

# Rockwood School District

Dec 2, 2024 thru Dec 20, 2024

## Base Menu Spreadsheet

Rockwood Middle Lunch

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 12/02/2024												
Rockwood Middle 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
Green Beans, Italian	1/2 cup	28	0		3.40	0.61	34.4	*2	1.7	5.22	0.0	0.00
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
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Weighted Daily Average		2431	198	3757	32.40	*18.99	*912.4	*51	129.35	247.78	108.78	32.16
% of Calories								*8.4%	21.3%	40.8%	40.3%	11.9%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=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)
Tue - 12/03/2024												
Rockwood Middle 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
Corn, frozen steamed	1/2 cup	93	0		2.01	0.00	1.0	7	3.02	15.6	2.01	0.00
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
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Weighted Daily Average		5407	583	10355	44.01	*40.68	*2836.0	79	253.67	549.16	244.78	102.65
% of Calories								5.8%	18.8%	40.6%	40.7%	17.1%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

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# Rockwood School District

Dec 2, 2024 thru Dec 20, 2024

Base Menu Spreadsheet

Rockwood Middle 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 - 12/04/2024												
Rockwood Middle Lunch	Total											
Chicken Chunks & Waffle	4 pieces	270	61		2.00	1.72	82.5	2	22.0	25.0	10.0	1.00
Syrup, Pancake 1.5 oz	1.5 oz	120	0		0.00	0.00	0.0	17	0.0	31.0	0.0	0.00
Sweet Potato Crosstrax	1/2 cup (11 p	163	0		1.02	0.41	30.6	8	1.02	25.47	6.11	1.02
Sweet Potato Battered Seasoned	3 oz	173	0		1.08	0.54	32.4	8	1.08	26.97	7.55	1.08
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
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Weighted Daily Average		2779	244	3787	28.10	*19.35	*483.4	77	130.75	312.00	120.44	31.75
% of Calories								11.0%	18.8%	44.9%	39.0%	10.3%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

Thu - 12/05/2024												
Rockwood Middle Lunch	Total											
Chicken Tikka Masala & Rice	3 oz (#8 Sco op)	224	58		0.52	11.48	46.0	2	17.95	26.69	4.5	1.66
Loco Flatbread	Flatbread	150	0		3.00	1.44	80.0	1	4.0	26.0	3.0	0.00
Broccoli, Roast/Steamed	1/2 Cup	26	0		2.76	0.55	46.3	*N/A*	2.81	4.86	0.1	0.02
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
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Weighted Daily Average		2454	241	3403	30.28	*30.15	*510.4	*45	131.41	261.11	104.38	30.34
% of Calories								*7.4%	21.4%	42.6%	38.3%	11.1%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

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Dec 2, 2024 thru Dec 20, 2024

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Rockwood Middle 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 - 12/06/2024												
Rockwood Middle 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
French Fries, Seasoned Crinkle	1/2 cup	103	0		0.00	0.31	10.3	0	1.03	15.44	3.09	0.00
Baked Beans Bush's Best	1/2 Cup	140	0		5.02	1.81	40.1	12	5.02	30.09	0.0	0.00
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
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Weighted Daily Average		2600	232	3760	30.68	*20.00	*415.1	55	128.03	274.09	115.53	31.32
% of Calories								8.5%	19.7%	42.2%	40.0%	10.8%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

Mon - 12/09/2024												
Rockwood Middle Lunch	Total											
Ravioli, Toasted Cheese WG	7 pieces	360	5		7.00	4.00	150.0	5	19.0	64.0	4.0	1.50
Marinara Sauce	1/2 Cup	60	0		2.00	1.00	28.0	8	2.0	12.0	1.0	0.00
Marinara Cup	1 each	40	0		2.00	0.00	20.0	4	1.0	7.0	1.0	0.00
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2		1.99	0.42	51.7	*0	2.65	3.92	3.87	0.78
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
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Weighted Daily Average		2569	190	3888	37.00	*22.10	*587.7	*59	131.30	290.48	106.64	30.93
% of Calories								*9.2%	20.4%	45.2%	37.4%	10.8%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

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## Base Menu Spreadsheet

Rockwood Middle 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 - 12/10/2024												
Rockwood Middle 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
Sweet Potatoes, Chili Cinnamon	1/2 cup	161	0		4.34	0.90	44.0	*6	2.24	28.76	4.58	0.64
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
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Weighted Daily Average		5474	583	10419	46.35	*41.58	*2879.0	*78	252.89	562.32	247.35	103.29
% of Calories								*5.7%	18.5%	41.1%	40.7%	17.0%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

Wed - 12/11/2024												
Rockwood Middle Lunch	Total											
Nachos, Pulled Pork Brookwood	Serving	444	91		2.37	2.22	299.4	*0	24.8	21.14	28.43	10.36
BBQ Pulled Pork Sand Brookwood	#12 scoop	347	64		2.00	2.70	69.7	*6	23.0	34.15	13.5	4.20
Fiesta Black Beans	1/2 CUP	113	0		4.10	1.84	41.0	2	5.12	20.48	1.02	0.00
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
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Weighted Daily Average		2958	338	4606	32.46	*23.44	*748.1	*51	159.56	279.32	139.73	43.22
% of Calories								*6.9%	21.6%	37.8%	42.5%	13.2%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

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Base Menu Spreadsheet

Rockwood Middle 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)
Thu - 12/12/2024												
Rockwood Middle 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
Potatoes Mashed w/Gravy	1/2 CUP	105	0		1.00	0.30	13.7	0	0.0	18.18	2.91	0.96
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
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Weighted Daily Average		2609	258	4043	26.50	*19.86	*491.7	45	126.65	261.74	122.69	37.61
% of Calories								6.9%	19.4%	40.1%	42.3%	13.0%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

Fri - 12/13/2024												
Rockwood Middle Lunch	Total											
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 w/T. Pepp	Slice	334	35		3.00	2.10	433.0	3	20.88	30.15	14.44	7.15
Kielbasa, Smoked w/Pepp&Onions	Sandwich	293	60		2.00	2.70	80.0	*5	19.33	39.67	8.5	2.00
Corn, frozen steamed	1/2 cup	93	0		2.01	0.00	1.0	7	3.02	15.6	2.01	0.00
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
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Weighted Daily Average		3099	309	4742	34.01	*23.48	*1285.0	*60	169.87	318.97	135.72	44.80
% of Calories								*7.8%	21.9%	41.2%	39.4%	13.0%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

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Mon - 12/16/2024												
Rockwood Middle Lunch	Total											
Chicken Breaded Sandwich GC	Sandwich	340	60		3.00	2.78	70.0	4	27.0	43.0	8.5	1.00
Chicken Spicy Brd Sandwich	Sandwich	350	45		3.00	2.70	50.0	5	26.0	39.0	11.5	2.00
French Fries, Seasoned Crinkle	1/2 cup	103	0		0.00	0.31	10.3	0	1.03	15.44	3.09	0.00
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
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Weighted Daily Average		2846	288	4218	30.00	*22.47	*468.3	51	160.68	301.00	119.86	31.66
% of Calories								7.2%	22.6%	42.3%	37.9%	10.0%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=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)
Tue - 12/17/2024												
Rockwood Middle 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
Peas, steamed	1/2 cup	66	0		4.45	1.28	20.8	*0	4.16	12.17	0.23	0.04
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
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Weighted Daily Average		5379	583	10424	46.45	*41.96	*2855.8	*72	254.81	545.73	243.00	102.70
% of Calories								*5.4%	18.9%	40.6%	40.7%	17.2%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Rockwood School District

Dec 2, 2024 thru Dec 20, 2024

Base Menu Spreadsheet

Rockwood Middle 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 - 12/18/2024												
Rockwood Middle Lunch	Total											
Bosco Breadsticks	2 breadsticks	424	31		4.00	4.01	430.9	4	24.3	50.14	12.29	6.16
Marinara Sauce	1/2 Cup	60	0		2.00	1.00	28.0	8	2.0	12.0	1.0	0.00
Marinara Cup	1 each	40	0		2.00	0.00	20.0	4	1.0	7.0	1.0	0.00
Mixed Vegetables, Steamed	1/2 CUP	73	0		3.48	*0.00	*1.2	3	2.32	14.54	0.0	0.00
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
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Weighted Daily Average		2650	214	3757	35.48	*21.68	*818.1	62	136.26	287.24	111.07	34.82
% of Calories								9.3%	20.6%	43.3%	37.7%	11.8%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

Thu - 12/19/2024												
Rockwood Middle Lunch	Total											
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
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Veggie Boat	1/2 cup	14	0		1.05	0.28	15.7	2	0.47	3.14	0.1	0.02
Weighted Daily Average		1767	183	2231	18.06	*13.96	*243.7	38	86.12	160.69	90.38	27.68
% of Calories								8.6%	19.5%	36.4%	46.0%	14.1%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

Weighted Average		3216	318		33.70	*25.69	*1109.6	*59 *16.5%	160.81 20.0%	332.26 41.3%	143.60 40.2%	48.92 13.7%
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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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