	3.00	1.90	140.0	14	2.0	31.0	3.5	0.50
Pumpkin Bread Super Slice	1 each	260	0	240	2.00	1.00	114.0	24	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15	9.0	32.0	16.0	3.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Tiger Bites Chocolate Grahams	pkg	120	0	125	2.00	1.20	0.0	7	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7	1.0	19.0	4.0	1.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50

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# Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 11/13/2024												
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		9251	458	8660	113.06	76.50	*5159.4	*597	215.09	1440.1	306.53	97.28
% of Calories								*25.8%	9.3%	62.3%	29.8%	9.5%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=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

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 11/14/2024												
Rockwood High Breakfast	Total											
Biscuit w/ SausageGravy (Pork)	1/2 cup	396	25	836	0.50	1.80	146.3	3	11.09	37.1	21.15	11.49
Bacon Egg & Cheese Croissant	1 each	297	119	671	2.00	*8.63	*102.0	4	12.29	30.19	14.47	5.88
Egg & Cheese Croissant	1 each	276	113	562	2.00	*8.56	*102.0	4	10.53	30.01	13.06	5.53
Bagel, Toasted	bagel	140	0	180	4.00	1.80	40.0	5	6.0	29.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2	1.0	2.0	7.0	4.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20	4.5	47.0	8.5	3.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8	5.0	32.0	16.0	7.00
Donuts Mini Chocolate IW	Package	376	0	299	2.21	1.99	44.2	21	5.53	45.34	16.59	7.74
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19	4.0	41.0	11.0	4.50
Donut WG Cake Glz IW	Donut	310	5	260	3.00	1.50	150.2	25	4.0	46.96	12.01	5.00
Donut WG Choc Enrobed IW	Donut	330	20	240	3.00	2.00	30.0	22	3.0	40.95	18.02	11.01
Donut Holes Cup, Blueberry	1 cup	260	0	230	2.00	1.00	37.0	18	4.0	39.0	11.0	4.00
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9	3.0	29.0	3.5	0.00
Cereal Bar, Lucky Charms 2.5oz	Bar	270	0	170	5.00	2.70	420.0	16	5.0	51.0	6.0	0.50
Cereal Bar, Cocoa Puffs 2.5 oz	Bar	280	0	180	5.00	3.60	350.0	15	5.0	52.0	6.0	0.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	15	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12	3.0	47.0	3.0	0.50
Chocolate Swirls Bakecrafters	1 Each	260	10	105	3.00	1.50	45.0	18	6.0	42.0	8.0	2.00
KIND Dark Chocolate Chunk Bar	Bar	150	0	65	2.00	1.08	0.0	8	2.0	23.0	5.0	1.50
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	20.0	12	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	10.0	15	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	10.0	14	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	15.0	14	3.0	29.0	6.0	1.50
Muffin, Trix	Muffin	290	10	260	7.00	1.50	0.0	20	4.0	50.0	10.0	2.00
Muffin, Cinnamon Toast Crunch	Muffin	300	10	260	7.00	1.60	0.0	21	4.0	50.0	11.0	3.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	128	3.00	1.90	140.0	14	2.0	31.0	3.5	0.50
Pumpkin Bread Super Slice	1 each	260	0	240	2.00	1.00	114.0	24	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15	9.0	32.0	16.0	3.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Tiger Bites Chocolate Grahams	pkg	120	0	125	2.00	1.20	0.0	7	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7	1.0	19.0	4.0	1.00

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# Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 11/14/2024												
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		9687	685	10168	111.72	*90.72	*5348.7	604	228.22	1464.9	340.05	114.71
% of Calories								25.0%	9.4%	60.5%	31.6%	10.7%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=30.0	<10.00

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Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 11/15/2024												
Rockwood High Breakfast	Total											
Cinnamon Roll	1 each	241	5	210	1.00	1.81	20.3	21	5.0	49.11	3.5	1.00
Biscuit, Sausage Egg & Cheese	Sandwich	506	143	862	0.50	*9.72	*141.0	4	15.53	30.01	34.06	14.03
Biscuit, Egg and Cheese	Sandwich	326	113	582	0.50	*9.36	*141.0	4	9.53	30.01	17.06	8.03
Bagel, Toasted	bagel	140	0	180	4.00	1.80	40.0	5	6.0	29.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2	1.0	2.0	7.0	4.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20	4.5	47.0	8.5	3.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8	5.0	32.0	16.0	7.00
Donuts Mini Chocolate IW	Package	376	0	299	2.21	1.99	44.2	21	5.53	45.34	16.59	7.74
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19	4.0	41.0	11.0	4.50
Donut WG Cake Glz IW	Donut	310	5	260	3.00	1.50	150.2	25	4.0	46.96	12.01	5.00
Donut WG Choc Enrobed IW	Donut	330	20	240	3.00	2.00	30.0	22	3.0	40.95	18.02	11.01
Donut Holes Cup, Blueberry	1 cup	260	0	230	2.00	1.00	37.0	18	4.0	39.0	11.0	4.00
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9	3.0	29.0	3.5	0.00
Cereal Bar, Lucky Charms 2.5oz	Bar	270	0	170	5.00	2.70	420.0	16	5.0	51.0	6.0	0.50
Cereal Bar, Cocoa Puffs 2.5 oz	Bar	280	0	180	5.00	3.60	350.0	15	5.0	52.0	6.0	0.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	15	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12	3.0	47.0	3.0	0.50
Chocolate Swirls Bakecrafters	1 Each	260	10	105	3.00	1.50	45.0	18	6.0	42.0	8.0	2.00
KIND Dark Chocolate Chunk Bar	Bar	150	0	65	2.00	1.08	0.0	8	2.0	23.0	5.0	1.50
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	20.0	12	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	10.0	15	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	10.0	14	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	15.0	14	3.0	29.0	6.0	1.50
Muffin, Trix	Muffin	290	10	260	7.00	1.50	0.0	20	4.0	50.0	10.0	2.00
Muffin, Cinnamon Toast Crunch	Muffin	300	10	260	7.00	1.60	0.0	21	4.0	50.0	11.0	3.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	128	3.00	1.90	140.0	14	2.0	31.0	3.5	0.50
Pumpkin Bread Super Slice	1 each	260	0	240	2.00	1.00	114.0	24	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15	9.0	32.0	16.0	3.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Tiger Bites Chocolate Grahams	pkg	120	0	125	2.00	1.20	0.0	7	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7	1.0	19.0	4.0	1.00

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# Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

Page 21

Generated on: 10/22/2024 9:09:08 AM

	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 - 11/15/2024												
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		9791	688	9752	109.22	*92.62	*5300.7	622	224.37	1476.7	345.98	114.87
% of Calories								25.4%	9.2%	60.3%	31.8%	10.6%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=30.0	<10.00

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Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 11/18/2024												
Rockwood High Breakfast	Total											
Waffle, Sweet Cinnamon Snack'n	Waffle	250	44	290	2.00	1.44	30.0	15	6.0	37.0	9.0	4.00
Sausage Egg & Cheese Croissant	1 each	456	143	842	2.00	*8.92	*102.0	4	16.53	30.01	30.06	11.53
Egg & Cheese Croissant	1 each	276	113	562	2.00	*8.56	*102.0	4	10.53	30.01	13.06	5.53
Bagel, Toasted	bagel	140	0	180	4.00	1.80	40.0	5	6.0	29.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2	1.0	2.0	7.0	4.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20	4.5	47.0	8.5	3.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8	5.0	32.0	16.0	7.00
Donuts Mini Chocolate IW	Package	376	0	299	2.21	1.99	44.2	21	5.53	45.34	16.59	7.74
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19	4.0	41.0	11.0	4.50
Donut WG Cake Glz IW	Donut	310	5	260	3.00	1.50	150.2	25	4.0	46.96	12.01	5.00
Donut WG Choc Enrobed IW	Donut	330	20	240	3.00	2.00	30.0	22	3.0	40.95	18.02	11.01
Donut Holes Cup, Blueberry	1 cup	260	0	230	2.00	1.00	37.0	18	4.0	39.0	11.0	4.00
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9	3.0	29.0	3.5	0.00
Cereal Bar, Lucky Charms 2.5oz	Bar	270	0	170	5.00	2.70	420.0	16	5.0	51.0	6.0	0.50
Cereal Bar, Cocoa Puffs 2.5 oz	Bar	280	0	180	5.00	3.60	350.0	15	5.0	52.0	6.0	0.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	15	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12	3.0	47.0	3.0	0.50
Chocolate Swirls Bakecrafters	1 Each	260	10	105	3.00	1.50	45.0	18	6.0	42.0	8.0	2.00
KIND Dark Chocolate Chunk Bar	Bar	150	0	65	2.00	1.08	0.0	8	2.0	23.0	5.0	1.50
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	20.0	12	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	10.0	15	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	10.0	14	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	15.0	14	3.0	29.0	6.0	1.50
Muffin, Trix	Muffin	290	10	260	7.00	1.50	0.0	20	4.0	50.0	10.0	2.00
Muffin, Cinnamon Toast Crunch	Muffin	300	10	260	7.00	1.60	0.0	21	4.0	50.0	11.0	3.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	128	3.00	1.90	140.0	14	2.0	31.0	3.5	0.50
Pumpkin Bread Super Slice	1 each	260	0	240	2.00	1.00	114.0	24	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15	9.0	32.0	16.0	3.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Tiger Bites Chocolate Grahams	pkg	120	0	125	2.00	1.20	0.0	7	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7	1.0	19.0	4.0	1.00

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# Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 11/18/2024												
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		9700	727	9792	113.22	*90.65	*5232.4	616	227.37	1464.6	343.48	112.87
% of Calories								25.4%	9.4%	60.4%	31.9%	10.5%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=30.0	<10.00

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Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High Breakfast

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Tue - 11/19/2024												
Rockwood High Breakfast	Total											
Breakfast Bowl w/Turkey Sausag	bowl	311	113	692	2.01	*1.28	*133.8	1	13.81	23.75	18.09	5.70
Biscuit, Turk Bacon Egg Cheese	1 EACH	347	119	691	0.50	*9.43	*141.0	4	11.29	30.19	18.47	8.38
Biscuit, Egg and Cheese	Sandwich	326	113	582	0.50	*9.36	*141.0	4	9.53	30.01	17.06	8.03
Bagel, Toasted	bagel	140	0	180	4.00	1.80	40.0	5	6.0	29.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2	1.0	2.0	7.0	4.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20	4.5	47.0	8.5	3.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8	5.0	32.0	16.0	7.00
Donuts Mini Chocolate IW	Package	376	0	299	2.21	1.99	44.2	21	5.53	45.34	16.59	7.74
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19	4.0	41.0	11.0	4.50
Donut WG Cake Glz IW	Donut	310	5	260	3.00	1.50	150.2	25	4.0	46.96	12.01	5.00
Donut WG Choc Enrobed IW	Donut	330	20	240	3.00	2.00	30.0	22	3.0	40.95	18.02	11.01
Donut Holes Cup, Blueberry	1 cup	260	0	230	2.00	1.00	37.0	18	4.0	39.0	11.0	4.00
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9	3.0	29.0	3.5	0.00
Cereal Bar, Lucky Charms 2.5oz	Bar	270	0	170	5.00	2.70	420.0	16	5.0	51.0	6.0	0.50
Cereal Bar, Cocoa Puffs 2.5 oz	Bar	280	0	180	5.00	3.60	350.0	15	5.0	52.0	6.0	0.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	15	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12	3.0	47.0	3.0	0.50
Chocolate Swirls Bakecrafters	1 Each	260	10	105	3.00	1.50	45.0	18	6.0	42.0	8.0	2.00
KIND Dark Chocolate Chunk Bar	Bar	150	0	65	2.00	1.08	0.0	8	2.0	23.0	5.0	1.50
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	20.0	12	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	10.0	15	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	10.0	14	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	15.0	14	3.0	29.0	6.0	1.50
Muffin, Trix	Muffin	290	10	260	7.00	1.50	0.0	20	4.0	50.0	10.0	2.00
Muffin, Cinnamon Toast Crunch	Muffin	300	10	260	7.00	1.60	0.0	21	4.0	50.0	11.0	3.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	128	3.00	1.90	140.0	14	2.0	31.0	3.5	0.50
Pumpkin Bread Super Slice	1 each	260	0	240	2.00	1.00	114.0	24	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15	9.0	32.0	16.0	3.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Tiger Bites Chocolate Grahams	pkg	120	0	125	2.00	1.20	0.0	7	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7	1.0	19.0	4.0	1.00

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# Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 11/19/2024												
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		9701	772	10064	110.23	*91.80	*5414.2	602	228.94	1451.5	344.98	113.93
% of Calories								24.8%	9.4%	59.8%	32.0%	10.6%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=30.0	<10.00

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

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Nov 1, 2024 thru Nov 30, 2024

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Rockwood High Breakfast

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Wed - 11/20/2024												
Rockwood High Breakfast	Total											
Smoothie Fruit & Yogurt	1 each	163	2	68	2.00	*0.43	*324.3	*22	4.77	31.63	2.48	1.69
Granola, Vanilla IW GF	2 oz pkg	220	0	90	4.00	1.44	0.0	8	4.0	32.0	8.0	0.00
Chicken Biscuit	1 each	320	30	550	1.50	2.88	120.0	3	14.0	35.0	12.5	5.00
Bagel, Toasted	bagel	140	0	180	4.00	1.80	40.0	5	6.0	29.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2	1.0	2.0	7.0	4.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20	4.5	47.0	8.5	3.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8	5.0	32.0	16.0	7.00
Donuts Mini Chocolate IW	Package	376	0	299	2.21	1.99	44.2	21	5.53	45.34	16.59	7.74
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19	4.0	41.0	11.0	4.50
Donut WG Cake Glz IW	Donut	310	5	260	3.00	1.50	150.2	25	4.0	46.96	12.01	5.00
Donut WG Choc Enrobed IW	Donut	330	20	240	3.00	2.00	30.0	22	3.0	40.95	18.02	11.01
Donut Holes Cup, Blueberry	1 cup	260	0	230	2.00	1.00	37.0	18	4.0	39.0	11.0	4.00
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9	3.0	29.0	3.5	0.00
Cereal Bar, Lucky Charms 2.5oz	Bar	270	0	170	5.00	2.70	420.0	16	5.0	51.0	6.0	0.50
Cereal Bar, Cocoa Puffs 2.5 oz	Bar	280	0	180	5.00	3.60	350.0	15	5.0	52.0	6.0	0.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	15	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12	3.0	47.0	3.0	0.50
Chocolate Swirls Bakecrafters	1 Each	260	10	105	3.00	1.50	45.0	18	6.0	42.0	8.0	2.00
KIND Dark Chocolate Chunk Bar	Bar	150	0	65	2.00	1.08	0.0	8	2.0	23.0	5.0	1.50
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	20.0	12	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	10.0	15	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	10.0	14	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	15.0	14	3.0	29.0	6.0	1.50
Muffin, Trix	Muffin	290	10	260	7.00	1.50	0.0	20	4.0	50.0	10.0	2.00
Muffin, Cinnamon Toast Crunch	Muffin	300	10	260	7.00	1.60	0.0	21	4.0	50.0	11.0	3.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	128	3.00	1.90	140.0	14	2.0	31.0	3.5	0.50
Pumpkin Bread Super Slice	1 each	260	0	240	2.00	1.00	114.0	24	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15	9.0	32.0	16.0	3.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Tiger Bites Chocolate Grahams	pkg	120	0	125	2.00	1.20	0.0	7	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7	1.0	19.0	4.0	1.00

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Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 11/20/2024												
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		9421	460	8807	114.72	*76.48	*5442.8	*627	217.08	1466.2	314.35	98.50
% of Calories								*26.6%	9.2%	62.3%	30.0%	9.4%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=30.0	<10.00

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Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 11/21/2024												
Rockwood High Breakfast	Total											
French Tst Cinn Glz w/ Sausage	3 stick/2 link	340	125	490	2.00	2.16	40.0	8	12.0	28.0	20.0	6.50
Bacon Egg & Cheese Croissant	1 each	297	119	671	2.00	*8.63	*102.0	4	12.29	30.19	14.47	5.88
Egg & Cheese Croissant	1 each	276	113	562	2.00	*8.56	*102.0	4	10.53	30.01	13.06	5.53
Bagel, Toasted	bagel	140	0	180	4.00	1.80	40.0	5	6.0	29.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2	1.0	2.0	7.0	4.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20	4.5	47.0	8.5	3.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8	5.0	32.0	16.0	7.00
Donuts Mini Chocolate IW	Package	376	0	299	2.21	1.99	44.2	21	5.53	45.34	16.59	7.74
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19	4.0	41.0	11.0	4.50
Donut WG Cake Glz IW	Donut	310	5	260	3.00	1.50	150.2	25	4.0	46.96	12.01	5.00
Donut WG Choc Enrobed IW	Donut	330	20	240	3.00	2.00	30.0	22	3.0	40.95	18.02	11.01
Donut Holes Cup, Blueberry	1 cup	260	0	230	2.00	1.00	37.0	18	4.0	39.0	11.0	4.00
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9	3.0	29.0	3.5	0.00
Cereal Bar, Lucky Charms 2.5oz	Bar	270	0	170	5.00	2.70	420.0	16	5.0	51.0	6.0	0.50
Cereal Bar, Cocoa Puffs 2.5 oz	Bar	280	0	180	5.00	3.60	350.0	15	5.0	52.0	6.0	0.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	15	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12	3.0	47.0	3.0	0.50
Chocolate Swirls Bakecrafters	1 Each	260	10	105	3.00	1.50	45.0	18	6.0	42.0	8.0	2.00
KIND Dark Chocolate Chunk Bar	Bar	150	0	65	2.00	1.08	0.0	8	2.0	23.0	5.0	1.50
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	20.0	12	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	10.0	15	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	10.0	14	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	15.0	14	3.0	29.0	6.0	1.50
Muffin, Trix	Muffin	290	10	260	7.00	1.50	0.0	20	4.0	50.0	10.0	2.00
Muffin, Cinnamon Toast Crunch	Muffin	300	10	260	7.00	1.60	0.0	21	4.0	50.0	11.0	3.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	128	3.00	1.90	140.0	14	2.0	31.0	3.5	0.50
Pumpkin Bread Super Slice	1 each	260	0	240	2.00	1.00	114.0	24	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15	9.0	32.0	16.0	3.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Tiger Bites Chocolate Grahams	pkg	120	0	125	2.00	1.20	0.0	7	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7	1.0	19.0	4.0	1.00

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Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 11/21/2024												
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		9631	785	9821	113.22	*91.08	*5242.4	609	229.14	1455.8	338.89	109.72
% of Calories								25.3%	9.5%	60.5%	31.7%	10.3%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=30.0	<10.00

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Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 11/22/2024												
Rockwood High Breakfast	Total											
Donut, Long John	Donut	253	0	310	3.00	1.44	16.0	13	6.0	37.67	9.0	4.00
Biscuit, Sausage Egg & Cheese	Sandwich	506	143	862	0.50	*9.72	*141.0	4	15.53	30.01	34.06	14.03
Biscuit, Egg and Cheese	Sandwich	326	113	582	0.50	*9.36	*141.0	4	9.53	30.01	17.06	8.03
Bagel, Toasted	bagel	140	0	180	4.00	1.80	40.0	5	6.0	29.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2	1.0	2.0	7.0	4.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20	4.5	47.0	8.5	3.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8	5.0	32.0	16.0	7.00
Donuts Mini Chocolate IW	Package	376	0	299	2.21	1.99	44.2	21	5.53	45.34	16.59	7.74
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19	4.0	41.0	11.0	4.50
Donut WG Cake Glz IW	Donut	310	5	260	3.00	1.50	150.2	25	4.0	46.96	12.01	5.00
Donut WG Choc Enrobed IW	Donut	330	20	240	3.00	2.00	30.0	22	3.0	40.95	18.02	11.01
Donut Holes Cup, Blueberry	1 cup	260	0	230	2.00	1.00	37.0	18	4.0	39.0	11.0	4.00
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9	3.0	29.0	3.5	0.00
Cereal Bar, Lucky Charms 2.5oz	Bar	270	0	170	5.00	2.70	420.0	16	5.0	51.0	6.0	0.50
Cereal Bar, Cocoa Puffs 2.5 oz	Bar	280	0	180	5.00	3.60	350.0	15	5.0	52.0	6.0	0.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	15	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12	3.0	47.0	3.0	0.50
Chocolate Swirls Bakecrafters	1 Each	260	10	105	3.00	1.50	45.0	18	6.0	42.0	8.0	2.00
KIND Dark Chocolate Chunk Bar	Bar	150	0	65	2.00	1.08	0.0	8	2.0	23.0	5.0	1.50
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	20.0	12	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	10.0	15	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	10.0	14	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	15.0	14	3.0	29.0	6.0	1.50
Muffin, Trix	Muffin	290	10	260	7.00	1.50	0.0	20	4.0	50.0	10.0	2.00
Muffin, Cinnamon Toast Crunch	Muffin	300	10	260	7.00	1.60	0.0	21	4.0	50.0	11.0	3.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	128	3.00	1.90	140.0	14	2.0	31.0	3.5	0.50
Pumpkin Bread Super Slice	1 each	260	0	240	2.00	1.00	114.0	24	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15	9.0	32.0	16.0	3.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Tiger Bites Chocolate Grahams	pkg	120	0	125	2.00	1.20	0.0	7	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7	1.0	19.0	4.0	1.00

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Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 11/22/2024												
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		9803	683	9852	111.22	*92.25	*5296.4	615	225.37	1465.3	351.48	117.87
% of Calories								25.1%	9.2%	59.8%	32.3%	10.8%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=30.0	<10.00

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Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 11/25/2024												
Rockwood High Breakfast	Total											
Breakfast Pizza Bagel Sausage	Pizza Bagel	233	57	488	3.00	2.00	328.0	3	12.0	32.0	7.0	3.00
Sausage Egg & Cheese Croissant	1 each	456	143	842	2.00	*8.92	*102.0	4	16.53	30.01	30.06	11.53
Egg & Cheese Croissant	1 each	276	113	562	2.00	*8.56	*102.0	4	10.53	30.01	13.06	5.53
Bagel, Toasted	bagel	140	0	180	4.00	1.80	40.0	5	6.0	29.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2	1.0	2.0	7.0	4.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20	4.5	47.0	8.5	3.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8	5.0	32.0	16.0	7.00
Donuts Mini Chocolate IW	Package	376	0	299	2.21	1.99	44.2	21	5.53	45.34	16.59	7.74
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19	4.0	41.0	11.0	4.50
Donut WG Cake Glz IW	Donut	310	5	260	3.00	1.50	150.2	25	4.0	46.96	12.01	5.00
Donut WG Choc Enrobed IW	Donut	330	20	240	3.00	2.00	30.0	22	3.0	40.95	18.02	11.01
Donut Holes Cup, Blueberry	1 cup	260	0	230	2.00	1.00	37.0	18	4.0	39.0	11.0	4.00
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9	3.0	29.0	3.5	0.00
Cereal Bar, Lucky Charms 2.5oz	Bar	270	0	170	5.00	2.70	420.0	16	5.0	51.0	6.0	0.50
Cereal Bar, Cocoa Puffs 2.5 oz	Bar	280	0	180	5.00	3.60	350.0	15	5.0	52.0	6.0	0.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	15	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12	3.0	47.0	3.0	0.50
Chocolate Swirls Bakecrafters	1 Each	260	10	105	3.00	1.50	45.0	18	6.0	42.0	8.0	2.00
KIND Dark Chocolate Chunk Bar	Bar	150	0	65	2.00	1.08	0.0	8	2.0	23.0	5.0	1.50
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	20.0	12	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	10.0	15	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	10.0	14	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	15.0	14	3.0	29.0	6.0	1.50
Muffin, Trix	Muffin	290	10	260	7.00	1.50	0.0	20	4.0	50.0	10.0	2.00
Muffin, Cinnamon Toast Crunch	Muffin	300	10	260	7.00	1.60	0.0	21	4.0	50.0	11.0	3.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	128	3.00	1.90	140.0	14	2.0	31.0	3.5	0.50
Pumpkin Bread Super Slice	1 each	260	0	240	2.00	1.00	114.0	24	5.0	44.0	8.0	1.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15	9.0	32.0	16.0	3.50
Tiger Bites Chocolate Grahams	pkg	120	0	125	2.00	1.20	0.0	7	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7	1.0	19.0	4.0	1.00

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# Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 11/25/2024												
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		9683	740	9990	114.22	*91.21	*5530.4	604	233.37	1459.6	341.48	111.87
% of Calories								25.0%	9.6%	60.3%	31.7%	10.4%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=30.0	<10.00

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Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 11/26/2024												
Rockwood High Breakfast	Total											
Cinnamon Breakfast Cake	1 Each	192	10	191	1.00	2.71	20.9	26	2.0	39.13	3.0	1.00
Biscuit, Turk Bacon Egg Cheese	1 EACH	347	119	691	0.50	*9.43	*141.0	4	11.29	30.19	18.47	8.38
Biscuit, Egg and Cheese	Sandwich	326	113	582	0.50	*9.36	*141.0	4	9.53	30.01	17.06	8.03
Bagel, Toasted	bagel	140	0	180	4.00	1.80	40.0	5	6.0	29.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2	1.0	2.0	7.0	4.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20	4.5	47.0	8.5	3.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8	5.0	32.0	16.0	7.00
Donuts Mini Chocolate IW	Package	376	0	299	2.21	1.99	44.2	21	5.53	45.34	16.59	7.74
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19	4.0	41.0	11.0	4.50
Donut WG Cake Glz IW	Donut	310	5	260	3.00	1.50	150.2	25	4.0	46.96	12.01	5.00
Donut WG Choc Enrobed IW	Donut	330	20	240	3.00	2.00	30.0	22	3.0	40.95	18.02	11.01
Donut Holes Cup, Blueberry	1 cup	260	0	230	2.00	1.00	37.0	18	4.0	39.0	11.0	4.00
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9	3.0	29.0	3.5	0.00
Cereal Bar, Lucky Charms 2.5oz	Bar	270	0	170	5.00	2.70	420.0	16	5.0	51.0	6.0	0.50
Cereal Bar, Cocoa Puffs 2.5 oz	Bar	280	0	180	5.00	3.60	350.0	15	5.0	52.0	6.0	0.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	15	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12	3.0	47.0	3.0	0.50
Chocolate Swirls Bakecrafters	1 Each	260	10	105	3.00	1.50	45.0	18	6.0	42.0	8.0	2.00
KIND Dark Chocolate Chunk Bar	Bar	150	0	65	2.00	1.08	0.0	8	2.0	23.0	5.0	1.50
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	20.0	12	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	10.0	15	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	10.0	14	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	15.0	14	3.0	29.0	6.0	1.50
Muffin, Trix	Muffin	290	10	260	7.00	1.50	0.0	20	4.0	50.0	10.0	2.00
Muffin, Cinnamon Toast Crunch	Muffin	300	10	260	7.00	1.60	0.0	21	4.0	50.0	11.0	3.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	128	3.00	1.90	140.0	14	2.0	31.0	3.5	0.50
Pumpkin Bread Super Slice	1 each	260	0	240	2.00	1.00	114.0	24	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15	9.0	32.0	16.0	3.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0	2.0	14.0	3.5	1.00
Tiger Bites Chocolate Grahams	pkg	120	0	125	2.00	1.20	0.0	7	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7	1.0	19.0	4.0	1.00

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Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood High Breakfast

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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												
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Weighted Daily Average		9582	670	9562	109.22	*93.23	*5301.3	627	217.14	1466.9	329.90	109.22
% of Calories								26.2%	9.1%	61.2%	31.0%	10.3%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=30.0	<10.00

Weighted Average		9639	672	9655	112.18	*89.04	*5330.0	*614 *57.3%	224.76 9.3%	1462.1 60.7%	336.95 31.5%	110.52 10.3%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	9639		450 - 600	1607%			9039	Correction Required - Calories too High
Cholesterol (mg)	672							
Sodium 1 (mg)	9655		640	1509%			9015	Correction Required - Sodium too High
Fiber (g)	112.18							
Iron (mg)	89.04		3.40	2619%	Missing			
Calcium (mg)	5330.0		300.00	1777%	Missing			
Sugars (g)	614	25.48%			Missing			
Protein (g)	224.76	9.33%	11.25	1998%				
Carbohydrate (g)	1462.10	60.67%						
Total Fat (g)	336.95	31.46%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	110.52	10.32%	<10.00%					Correction Required - Sat. Fat too High

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