

# Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

Page 1

Generated on: 2/6/2025 11:01:16 AM

	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 - 02/03/2025												
Rockwood High Lunch	Total											
Ravioli, Toasted Cheese WG	7 pieces	360	5		7.00	4.00	150.0	5	19.0	64.0	4.0	1.50
Marinara Cup	1 each	40	0		2.00	0.00	20.0	4	1.0	7.0	1.0	0.00
Philly Steak w/Peppers&Onion	1 each	360	58		2.00	3.43	141.5	*6	20.92	36.98	15.4	2.22
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2		1.99	0.42	51.7	*0	2.65	3.92	3.87	0.78
Chicken Spicy Breaded Sandwich	4 oz fillet	370	40		3.00	2.78	70.0	4	24.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60		2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73		2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0		7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	590	0		7.00	2.00	83.0	30	18.0	64.0	32.0	7.00
Weighted Daily Average		3194	288	5101	37.00	*24.82	*754.2	*67	172.22	360.96	129.55	38.16
% of Calories								*8.4%	21.6%	45.2%	36.5%	10.8%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

Tue - 02/04/2025												
Rockwood High Lunch	Total											
Pulled Pork Cheese Cavatappi	6 oz by weight	490	101		2.05	1.85	410.0	*6	29.54	30.81	26.26	12.78
Breadstick, WG 1 oz	Breadstick	80	0		2.00	0.80	0.0	2	3.0	16.0	1.0	0.00
Pizza, Stuffed Crust Cheese	Slice	325	31		3.00	2.00	433.0	3	20.0	30.0	14.0	7.00
Pizza, Stuffed Crust Turk Pepp	Slice	300	26		4.00	2.70	460.0	4	21.0	30.0	12.0	6.00
Baked Beans Bush's Best	1/2 Cup	140	0		5.02	1.81	40.1	12	5.02	30.09	0.0	0.00
Chicken Breaded Sandwich GC	Sandwich	340	60		3.00	2.78	70.0	4	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60		2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73		2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0		7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustable PBJ Small 2.6oz	sandwich	300	0		4.00	1.00	44.0	15	9.0	32.0	16.0	3.50
Weighted Daily Average		3394	401	5975	37.07	*25.13	*1695.1	*64	201.20	351.97	138.53	54.94
% of Calories								*7.6%	23.7%	41.5%	36.7%	14.6%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

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

\* - 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.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/05/2025												
Rockwood High Lunch	Total											
Chicken Popcorn Smackers	10 pieces	270	70		3.00	1.44	20.0	0	19.0	19.0	13.0	3.00
Breadstick, WG 1 oz	Breadstick	80	0		2.00	0.80	0.0	2	3.0	16.0	1.0	0.00
Pizza, Selfie 5" Cheese Alpha	5" pizza	390	30		2.00	1.80	500.0	2	22.0	46.0	13.0	7.00
Pizza, Selfie 5" Pepperoni	5" pizza	400	35		2.00	1.80	450.0	2	22.0	47.0	15.0	7.00
French Fries, Waffle Cut	1/2 Cup (9 pc	114	0		1.04	0.31	10.4	0	1.04	18.66	4.15	0.52
Chicken Spicy Brd Sandwich	Sandwich	350	45		3.00	2.70	50.0	5	26.0	39.0	11.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60		2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73		2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0		7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	590	0		7.00	2.00	83.0	30	18.0	64.0	32.0	7.00
Weighted Daily Average		3612	363	5604	34.04	*23.05	*1351.4	60	197.69	389.72	150.43	51.17
% of Calories								6.6%	21.9%	43.2%	37.5%	12.7%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

Thu - 02/06/2025												
Rockwood High Lunch	Total											
Pizza Dominos Cheese Slice 14"	slice	340	45		0.00	2.00	352.0	3	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45		1.00	2.70	318.0	3	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40		2.00	2.70	282.0	3	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40		3.00	2.70	380.0	2	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45		3.00	2.80	285.0	2	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45		3.00	3.00	320.0	2	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40		2.00	2.70	250.0	5	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50		2.00	2.70	250.0	5	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50		2.00	2.70	60.0	5	16.0	39.0	19.0	9.00
Ham & Cheese Croissant	1 each	267	38		2.00	1.29	181.0	*5	16.84	33.33	10.33	4.92
Potato, Seasoned Wedges McCain	1/2 cup	133	0		1.03	0.20	10.3	1	1.03	20.5	6.15	1.03
Chicken Breaded Sandwich GC	Sandwich	340	60		3.00	2.78	70.0	4	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60		2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73		2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0		7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	590	0		7.00	2.00	83.0	30	18.0	64.0	32.0	7.00

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

Page 3

Generated on: 2/6/2025 11:01:16 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)
Weighted Daily Average		6008	681	12131	45.03	*42.48	*3079.3	*88	293.51	630.90	263.76	112.60
% of Calories								*5.8%	19.5%	42.0%	39.5%	16.9%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

Mon - 02/10/2025												
Rockwood High Lunch	Total											
Mozzarella Sticks Breaded	6 sticks	310	15		3.00	1.70	520.0	3	20.0	32.0	11.0	3.50
Marinara Cup	1 each	40	0		2.00	0.00	20.0	4	1.0	7.0	1.0	0.00
Corn Dog Minis Chicken FF	6 pieces	260	15		1.00	2.20	70.0	7	9.0	30.0	12.0	3.50
Sweet Potato Battered Seasoned	3 oz	173	0		1.08	0.54	32.4	8	1.08	26.97	7.55	1.08
Chicken Spicy Breaded Sandwich	4 oz fillet	370	40		3.00	2.78	70.0	4	24.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60		2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73		2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0		7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	590	0		7.00	2.00	83.0	30	18.0	64.0	32.0	7.00
Weighted Daily Average		3161	253	4998	31.08	*21.42	*1033.4	74	159.73	345.03	136.83	41.73
% of Calories								9.4%	20.2%	43.7%	39.0%	11.9%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

Tue - 02/11/2025												
Rockwood High Lunch	Total											
Nacho Supreme w Queso 9-12	Serving	396	66		4.82	2.67	253.3	3	23.95	27.98	22.4	7.81
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
Fiesta Black Beans	1/2 CUP	113	0		4.10	1.84	41.0	2	5.12	20.48	1.02	0.00
Chicken Breaded Sandwich GC	Sandwich	340	60		3.00	2.78	70.0	4	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60		2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73		2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0		7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustable PBJ Small 2.6oz	sandwich	300	0		4.00	1.00	44.0	15	9.0	32.0	16.0	3.50
Weighted Daily Average		3287	389	5610	35.92	*24.80	*1457.2	61	193.73	331.52	141.71	50.96
% of Calories								7.4%	23.6%	40.3%	38.8%	14.0%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

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

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

	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)
Wed - 02/12/2025												
Rockwood High Lunch	Total											
Chicken Tenders Gold Creek	3 tenders	220	65		2.00	2.00	21.0	0	22.0	14.0	7.0	1.50
Breadstick, WG 1 oz	Breadstick	80	0		2.00	0.80	0.0	2	3.0	16.0	1.0	0.00
Pizza, Selfie 5" Cheese Alpha	5" pizza	390	30		2.00	1.80	500.0	2	22.0	46.0	13.0	7.00
Pizza, Selfie 5" Pepperoni	5" pizza	400	35		2.00	1.80	450.0	2	22.0	47.0	15.0	7.00
French Fries, Waffle Cut	1/2 Cup (9 pc	114	0		1.04	0.31	10.4	0	1.04	18.66	4.15	0.52
Chicken Spicy Brd Sandwich	Sandwich	350	45		3.00	2.70	50.0	5	26.0	39.0	11.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60		2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73		2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0		7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	590	0		7.00	2.00	83.0	30	18.0	64.0	32.0	7.00
Weighted Daily Average		3562	358	5584	33.04	*23.61	*1352.4	60	200.69	384.72	144.43	49.67
% of Calories								6.7%	22.5%	43.2%	36.5%	12.5%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

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

\* - 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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/13/2025												
Rockwood High Lunch	Total											
Pizza Dominos Cheese Slice 14"	slice	340	45		0.00	2.00	352.0	3	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45		1.00	2.70	318.0	3	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40		2.00	2.70	282.0	3	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40		3.00	2.70	380.0	2	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45		3.00	2.80	285.0	2	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45		3.00	3.00	320.0	2	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40		2.00	2.70	250.0	5	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50		2.00	2.70	250.0	5	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50		2.00	2.70	60.0	5	16.0	39.0	19.0	9.00
Chicken Grilled Sandwich	sandwich	270	60		2.00	2.42	60.0	4	30.0	31.0	4.0	0.50
Chicken Buffalo Grilled Sandwi	1 Each	300	65		2.00	*2.42	*60.0	4	33.5	31.5	5.5	1.50
Potato, Seasoned Wedges McCain	1/2 cup	133	0		1.03	0.20	10.3	1	1.03	20.5	6.15	1.03
Chicken Breaded Sandwich GC	Sandwich	340	60		3.00	2.78	70.0	4	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60		2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73		2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0		7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	590	0		7.00	2.00	83.0	30	18.0	64.0	32.0	7.00
Weighted Daily Average		6312	768	13094	47.03	*46.02	*3018.3	91	340.18	660.06	262.93	109.68
% of Calories								5.8%	21.6%	41.8%	37.5%	15.6%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

Fri - 02/14/2025												
Rockwood High Lunch	Total											
Mandarin Orange Chx Rice Bowl	#8 scoop	391	39		1.18	2.89	69.6	10	15.57	71.57	3.58	0.68
Burrito, Shredded Beef IW	Burrito	378	38		6.00	3.60	300.0	1	20.6	41.0	14.6	6.70
Burrito, Bean & Cheese IW	Burrito	404	21		8.00	3.60	300.0	2	17.0	52.0	14.6	6.40
Broccoli, Roast/Steamed	1/2 Cup	26	0		2.76	0.55	46.3	*N/A*	2.81	4.86	0.1	0.02
Chicken Spicy Brd Sandwich	Sandwich	350	45		3.00	2.70	50.0	5	26.0	39.0	11.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60		2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73		2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0		7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	590	0		7.00	2.00	83.0	30	18.0	64.0	32.0	7.00

\*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.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		3557	326	5184	41.94	*27.54	*1086.9	*66	186.64	412.49	137.16	47.45
% of Calories								*7.4%	21.0%	46.4%	34.7%	12.0%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

Tue - 02/18/2025												
Rockwood High Lunch	Total											
Cajun Chicken Alfredo w/Penne	3/4 cup	344	53		0.00	1.33	419.4	8	22.97	32.72	12.77	7.64
Breadstick, WG 1 oz	Breadstick	80	0		2.00	0.80	0.0	2	3.0	16.0	1.0	0.00
Pizza, Stuffed Crust Cheese	Slice	325	31		3.00	2.00	433.0	3	20.0	30.0	14.0	7.00
Pizza, Stuffed Crust Turk Pepp	Slice	300	26		4.00	2.70	460.0	4	21.0	30.0	12.0	6.00
Broccoli, Roast/Steamed	1/2 Cup	26	0		2.76	0.55	46.3	*N/A*	2.81	4.86	0.1	0.02
Chicken Breaded Sandwich GC	Sandwich	340	60		3.00	2.78	70.0	4	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60		2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73		2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0		7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Unrustable PBJ Small 2.6oz	sandwich	300	0		4.00	1.00	44.0	15	9.0	32.0	16.0	3.50
Weighted Daily Average		3133	354	5348	32.76	*23.37	*1710.7	*55	192.44	328.64	125.15	49.82
% of Calories								*7.0%	24.6%	42.0%	36.0%	14.3%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

Wed - 02/19/2025												
Rockwood High Lunch	Total											
Chicken Wings, Buffalo	4 wings	362	154		0.00	0.56	1.6	0	20.06	1.11	30.19	10.32
Chicken Wings, BBQ	4 wings	343	139		0.00	0.56	0.0	7	20.0	8.81	24.44	6.67
Garlic Knot	Roll	170	0		3.00	2.00	12.0	3	5.0	27.0	6.0	1.50
Pizza, Selfie 5" Cheese Alpha	5" pizza	390	30		2.00	1.80	500.0	2	22.0	46.0	13.0	7.00
Pizza, Selfie 5" Pepperoni	5" pizza	400	35		2.00	1.80	450.0	2	22.0	47.0	15.0	7.00
French Fries, Waffle Cut	1/2 Cup (9 pc	114	0		1.04	0.31	10.4	0	1.04	18.66	4.15	0.52
Chicken Spicy Brd Sandwich	Sandwich	350	45		3.00	2.70	50.0	5	26.0	39.0	11.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60		2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73		2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0		7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Unrustables 5.3 oz	1 each	590	0		7.00	2.00	83.0	30	18.0	64.0	32.0	7.00

\*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.

Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		4137	586	6621	32.04	*23.92	*1344.9	68	220.75	391.64	197.06	66.66
% of Calories								6.5%	21.3%	37.9%	42.9%	14.5%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

Thu - 02/20/2025												
Rockwood High Lunch	Total											
Pizza Dominos Cheese Slice 14"	slice	340	45		0.00	2.00	352.0	3	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45		1.00	2.70	318.0	3	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40		2.00	2.70	282.0	3	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40		3.00	2.70	380.0	2	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45		3.00	2.80	285.0	2	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45		3.00	3.00	320.0	2	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40		2.00	2.70	250.0	5	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50		2.00	2.70	250.0	5	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50		2.00	2.70	60.0	5	16.0	39.0	19.0	9.00
Bean and Cheese Dip w/Chips	1 each	435	22		8.00	2.88	150.0	1	15.0	56.0	20.0	5.00
Salsa Cup, Red Gold 3oz	3 oz cup	25	0		1.00	1.00	16.0	3	1.0	5.0	0.0	0.00
Potato, Seasoned Wedges McCain	1/2 cup	133	0		1.03	0.20	10.3	1	1.03	20.5	6.15	1.03
Chicken Breaded Sandwich GC	Sandwich	340	60		3.00	2.78	70.0	4	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60		2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73		2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0		7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	590	0		7.00	2.00	83.0	30	18.0	64.0	32.0	7.00
Weighted Daily Average		6202	665	12166	52.03	*45.06	*3064.3	87	292.68	658.56	273.43	112.68
% of Calories								5.6%	18.9%	42.5%	39.7%	16.4%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/21/2025												
Rockwood High Lunch	Total											
Dumplings, Chicken w/Gochujang	6 pieces	357	35		4.03	2.72	41.2	26	17.14	58.13	7.06	0.50
Calzone, Pepperoni Pizza Albie	Calzone	330	25		3.00	2.00	213.0	4	18.0	31.0	17.0	7.00
Broccoli & Red Pepper, Roasted	1/2 Cup	44	0		2.06	0.39	27.7	*1	1.76	4.34	2.6	0.35
Chicken Spicy Brd Sandwich	Sandwich	350	45		3.00	2.70	50.0	5	26.0	39.0	11.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60		2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73		2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0		7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	590	0		7.00	2.00	83.0	30	18.0	64.0	32.0	7.00
Weighted Daily Average		3089	289	5414	33.09	*22.01	*652.9	*85	167.55	336.53	130.93	41.51
% of Calories								*11.0%	21.7%	43.6%	38.1%	12.1%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

Mon - 02/24/2025												
Rockwood High Lunch	Total											
Bosco Breadsticks	2 breadsticks	424	31		4.00	4.01	430.9	4	24.3	50.14	12.29	6.16
Marinara Cup	1 each	40	0		2.00	0.00	20.0	4	1.0	7.0	1.0	0.00
Fish Sandwich	Sandwich	150	0		2.00	1.70	50.0	4	7.0	30.0	1.5	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
Chicken Spicy Breaded Sandwich	4 oz fillet	370	40		3.00	2.78	70.0	4	24.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60		2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73		2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0		7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	590	0		7.00	2.00	83.0	30	18.0	64.0	32.0	7.00
Weighted Daily Average		3048	256	4646	34.00	*23.10	*943.6	*65	163.60	340.13	123.94	40.59
% of Calories								*8.5%	21.5%	44.6%	36.6%	12.0%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

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

\* - 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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/25/2025												
Rockwood High Lunch	Total											
Spaghetti w/ Meat Sauce HS	1 CUP	337	53		5.73	3.96	60.1	*8	22.01	40.54	12.04	4.04
Breadstick, WG 1 oz	Breadstick	80	0		2.00	0.80	0.0	2	3.0	16.0	1.0	0.00
Pizza Big Daddy's 4 Cheese	1 each	360	35		3.00	2.10	441.0	9	21.0	35.0	16.0	7.00
Pizza Big Daddy Turk Pepperoni	1 each	360	45		3.00	2.20	370.0	9	21.0	33.0	17.0	7.00
Green Beans, Italian	1/2 cup	28	0		3.40	0.61	34.4	*2	1.7	5.22	0.0	0.00
Chicken Breaded Sandwich GC	Sandwich	340	60		3.00	2.78	70.0	4	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60		2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73		2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0		7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustable PBJ Small 2.6oz	sandwich	300	0		4.00	1.00	44.0	15	9.0	32.0	16.0	3.50
Weighted Daily Average		3223	376	5068	38.14	*25.64	*1257.6	*67	191.36	344.82	131.32	47.20
% of Calories								*8.4%	23.8%	42.8%	36.7%	13.2%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

Wed - 02/26/2025												
Rockwood High Lunch	Total											
Chicken Tenders Gold Creek	3 tenders	220	65		2.00	2.00	21.0	0	22.0	14.0	7.0	1.50
Biscuit	Biscuit	220	0		0.50	1.80	120.0	3	4.0	29.0	9.0	4.50
Pizza, Selfie 5" Cheese Alpha	5" pizza	390	30		2.00	1.80	500.0	2	22.0	46.0	13.0	7.00
Pizza, Selfie 5" Pepperoni	5" pizza	400	35		2.00	1.80	450.0	2	22.0	47.0	15.0	7.00
Potatoes Mashed w/Gravy	1/2 CUP	105	0		1.00	0.30	13.7	0	0.0	18.18	2.91	0.96
Chicken Spicy Brd Sandwich	Sandwich	350	45		3.00	2.70	50.0	5	26.0	39.0	11.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60		2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73		2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0		7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	590	0		7.00	2.00	83.0	30	18.0	64.0	32.0	7.00
Weighted Daily Average		3694	358	6193	31.50	*24.60	*1475.7	61	200.65	397.24	151.19	54.61
% of Calories								6.6%	21.7%	43.0%	36.8%	13.3%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

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

\* - 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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

**Rockwood School District**

**Feb 1, 2025 thru Feb 28, 2025**

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Thu - 02/27/2025</b>												
Rockwood High Lunch	Total											
Pizza Dominos Cheese Slice 14"	slice	340	45		0.00	2.00	352.0	3	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45		1.00	2.70	318.0	3	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40		2.00	2.70	282.0	3	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40		3.00	2.70	380.0	2	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45		3.00	2.80	285.0	2	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45		3.00	3.00	320.0	2	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40		2.00	2.70	250.0	5	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50		2.00	2.70	250.0	5	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50		2.00	2.70	60.0	5	16.0	39.0	19.0	9.00
Chicken Grilled Sandwich	sandwich	270	60		2.00	2.42	60.0	4	30.0	31.0	4.0	0.50
Chicken Buffalo Grilled Sandwi	1 Each	300	65		2.00	*2.42	*60.0	4	33.5	31.5	5.5	1.50
Potato, Seasoned Wedges McCain	1/2 cup	133	0		1.03	0.20	10.3	1	1.03	20.5	6.15	1.03
Chicken Breaded Sandwich GC	Sandwich	340	60		3.00	2.78	70.0	4	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60		2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73		2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0		7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	590	0		7.00	2.00	83.0	30	18.0	64.0	32.0	7.00
Weighted Daily Average		6312	768	13094	47.03	*46.02	*3018.3	91	340.18	660.06	262.93	109.68
% of Calories								5.8%	21.6%	41.8%	37.5%	15.6%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

<b>Fri - 02/28/2025</b>												
Rockwood High Lunch	Total											
Chicken Drumstick or Thigh GC	Drum or Thig	230	75		1.00	1.08	20.0	0	16.0	11.0	14.0	3.50
Biscuit	Biscuit	220	0		0.50	1.80	120.0	3	4.0	29.0	9.0	4.50
Kielbasa, Smoked w/Pepp&Onions	Sandwich	293	60		2.00	2.70	80.0	*5	19.33	39.67	8.5	2.00
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
Chicken Spicy Brd Sandwich	Sandwich	350	45		3.00	2.70	50.0	5	26.0	39.0	11.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60		2.00	3.70	54.0	4	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73		2.00	*3.70	*54.0	5	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0		7.00	3.00	110.0	6	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Uncrustables 5.3 oz	1 each	590	0		7.00	2.00	83.0	30	18.0	64.0	32.0	7.00

\*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.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

**Rockwood School District**

**Feb 1, 2025 thru Feb 28, 2025**

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		3242	363	5408	32.52	*24.28	*631.1	*74	175.00	352.82	135.78	43.66
% of Calories								*9.1%	21.6%	43.5%	37.7%	12.1%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

Weighted Average		4009	436		37.51	*28.72	*1607.1	*71	216.10	426.55	168.73	62.38
								*16.0%	21.6%	42.6%	37.9%	14.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	4009		750 - 850	472%			3159	Correction Required - Calories too High
Cholesterol (mg)	436							
Sodium 1a (mg)	7069		1280	552%			5789	Correction Required - Sodium too High
Fiber (g)	37.51							
Iron (mg)	28.72		4.50	638%	Missing			
Calcium (mg)	1607.1		400.00	402%	Missing			
Sugars (g)	71	7.10%			Missing			
Protein (g)	216.10	21.56%	15.00	1441%				
Carbohydrate (g)	426.55	42.56%						
Total Fat (g)	168.73	37.88%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	62.38	14.00%	<10.00%					Correction Required - Sat. Fat too High

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.