

# Rockwood School District

Dec 1, 2024 thru Dec 20, 2024

Base Menu Spreadsheet

Rockwood Elementary Breakfast

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)
Mon - 12/02/2024												
Rockwood Elementary Break	Total											
Breakfast Flatbread Turkey Sau	1 each	149	49	301	1.00	1.00	123.0	1	9.0	14.0	6.0	3.00
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 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 Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6	2.0	23.0	1.5	0.00
Cereal Rice Chex	1 each	110	0	230	1.00	8.10	60.0	2	2.0	24.0	0.5	0.00
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
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
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7	1.0	19.0	4.0	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
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		2059	129	2671	16.00	27.48	2497.0	182	78.00	346.00	42.50	17.50
% of Calories								35.4%	15.2%	67.2%	18.6%	7.6%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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# Rockwood School District

Dec 1, 2024 thru Dec 20, 2024

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 12/03/2024												
Rockwood Elementary Break	Total											
Biscuit, Egg and Cheese	Sandwich	326	113	582	0.50	*9.36	*141.0	4	9.53	30.01	17.06	8.03
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 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 Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6	2.0	23.0	1.5	0.00
Cereal Rice Chex	1 each	110	0	230	1.00	8.10	60.0	2	2.0	24.0	0.5	0.00
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
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
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7	1.0	19.0	4.0	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
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		2236	193	2952	15.50	*35.84	*2515.0	185	78.53	362.01	53.55	22.53
% of Calories								33.0%	14.0%	64.8%	21.6%	9.1%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=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

Dec 1, 2024 thru Dec 20, 2024

Base Menu Spreadsheet

Rockwood Elementary 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 - 12/04/2024												
Rockwood Elementary Break	Total											
Pancake Whole Grain (1)	Serving	63	3	127	1.00	0.54	10.0	3	2.0	12.0	1.0	0.00
Sausage Patty Pork Jones 1.5oz	patty	180	30	280	0.00	0.36	0.0	0	6.0	0.0	17.0	6.00
Syrup, Pancake 1.5 oz	1.5 oz	120	0	40	0.00	0.00	0.0	17	0.0	31.0	0.0	0.00
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 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 Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6	2.0	23.0	1.5	0.00
Cereal Rice Chex	1 each	110	0	230	1.00	8.10	60.0	2	2.0	24.0	0.5	0.00
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
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
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7	1.0	19.0	4.0	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
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		2273	113	2817	16.00	27.38	2384.0	201	77.00	375.00	54.50	20.50
% of Calories								35.4%	13.5%	66.0%	21.6%	8.1%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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Dec 1, 2024 thru Dec 20, 2024

Base Menu Spreadsheet

Rockwood Elementary Breakfast

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 - 12/05/2024												
Rockwood Elementary Break	Total											
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
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0	2.0	14.0	3.5	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 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 Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6	2.0	23.0	1.5	0.00
Cereal Rice Chex	1 each	110	0	230	1.00	8.10	60.0	2	2.0	24.0	0.5	0.00
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
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
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7	1.0	19.0	4.0	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
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		2081	266	2611	16.00	28.05	2422.0	181	77.28	346.36	44.75	16.56
% of Calories								34.8%	14.9%	66.6%	19.4%	7.2%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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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)
Fri - 12/06/2024												
Rockwood Elementary Break	Total											
Cinnamon Roll	1 each	241	5	210	1.00	1.81	20.3	21	5.0	49.11	3.5	1.00
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 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 Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6	2.0	23.0	1.5	0.00
Cereal Rice Chex	1 each	110	0	230	1.00	8.10	60.0	2	2.0	24.0	0.5	0.00
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
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
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7	1.0	19.0	4.0	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
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		2151	85	2580	16.00	28.29	2394.3	202	74.00	381.11	40.00	15.50
% of Calories								37.5%	13.8%	70.9%	16.7%	6.5%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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Dec 1, 2024 thru Dec 20, 2024

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

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Mon - 12/09/2024												
Rockwood Elementary Break	Total											
French Toast Sticks, Cinn Glzd	3 stick	210	105	300	2.00	1.80	40.0	8	8.0	28.0	7.0	2.50
Syrup, Pancake 1.5 oz	1.5 oz	120	0	40	0.00	0.00	0.0	17	0.0	31.0	0.0	0.00
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 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 Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6	2.0	23.0	1.5	0.00
Cereal Rice Chex	1 each	110	0	230	1.00	8.10	60.0	2	2.0	24.0	0.5	0.00
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
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
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7	1.0	19.0	4.0	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
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		2240	185	2710	17.00	28.28	2414.0	206	77.00	391.00	43.50	17.00
% of Calories								36.8%	13.7%	69.8%	17.5%	6.8%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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Rockwood School District

Dec 1, 2024 thru Dec 20, 2024

Base Menu Spreadsheet

Rockwood Elementary 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 - 12/10/2024												
Rockwood Elementary Break	Total											
Pancake Sausage Bites	5 pieces	220	40	360	2.00	1.10	10.0	4	10.0	17.0	13.0	3.00
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 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 Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6	2.0	23.0	1.5	0.00
Cereal Rice Chex	1 each	110	0	230	1.00	8.10	60.0	2	2.0	24.0	0.5	0.00
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
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
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7	1.0	19.0	4.0	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
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		2130	120	2730	17.00	27.58	2384.0	185	79.00	349.00	49.50	17.50
% of Calories								34.7%	14.8%	65.5%	20.9%	7.4%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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# Rockwood School District

Dec 1, 2024 thru Dec 20, 2024

Base Menu Spreadsheet

Rockwood Elementary 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 - 12/11/2024												
Rockwood Elementary Break	Total											
Yogurt Banana Split	1 Each	197	0	54	2.27	*0.27	*294.3	*26	4.42	41.96	2.56	2.07
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 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 Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6	2.0	23.0	1.5	0.00
Cereal Rice Chex	1 each	110	0	230	1.00	8.10	60.0	2	2.0	24.0	0.5	0.00
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
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
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7	1.0	19.0	4.0	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
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		2107	80	2424	17.27	*26.75	*2668.3	*207	73.42	373.95	39.06	16.57
% of Calories								*39.4%	13.9%	71.0%	16.7%	7.1%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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# Rockwood School District

Dec 1, 2024 thru Dec 20, 2024

Base Menu Spreadsheet

Rockwood Elementary 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 - 12/12/2024												
Rockwood Elementary Break	Total											
Eggs precooked Scrambled	#16 scoop	45	95	130	0.00	0.00	20.0	0	3.0	1.0	3.0	1.00
Biscuit		220	0	320	0.50	1.80	120.0	3	4.0	29.0	9.0	4.50
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 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 Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6	2.0	23.0	1.5	0.00
Cereal Rice Chex	1 each	110	0	230	1.00	8.10	60.0	2	2.0	24.0	0.5	0.00
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
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
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7	1.0	19.0	4.0	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
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		2175	175	2820	15.50	28.28	2514.0	184	76.00	362.00	48.50	20.00
% of Calories								33.8%	14.0%	66.6%	20.1%	8.3%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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Rockwood School District

Dec 1, 2024 thru Dec 20, 2024

Base Menu Spreadsheet

Rockwood Elementary 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 - 12/13/2024												
Rockwood Elementary Break	Total											
Zee Zee's Cocoa Bar	Bar	170	0	35	2.00	1.50	10.0	13	3.0	29.0	6.0	1.50
Hot Cocoa	8 oz cup	132	10	190	0.37	0.50	201.3	18	8.2	20.58	2.64	1.58
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 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 Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6	2.0	23.0	1.5	0.00
Cereal Rice Chex	1 each	110	0	230	1.00	8.10	60.0	2	2.0	24.0	0.5	0.00
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
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
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7	1.0	19.0	4.0	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
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		2212	90	2595	17.37	28.48	2585.3	212	80.19	381.58	45.14	17.58
% of Calories								38.3%	14.5%	69.0%	18.4%	7.2%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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# Rockwood School District

Dec 1, 2024 thru Dec 20, 2024

Base Menu Spreadsheet

Rockwood Elementary 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 - 12/16/2024												
Rockwood Elementary Break	Total											
Oatmeal Combi	1 CUP	213	0	11	4.34	1.89	41.0	*0	6.78	37.56	2.66	0.47
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 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 Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6	2.0	23.0	1.5	0.00
Cereal Rice Chex	1 each	110	0	230	1.00	8.10	60.0	2	2.0	24.0	0.5	0.00
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
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
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7	1.0	19.0	4.0	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
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		2123	80	2381	19.34	28.37	2415.0	*181	75.77	369.56	39.16	14.97
% of Calories								*34.1%	14.3%	69.6%	16.6%	6.3%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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**Rockwood School District**

**Dec 1, 2024 thru Dec 20, 2024**

Base Menu Spreadsheet

Rockwood Elementary 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 - 12/17/2024												
Rockwood Elementary Break	Total											
Biscuit, Egg and Cheese	Sandwich	326	113	582	0.50	*9.36	*141.0	4	9.53	30.01	17.06	8.03
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 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 Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6	2.0	23.0	1.5	0.00
Cereal Rice Chex	1 each	110	0	230	1.00	8.10	60.0	2	2.0	24.0	0.5	0.00
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
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
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7	1.0	19.0	4.0	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
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		2236	193	2952	15.50	*35.84	*2515.0	185	78.53	362.01	53.55	22.53
% of Calories								33.0%	14.0%	64.8%	21.6%	9.1%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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# Rockwood School District

Dec 1, 2024 thru Dec 20, 2024

## Base Menu Spreadsheet

Rockwood Elementary 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 - 12/18/2024												
Rockwood Elementary Break	Total											
Bagel, Toasted	1 each	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
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 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 Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6	2.0	23.0	1.5	0.00
Cereal Rice Chex	1 each	110	0	230	1.00	8.10	60.0	2	2.0	24.0	0.5	0.00
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
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
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7	1.0	19.0	4.0	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
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		2120	100	2660	19.00	28.28	2434.0	188	76.00	363.00	44.50	18.50
% of Calories								35.5%	14.3%	68.5%	18.9%	7.9%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

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# Rockwood School District

Dec 1, 2024 thru Dec 20, 2024

Base Menu Spreadsheet

Rockwood Elementary 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 - 12/19/2024												
Rockwood Elementary Break	Total											
Muffin, Trix	Muffin	290	10	260	7.00	1.50	0.0	20	4.0	50.0	10.0	2.00
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 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 Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6	2.0	23.0	1.5	0.00
Cereal Rice Chex	1 each	110	0	230	1.00	8.10	60.0	2	2.0	24.0	0.5	0.00
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
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
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7	1.0	19.0	4.0	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
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		2200	90	2630	22.00	27.98	2374.0	201	73.00	382.00	46.50	16.50
% of Calories								36.5%	13.3%	69.5%	19.0%	6.7%
Nutrient Guideline		350-500		540		2.50	200.00		5.50		<=30.0	<10.00

Weighted Average		2167	136	2681	17.11	*29.06	*2465.4	*193	76.69	367.47	46.05	18.12
								*80.1%	14.2%	67.8%	19.1%	7.5%

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