

# Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

## Base Menu Spreadsheet

Rockwood Middle 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)
Mon - 02/03/2025												
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

	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 - 02/04/2025												
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

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

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**Rockwood School District**

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

Base Menu Spreadsheet

Rockwood Middle 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>Wed - 02/05/2025</b>												
Rockwood Middle 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
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
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		2467	248	3404	29.04	*19.79	*369.4	44	132.69	252.22	108.92	30.67
% of Calories								7.1%	21.5%	40.9%	39.7%	11.2%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

<b>Thu - 02/06/2025</b>												
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 Turk Pepp	Slice	300	26		4.00	2.70	460.0	4	21.0	30.0	12.0	6.00
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		2734	242	3877	33.00	*21.80	*1282.7	*49	150.30	267.48	126.65	42.43
% of Calories								*7.2%	22.0%	39.1%	41.7%	14.0%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

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**Rockwood School District**

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

Base Menu Spreadsheet

Rockwood Middle 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>Mon - 02/10/2025</b>												
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
Peas, Italian	1/2 cup	69	0		4.53	1.31	22.3	*0	4.27	12.86	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		2472	198	3604	33.53	*19.69	*900.3	*49	131.92	255.41	109.01	32.20
% of Calories								*8.0%	21.3%	41.3%	39.7%	11.7%
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)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Tue - 02/11/2025</b>												
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
Carrots, Canned, Butterbuds	1/2 cup	40	0		2.02	0.00	42.2	4	0.0	8.85	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		5354	583	10656	44.03	*40.68	*2877.2	76	250.65	542.41	242.77	102.65
% of Calories								5.7%	18.7%	40.5%	40.8%	17.3%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

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**Rockwood School District**

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

Base Menu Spreadsheet

Rockwood Middle 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>Wed - 02/12/2025</b>												
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
Texas Ranchero Pinto Beans	1/2 cup	113	0		5.12	1.84	41.0	1	6.14	20.48	0.51	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	4627	33.49	*23.44	*748.1	*50	160.59	279.32	139.22	43.22
% of Calories								*6.8%	21.7%	37.8%	42.4%	13.2%
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)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Thu - 02/13/2025</b>												
Rockwood Middle Lunch	Total											
Corn Dog Minis Chicken FF	6 pieces	260	15		1.00	2.20	70.0	7	9.0	30.0	12.0	3.50
Potato, Seasoned Wedges McCain	1/2 cup	133	0		1.03	0.20	10.3	1	1.03	20.5	6.15	1.03
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		2447	198	3449	26.03	*19.08	*418.3	50	116.67	254.06	114.93	33.18
% of Calories								8.1%	19.1%	41.5%	42.3%	12.2%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

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# Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

Rockwood Middle 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 - 02/14/2025												
Rockwood Middle 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
Broccoli, Roast/Steamed	1/2 Cup	26	0		2.76	0.55	46.3	*N/A*	2.81	4.86	0.1	0.02
Cookie, Fortune	1 each	12	0		0.00	0.00	0.5	2	0.17	2.67	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		2482	222	3247	27.94	*20.12	*454.4	*54	125.20	282.65	100.45	29.35
% of Calories								*8.6%	20.2%	45.6%	36.4%	10.6%
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)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/18/2025												
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
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		5341	583	10577	45.40	*41.29	*2869.4	*74	252.35	538.78	242.78	102.66
% of Calories								*5.5%	18.9%	40.3%	40.9%	17.3%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

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Base Menu Spreadsheet

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Wed - 02/19/2025</b>												
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 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		2566	308	3458	27.08	*19.38	*410.4	58	119.73	258.53	124.33	36.24
% of Calories								9.0%	18.7%	40.3%	43.6%	12.7%
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)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Thu - 02/20/2025</b>												
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

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**Rockwood School District**

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

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)
<b>Fri - 02/21/2025</b>												
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
Chili, Beef & Beans 6 oz	3/4 cup	173	30		4.50	0.81	75.0	*N/A*	12.75	14.25	7.5	2.63
Soft Pretzel	1 each	150	0		3.00	1.80	20.0	1	5.0	30.0	1.0	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		3166	278	4973	35.50	*22.89	*1383.0	*47	168.40	340.81	133.27	45.28
% of Calories								*5.9%	21.3%	43.1%	37.9%	12.9%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

<b>Mon - 02/24/2025</b>												
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
Potato, Seasoned Wedges McCain	1/2 cup	133	0		1.03	0.20	10.3	1	1.03	20.5	6.15	1.03
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		2877	288	4259	31.03	*22.36	*468.3	52	160.67	306.06	122.93	32.68
% of Calories								7.2%	22.3%	42.6%	38.5%	10.2%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

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**Rockwood School District**

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

Base Menu Spreadsheet

Rockwood Middle 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>Tue - 02/25/2025</b>												
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
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		5386	583	10408	45.48	*40.68	*2836.2	76	252.97	548.10	242.77	102.65
% of Calories								5.6%	18.8%	40.7%	40.6%	17.2%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

<b>Wed - 02/26/2025</b>												
Rockwood Middle Lunch	Total											
Cavatappi w/ Buffalo Chicken	1 cup	379	82		2.00	1.17	384.0	4	24.5	27.94	17.89	10.24
Breadstick, WG 1 oz	Breadstick	80	0		2.00	0.80	0.0	2	3.0	16.0	1.0	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		2538	265	4219	30.76	*19.20	*768.3	*48	136.96	252.36	115.76	38.92
% of Calories								*7.6%	21.6%	39.8%	41.1%	13.8%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

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**Rockwood School District**

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

Base Menu Spreadsheet

Rockwood Middle 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 Middle Lunch	Total											
Chicken Fajita w/Tortilla	1 each	310	66		3.00	*2.27	*40.0	*4	21.43	33.61	10.52	5.01
Refried Beans Southwestern	1/2 cup	191	4		10.82	*2.36	*52.5	1	12.05	29.59	2.53	1.20
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		2554	253	4218	37.82	*21.31	*430.5	*46	140.13	266.76	109.83	34.86
% of Calories								*7.3%	21.9%	41.8%	38.7%	12.3%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

<b>Fri - 02/28/2025</b>												
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
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		2584	214	3633	34.45	*21.96	*809.7	*50	136.11	272.87	110.29	34.86
% of Calories								*7.7%	21.1%	42.2%	38.4%	12.1%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

Weighted Average		3241	326		34.25	*25.18	*1177.7	*55	163.55	331.81	145.51	50.93
								*15.4%	20.2%	40.9%	40.4%	14.1%

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