

# Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

Page 1

Generated on: 11/15/2024 7:19:59 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 - 11/01/2024												
Rockwood Middle Lunch	Total											
Pizza, Selfie 5" Cheese Alpha	5" pizza	390	30		2.00	1.80	500.0	2	22.0	46.0	13.0	7.00
Pizza, Selfie 5" Pepperoni	5" pizza	400	35		2.00	1.80	450.0	2	22.0	47.0	15.0	7.00
Carrots, Canned, Butterbuds	1/2 cup	40	0		2.02	0.00	42.2	4	0.0	8.85	0.0	0.00
Salad Crispy Chicken	salad	642	70		8.90	*5.52	*214.1	21	32.83	64.85	28.77	5.36
Loco Flatbread	Flatbread	150	0		3.00	1.44	80.0	1	4.0	26.0	3.0	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		3676	318	6081	41.92	*27.24	*1624.3	72	187.48	396.26	156.54	48.02
% of Calories								7.8%	20.4%	43.1%	38.3%	11.8%
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)
Mon - 11/04/2024												
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
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		2459	200	3548	30.99	*18.80	*929.7	*49	130.30	246.48	112.65	32.93
% of Calories								*8.0%	21.2%	40.1%	41.2%	12.1%
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

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# Rockwood School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

Page 2

Generated on: 11/15/2024 7:19:59 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												
Rockwood Middle Lunch	Total											
French Tst Cinn Glz w/ Sausage	3 stick/2 link	340	125		2.00	2.16	40.0	8	12.0	28.0	20.0	6.50
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
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		2676	308	3487	27.02	*19.25	*408.6	75	119.67	288.03	122.89	36.18
% of Calories								11.2%	17.9%	43.0%	41.3%	12.2%
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)
Thu - 11/07/2024												
Rockwood Middle Lunch	Total											
Pizza Big Daddy's 4 Cheese	1 each	360	35		3.00	2.10	441.0	9	21.0	35.0	16.0	7.00
Pizza Big Daddy Turk Pepperoni	1 each	360	45		3.00	2.20	370.0	9	21.0	33.0	17.0	7.00
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		2867	263	3875	32.01	*20.98	*1150.0	67	151.67	287.16	131.79	42.66
% of Calories								9.4%	21.2%	40.1%	41.4%	13.4%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

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# Rockwood School District

Nov 1, 2024 thru Nov 30, 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)
Fri - 11/08/2024												
Rockwood Middle Lunch	Total											
Chicken Breast Chunks GC	4 pieces	190	60		1.00	1.00	19.0	0	20.0	13.0	7.0	1.00
Breadstick, WG 1 oz	Breadstick	80	0		2.00	0.80	0.0	2	3.0	16.0	1.0	0.00
Potato Smiles	4 smiles	130	0		2.00	0.40	10.0	0	2.0	20.0	4.5	0.50
Salad Crispy Chicken	salad	642	70		8.90	*5.52	*214.1	21	32.83	64.85	28.77	5.36
Loco Flatbread	Flatbread	150	0		3.00	1.44	80.0	1	4.0	26.0	3.0	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		3246	313	4989	40.90	*25.84	*661.1	66	168.48	343.41	141.04	35.52
% of Calories								8.1%	20.8%	42.3%	39.1%	9.8%
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)
Mon - 11/11/2024												
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 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
Salad Chicken Caesar w/GarParm	1 each	510	70		8.86	4.95	287.5	7	28.41	44.26	25.51	4.56
Loco Flatbread	Flatbread	150	0		3.00	1.44	80.0	1	4.0	26.0	3.0	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		3141	259	5529	48.26	*27.67	*909.9	*60	160.76	350.05	130.28	34.72
% of Calories								*7.7%	20.5%	44.6%	37.3%	9.9%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

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# Rockwood School District

Nov 1, 2024 thru Nov 30, 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)
Tue - 11/12/2024												
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
Cauliflower, Buffalo (Fresh)	1/2 CUP	22	0		1.22	0.27	13.4	*1	1.21	3.27	0.87	0.17
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		5336	583	10791	43.22	*40.95	*2848.4	*73	251.86	536.83	243.64	102.83
% of Calories								*5.5%	18.9%	40.2%	41.1%	17.3%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

Wed - 11/13/2024												
Rockwood Middle Lunch	Total											
French Toast Sticks, Cinn Glzd	3 stick	210	105		2.00	1.80	40.0	8	8.0	28.0	7.0	2.50
Sausage, Link Pork Jones	2 links	130	20		0.00	0.36	0.0	0	4.0	0.0	13.0	4.00
Sweet Potato Crosstrax	1/2 cup (11 p)	163	0		1.02	0.41	30.6	8	1.02	25.47	6.11	1.02
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		2556	308	3447	27.02	*19.25	*408.6	58	119.67	257.03	122.89	36.18
% of Calories								9.1%	18.7%	40.2%	43.3%	12.7%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

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Nov 1, 2024 thru Nov 30, 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)
Thu - 11/14/2024												
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
Potato, Cheesy Hashbrown Bake	1/2 cup	254	10		2.06	0.62	134.0	4	6.17	42.65	6.17	4.12
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		2758	269	4256	27.56	*20.18	*612.0	49	132.82	286.21	125.95	40.77
% of Calories								7.1%	19.3%	41.5%	41.1%	13.3%
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)
Fri - 11/15/2024												
Rockwood Middle Lunch	Total											
Meatball Marinara Sub (Turkey)	Sandwich	306	40		3.19	*2.62	*61.9	9	21.69	40.72	7.74	2.15
Meatball Marinara Sub (Chicken)	Sandwich	386	60		3.83	*3.12	*89.7	7	27.49	41.51	14.49	3.54
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2		1.99	0.42	51.7	*0	2.65	3.92	3.87	0.78
Salad Crispy Chicken	salad	642	70		8.90	*5.52	*214.1	21	32.83	64.85	28.77	5.36
Loco Flatbread	Flatbread	150	0		3.00	1.44	80.0	1	4.0	26.0	3.0	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		3594	355	5781	44.91	*29.79	*835.3	*80	195.31	380.56	154.65	40.49
% of Calories								*8.9%	21.7%	42.4%	38.7%	10.1%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

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Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

Page 6

Generated on: 11/15/2024 7:19:59 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)
Mon - 11/18/2024												
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

Tue - 11/19/2024												
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

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# Rockwood School District

Nov 1, 2024 thru Nov 30, 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)
Wed - 11/20/2024												
Rockwood Middle Lunch	Total											
Corn Dog, Chicken Foster Farms	1 Each	240	40		2.00	1.50	100.0	8	9.0	30.0	9.0	2.50
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
Salad Chef	1 each	351	122		8.54	*4.76	*171.1	10	19.42	41.97	15.17	3.93
Loco Flatbread	Flatbread	150	0		3.00	1.44	80.0	1	4.0	26.0	3.0	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		2935	345	4366	42.56	*26.19	*729.2	73	144.09	331.62	123.95	35.09
% of Calories								9.9%	19.6%	45.2%	38.0%	10.8%
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)
Thu - 11/21/2024												
Rockwood Middle Lunch	Total											
Turkey Roast, Pulled	3 oz	192	69		0.02	0.01	1.4	*0	24.22	0.47	11.12	3.28
Gravy Poultry Low Sodium	1/4 cup	23	0		0.00	0.00	1.7	1	0.0	3.61	0.9	0.00
Roll, WG Sister Schubert's 2oz	1 each	160	5		3.00	1.80	0.0	5	5.0	30.0	2.0	0.00
Potatoes Mashed w/Gravy	1/2 CUP	105	0		1.00	0.30	13.7	0	0.0	18.18	2.91	0.96
Pudding, Pumpkin	1/3 cup	71	3		0.53	0.25	48.6	10	1.6	13.22	1.06	0.79
Salad Southwest Chicken	1 each	812	57		13.94	*5.77	*168.3	9	30.43	67.93	48.94	11.87
Loco Flatbread	Flatbread	150	0		3.00	1.44	80.0	1	4.0	26.0	3.0	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		3565	318	5690	45.49	*26.25	*651.7	*68	171.91	362.97	166.71	45.55
% of Calories								*7.7%	19.3%	40.7%	42.1%	11.5%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

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# Rockwood School District

Nov 1, 2024 thru Nov 30, 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)
Fri - 11/22/2024												
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 Cup	1 each	40	0		2.00	0.00	20.0	4	1.0	7.0	1.0	0.00
Carrots, Italian Roasted	1/2 CUP	122	3		2.68	0.85	56.1	*4	1.51	8.14	9.92	1.70
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		2639	217	3741	32.69	*21.53	*844.9	*54	133.45	268.84	119.99	36.52
% of Calories								*8.2%	20.2%	40.7%	40.9%	12.5%
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)
Mon - 11/25/2024												
Rockwood Middle Lunch	Total											
Wild Mike's Cheese Bites	4 pieces	280	35		2.00	1.80	453.0	2	19.0	28.0	10.0	6.00
Marinara Cup	1 each	40	0		2.00	0.00	20.0	4	1.0	7.0	1.0	0.00
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		2401	218	3687	31.40	*19.09	*845.4	*50	128.35	243.78	107.78	34.66
% of Calories								*8.3%	21.4%	40.6%	40.4%	13.0%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

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# Rockwood School District

Nov 1, 2024 thru Nov 30, 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)
Tue - 11/26/2024												
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

Weighted Average		3381	337		37.44	*26.36	*1154.1	*65	168.53	351.48	151.08	49.36
								*17.2%	19.9%	41.6%	40.2%	13.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	3381		600 - 700	483%			2681	Correction Required - Calories too High
Cholesterol (mg)	337							
Sodium 1a (mg)	5545		1225	453%			4320	Correction Required - Sodium too High
Fiber (g)	37.44							
Iron (mg)	26.36		3.30	799%	Missing			
Calcium (mg)	1154.1		267.00	432%	Missing			
Sugars (g)	65	7.63%			Missing			
Protein (g)	168.53	19.94%	8.65	1948%				
Carbohydrate (g)	351.48	41.58%						
Total Fat (g)	151.08	40.21%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	49.36	13.14%	<10.00%					Correction Required - Sat. Fat too High

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