

# Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

## Base Menu Spreadsheet

Rockwood Middle 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 - 02/03/2025               |              |             |             |           |           |           |           |            |           |          |           |           |
| Rockwood Middle Breakfast      | Total        |             |             |           |           |           |           |            |           |          |           |           |
| Dutch Waffle                   | Waffle       | 304         | 20          | 350       | 3.00      | 1.80      | 40.0      | 13         | 4.0       | 44.04    | 13.0      | 3.00      |
| Sausage Egg & Cheese Croissant | 1 each       | 456         | 143         | 842       | 2.00      | *8.92     | *102.0    | 4          | 16.53     | 30.01    | 30.06     | 11.53     |
| Egg & Cheese Croissant         | 1 each       | 276         | 113         | 562       | 2.00      | *8.56     | *102.0    | 4          | 10.53     | 30.01    | 13.06     | 5.53      |
| Bagel, Toasted                 | bagel        | 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      |
| BeneFIT Bar Variety            | Bar          | 280         | 7           | 210       | 3.00      | 1.90      | 25.0      | 20         | 4.5       | 47.0     | 8.5       | 3.00      |
| Honey Bun Whole Grain          | 1 Each       | 290         | 0           | 240       | 3.00      | 1.80      | 20.0      | 8          | 5.0       | 32.0     | 16.0      | 7.00      |
| Donuts Mini Chocolate IW       | Package      | 376         | 0           | 299       | 2.21      | 1.99      | 44.2      | 21         | 5.53      | 45.34    | 16.59     | 7.74      |
| Donuts Mini Powdered Sugar IW  | Package      | 270         | 0           | 290       | 2.00      | 1.08      | 27.0      | 19         | 4.0       | 41.0     | 11.0      | 4.50      |
| Donut WG Cake Glz IW           | Donut        | 310         | 5           | 260       | 3.00      | 1.50      | 150.2     | 25         | 4.0       | 46.96    | 12.01     | 5.00      |
| Donut WG Choc Enrobed IW       | Donut        | 330         | 20          | 240       | 3.00      | 2.00      | 30.0      | 22         | 3.0       | 40.95    | 18.02     | 11.01     |
| Cereal Bar Cinn Toast Crunch   | bar          | 160         | 0           | 120       | 3.00      | 1.44      | 230.0     | 8          | 2.0       | 30.0     | 3.5       | 0.00      |
| Cereal Bar Cocoa Puffs         | Bar          | 160         | 0           | 105       | 3.00      | 1.90      | 260.0     | 9          | 3.0       | 29.0     | 3.5       | 0.00      |
| Cereal Bar, Lucky Charms 2.5oz | Bar          | 270         | 0           | 170       | 5.00      | 2.70      | 420.0     | 16         | 5.0       | 51.0     | 6.0       | 0.50      |
| Cereal Bar, Cocoa Puffs 2.5 oz | Bar          | 280         | 0           | 180       | 5.00      | 3.60      | 350.0     | 15         | 5.0       | 52.0     | 6.0       | 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 Cinn Toast Crunch 2 oz  | 1 each       | 210         | 0           | 320       | 7.00      | 4.50      | 100.0     | 11         | 3.0       | 44.0     | 5.0       | 0.50      |
| Cereal Honey Cheerios 2 oz     | 2 oz bowl    | 210         | 0           | 340       | 5.00      | 5.40      | 200.0     | 12         | 6.0       | 44.0     | 3.0       | 0.50      |
| Cereal Cocoa Puffs 2 oz        | 2 oz bowl    | 220         | 0           | 230       | 3.00      | 5.40      | 200.0     | 15         | 3.0       | 47.0     | 2.5       | 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, Trix 2 oz              | 2 oz bowl    | 220         | 0           | 320       | 3.00      | 4.90      | 160.0     | 12         | 3.0       | 47.0     | 3.0       | 0.50      |
| Chocolate Swirls Bakecrafters  | 1 Each       | 260         | 10          | 105       | 3.00      | 1.50      | 45.0      | 18         | 6.0       | 42.0     | 8.0       | 2.00      |
| Muffin, Apple Cinnamon Chef P  | Muffin       | 180         | 15          | 160       | 2.00      | 1.00      | 20.0      | 12         | 2.0       | 28.0     | 7.0       | 1.00      |
| Muffin, Banana Chef Pierre     | Muffin       | 200         | 10          | 115       | 1.00      | 1.00      | 10.0      | 15         | 2.0       | 31.0     | 7.0       | 1.00      |
| Muffin, Blueberry Chef Pierre  | Muffin       | 170         | 10          | 120       | 1.00      | 1.00      | 10.0      | 14         | 2.0       | 27.0     | 6.0       | 1.00      |
| Muffin, Double Chocolate Chef  | Muffin       | 200         | 10          | 125       | 2.00      | 1.50      | 15.0      | 14         | 3.0       | 29.0     | 6.0       | 1.50      |
| Muffin, Trix                   | Muffin       | 290         | 10          | 260       | 7.00      | 1.50      | 0.0       | 20         | 4.0       | 50.0     | 10.0      | 2.00      |
| Muffin, Cinnamon Toast Crunch  | Muffin       | 300         | 10          | 260       | 7.00      | 1.60      | 0.0       | 21         | 4.0       | 50.0     | 11.0      | 3.00      |
| Nature Valley Crisps Choc Chip | Package      | 150         | 0           | 140       | 2.00      | 0.90      | *N/A*     | 9          | 3.0       | 24.0     | 5.0       | 1.00      |
| Nutri-Grain Bar Variety        | bar          | 150         | 0           | 128       | 3.00      | 1.90      | 140.0     | 14         | 2.0       | 31.0     | 3.5       | 0.50      |
| Chocolate Bread Super Slice    | Slice        | 250         | 0           | 240       | 2.00      | 2.00      | 155.0     | 22         | 5.0       | 43.0     | 8.0       | 1.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0      | 0          | 2.0       | 14.0     | 3.5       | 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      |
| Goldfish Giant Cinnamon Graham | package      | 120         | 0           | 140       | 1.00      | 2.00      | 100.0     | 7          | 1.0       | 19.0     | 4.0       | 1.00      |
| 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      |
| Cheese Stick, Marble           | Stick        | 110         | 30          | 170       | 0.00      | 0.20      | 194.0     | 0          | 7.0       | 1.0      | 9.0       | 5.00      |

\*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 Middle 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 - 02/03/2025               |              |             |             |           |           |           |           |            |           |          |           |           |
| 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      |
| Sunflower Seeds, Honey Roasted | Package      | 190         | 0           | 65        | 3.00      | 1.08      | 21.0      | 5          | 6.0       | 11.0     | 15.0      | 1.50      |
| 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      |
| 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      |
| Crumb Square, Dave's           | Package      | 283         | 32          | 215       | 3.00      | 1.20      | 15.0      | 24         | 3.4       | 47.0     | 9.0       | 1.20      |
| Cinnamon Roll IW Hadley        | Cinnamon Ro  | 240         | 0           | 24        | 3.00      | 1.80      | 40.0      | 12         | 5.0       | 38.0     | 7.0       | 1.50      |
| UBR, Choc Chip Nut Free IW     | Round        | 270         | 5           | 180       | 5.00      | 1.80      | 20.0      | 19         | 5.0       | 44.0     | 8.0       | 3.00      |
| Weighted Daily Average         |              | 9827        | 740         | 9706      | 117.22    | *93.73    | *5277.4   | 626        | 223.77    | 1505.67  | 339.48    | 108.57    |
| % of Calories                  |              |             |             |           |           |           |           | 25.5%      | 9.1%      | 61.3%    | 31.1%     | 9.9%      |
| Nutrient Guideline             |              | 400-550     |             | 600       |           | 2.50      | 200.00    |            | 7.00      |          | <=30.0    | <10.00    |

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# Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

## Base Menu Spreadsheet

Rockwood Middle Breakfast

### 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 - 02/04/2025               |              |             |             |           |           |           |            |            |           |          |           |           |
| Rockwood Middle Breakfast      | Total        |             |             |           |           |           |            |            |           |          |           |           |
| Empanada, Breakfast Turk Sausa | 1 Each       | 170         | 70          | 360       | 2.00      | 1.20      | 60.0       | 1          | 7.0       | 17.0     | 9.0       | 4.00      |
| Biscuit, Turk Bacon Egg Cheese | 1 EACH       | 347         | 119         | 691       | 0.50      | *9.43     | *141.0     | 4          | 11.29     | 30.19    | 18.47     | 8.38      |
| Biscuit, Egg and Cheese        | Sandwich     | 326         | 113         | 582       | 0.50      | *9.36     | *141.0     | 4          | 9.53      | 30.01    | 17.06     | 8.03      |
| Bagel, Toasted                 | bagel        | 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      |
| BeneFIT Bar Variety            | Bar          | 280         | 7           | 210       | 3.00      | 1.90      | 25.0       | 20         | 4.5       | 47.0     | 8.5       | 3.00      |
| Honey Bun Whole Grain          | 1 Each       | 290         | 0           | 240       | 3.00      | 1.80      | 20.0       | 8          | 5.0       | 32.0     | 16.0      | 7.00      |
| Donuts Mini Chocolate IW       | Package      | 376         | 0           | 299       | 2.21      | 1.99      | 44.2       | 21         | 5.53      | 45.34    | 16.59     | 7.74      |
| Donuts Mini Powdered Sugar IW  | Package      | 270         | 0           | 290       | 2.00      | 1.08      | 27.0       | 19         | 4.0       | 41.0     | 11.0      | 4.50      |
| Donut WG Cake Glz IW           | Donut        | 310         | 5           | 260       | 3.00      | 1.50      | 150.2      | 25         | 4.0       | 46.96    | 12.01     | 5.00      |
| Donut WG Choc Enrobed IW       | Donut        | 330         | 20          | 240       | 3.00      | 2.00      | 30.0       | 22         | 3.0       | 40.95    | 18.02     | 11.01     |
| Cereal Bar Cinn Toast Crunch   | bar          | 160         | 0           | 120       | 3.00      | 1.44      | 230.0      | 8          | 2.0       | 30.0     | 3.5       | 0.00      |
| Cereal Bar Cocoa Puffs         | Bar          | 160         | 0           | 105       | 3.00      | 1.90      | 260.0      | 9          | 3.0       | 29.0     | 3.5       | 0.00      |
| Cereal Bar, Lucky Charms 2.5oz | Bar          | 270         | 0           | 170       | 5.00      | 2.70      | 420.0      | 16         | 5.0       | 51.0     | 6.0       | 0.50      |
| Cereal Bar, Cocoa Puffs 2.5 oz | Bar          | 280         | 0           | 180       | 5.00      | 3.60      | 350.0      | 15         | 5.0       | 52.0     | 6.0       | 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 Cinn Toast Crunch 2 oz  | 1 each       | 210         | 0           | 320       | 7.00      | 4.50      | 100.0      | 11         | 3.0       | 44.0     | 5.0       | 0.50      |
| Cereal Honey Cheerios 2 oz     | 2 oz bowl    | 210         | 0           | 340       | 5.00      | 5.40      | 200.0      | 12         | 6.0       | 44.0     | 3.0       | 0.50      |
| Cereal Cocoa Puffs 2 oz        | 2 oz bowl    | 220         | 0           | 230       | 3.00      | 5.40      | 200.0      | 15         | 3.0       | 47.0     | 2.5       | 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, Trix 2 oz              | 2 oz bowl    | 220         | 0           | 320       | 3.00      | 4.90      | 160.0      | 12         | 3.0       | 47.0     | 3.0       | 0.50      |
| Chocolate Swirls Bakecrafters  | 1 Each       | 260         | 10          | 105       | 3.00      | 1.50      | 45.0       | 18         | 6.0       | 42.0     | 8.0       | 2.00      |
| KIND Dark Chocolate Chunk Bar  | Bar          | 150         | 0           | 65        | 2.00      | 1.08      | 0.0        | 8          | 2.0       | 23.0     | 5.0       | 1.50      |
| Muffin, Apple Cinnamon Chef P  | Muffin       | 180         | 15          | 160       | 2.00      | 1.00      | 20.0       | 12         | 2.0       | 28.0     | 7.0       | 1.00      |
| Muffin, Banana Chef Pierre     | Muffin       | 200         | 10          | 115       | 1.00      | 1.00      | 10.0       | 15         | 2.0       | 31.0     | 7.0       | 1.00      |
| Muffin, Blueberry Chef Pierre  | Muffin       | 170         | 10          | 120       | 1.00      | 1.00      | 10.0       | 14         | 2.0       | 27.0     | 6.0       | 1.00      |
| Muffin, Double Chocolate Chef  | Muffin       | 200         | 10          | 125       | 2.00      | 1.50      | 15.0       | 14         | 3.0       | 29.0     | 6.0       | 1.50      |
| Muffin, Trix                   | Muffin       | 290         | 10          | 260       | 7.00      | 1.50      | 0.0        | 20         | 4.0       | 50.0     | 10.0      | 2.00      |
| Muffin, Cinnamon Toast Crunch  | Muffin       | 300         | 10          | 260       | 7.00      | 1.60      | 0.0        | 21         | 4.0       | 50.0     | 11.0      | 3.00      |
| Nature Valley Crisps Choc Chip | Package      | 150         | 0           | 140       | 2.00      | 0.90      | *N/A*      | 9          | 3.0       | 24.0     | 5.0       | 1.00      |
| Nutri-Grain Bar Variety        | bar          | 150         | 0           | 128       | 3.00      | 1.90      | 140.0      | 14         | 2.0       | 31.0     | 3.5       | 0.50      |
| Crumb Square, Dave's           | Package      | 283         | 32          | 215       | 3.00      | 1.20      | 15.0       | 24         | 3.4       | 47.0     | 9.0       | 1.20      |
| Cinnamon Roll IW Hadley        | Cinnamon Ro  | 240         | 0           | 24        | 3.00      | 1.80      | 40.0       | 12         | 5.0       | 38.0     | 7.0       | 1.50      |
| UBR, Choc Chip Nut Free IW     | Round        | 270         | 5           | 180       | 5.00      | 1.80      | 20.0       | 19         | 5.0       | 44.0     | 8.0       | 3.00      |
| Chocolate Bread Super Slice    | Slice        | 250         | 0           | 240       | 2.00      | 2.00      | 155.0      | 22         | 5.0       | 43.0     | 8.0       | 1.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0       | 0          | 2.0       | 14.0     | 3.5       | 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      |

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# Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

Rockwood Middle 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 - 02/04/2025               |              |             |             |           |           |           |           |            |           |          |           |           |
| Goldfish Giant Cinnamon Graham | package      | 120         | 0           | 140       | 1.00      | 2.00      | 100.0     | 7          | 1.0       | 19.0     | 4.0       | 1.00      |
| 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      |
| Cheese Stick, Marble           | Stick        | 110         | 30          | 170       | 0.00      | 0.20      | 194.0     | 0          | 7.0       | 1.0      | 9.0       | 5.00      |
| 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      |
| Sunflower Seeds, Honey Roasted | Package      | 190         | 0           | 65        | 3.00      | 1.08      | 21.0      | 5          | 6.0       | 11.0     | 15.0      | 1.50      |
| 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      |
| 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         |              | 9784        | 767         | 9650      | 115.22    | *95.52    | *5375.4   | 622        | 222.53    | 1501.81  | 332.89    | 110.42    |
| % of Calories                  |              |             |             |           |           |           |           | 25.4%      | 9.1%      | 61.4%    | 30.6%     | 10.2%     |
| Nutrient Guideline             |              | 400-550     |             | 600       |           | 2.50      | 200.00    |            | 7.00      |          | <=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

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# Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

Rockwood Middle Breakfast

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 Middle Breakfast      | Total        |             |             |           |           |           |            |            |           |          |           |           |
| Waffle, Cosmic Confetti        | Waffle       | 250         | 25          | 290       | 2.00      | 1.44      | 20.0       | 15         | 6.0       | 38.0     | 9.0       | 4.00      |
| Chicken Biscuit                | 1 each       | 320         | 30          | 550       | 1.50      | 2.88      | 120.0      | 3          | 14.0      | 35.0     | 12.5      | 5.00      |
| Bagel, Toasted                 | bagel        | 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      |
| BeneFIT Bar Variety            | Bar          | 280         | 7           | 210       | 3.00      | 1.90      | 25.0       | 20         | 4.5       | 47.0     | 8.5       | 3.00      |
| Honey Bun Whole Grain          | 1 Each       | 290         | 0           | 240       | 3.00      | 1.80      | 20.0       | 8          | 5.0       | 32.0     | 16.0      | 7.00      |
| Donuts Mini Chocolate IW       | Package      | 376         | 0           | 299       | 2.21      | 1.99      | 44.2       | 21         | 5.53      | 45.34    | 16.59     | 7.74      |
| Donuts Mini Powdered Sugar IW  | Package      | 270         | 0           | 290       | 2.00      | 1.08      | 27.0       | 19         | 4.0       | 41.0     | 11.0      | 4.50      |
| Donut WG Cake Glz IW           | Donut        | 310         | 5           | 260       | 3.00      | 1.50      | 150.2      | 25         | 4.0       | 46.96    | 12.01     | 5.00      |
| Donut WG Choc Enrobed IW       | Donut        | 330         | 20          | 240       | 3.00      | 2.00      | 30.0       | 22         | 3.0       | 40.95    | 18.02     | 11.01     |
| Cereal Bar Cinn Toast Crunch   | bar          | 160         | 0           | 120       | 3.00      | 1.44      | 230.0      | 8          | 2.0       | 30.0     | 3.5       | 0.00      |
| Cereal Bar Cocoa Puffs         | Bar          | 160         | 0           | 105       | 3.00      | 1.90      | 260.0      | 9          | 3.0       | 29.0     | 3.5       | 0.00      |
| Cereal Bar, Lucky Charms 2.5oz | Bar          | 270         | 0           | 170       | 5.00      | 2.70      | 420.0      | 16         | 5.0       | 51.0     | 6.0       | 0.50      |
| Cereal Bar, Cocoa Puffs 2.5 oz | Bar          | 280         | 0           | 180       | 5.00      | 3.60      | 350.0      | 15         | 5.0       | 52.0     | 6.0       | 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 Cinn Toast Crunch 2 oz  | 1 each       | 210         | 0           | 320       | 7.00      | 4.50      | 100.0      | 11         | 3.0       | 44.0     | 5.0       | 0.50      |
| Cereal Honey Cheerios 2 oz     | 2 oz bowl    | 210         | 0           | 340       | 5.00      | 5.40      | 200.0      | 12         | 6.0       | 44.0     | 3.0       | 0.50      |
| Cereal Cocoa Puffs 2 oz        | 2 oz bowl    | 220         | 0           | 230       | 3.00      | 5.40      | 200.0      | 15         | 3.0       | 47.0     | 2.5       | 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, Trix 2 oz              | 2 oz bowl    | 220         | 0           | 320       | 3.00      | 4.90      | 160.0      | 12         | 3.0       | 47.0     | 3.0       | 0.50      |
| Chocolate Swirls Bakecrafters  | 1 Each       | 260         | 10          | 105       | 3.00      | 1.50      | 45.0       | 18         | 6.0       | 42.0     | 8.0       | 2.00      |
| Crumb Square, Dave's           | Package      | 283         | 32          | 215       | 3.00      | 1.20      | 15.0       | 24         | 3.4       | 47.0     | 9.0       | 1.20      |
| Cinnamon Roll IW Hadley        | Cinnamon Ro  | 240         | 0           | 24        | 3.00      | 1.80      | 40.0       | 12         | 5.0       | 38.0     | 7.0       | 1.50      |
| UBR, Choc Chip Nut Free IW     | Round        | 270         | 5           | 180       | 5.00      | 1.80      | 20.0       | 19         | 5.0       | 44.0     | 8.0       | 3.00      |
| Muffin, Apple Cinnamon Chef P  | Muffin       | 180         | 15          | 160       | 2.00      | 1.00      | 20.0       | 12         | 2.0       | 28.0     | 7.0       | 1.00      |
| Muffin, Banana Chef Pierre     | Muffin       | 200         | 10          | 115       | 1.00      | 1.00      | 10.0       | 15         | 2.0       | 31.0     | 7.0       | 1.00      |
| Muffin, Blueberry Chef Pierre  | Muffin       | 170         | 10          | 120       | 1.00      | 1.00      | 10.0       | 14         | 2.0       | 27.0     | 6.0       | 1.00      |
| Muffin, Double Chocolate Chef  | Muffin       | 200         | 10          | 125       | 2.00      | 1.50      | 15.0       | 14         | 3.0       | 29.0     | 6.0       | 1.50      |
| Muffin, Trix                   | Muffin       | 290         | 10          | 260       | 7.00      | 1.50      | 0.0        | 20         | 4.0       | 50.0     | 10.0      | 2.00      |
| Muffin, Cinnamon Toast Crunch  | Muffin       | 300         | 10          | 260       | 7.00      | 1.60      | 0.0        | 21         | 4.0       | 50.0     | 11.0      | 3.00      |
| Nature Valley Crisps Choc Chip | Package      | 150         | 0           | 140       | 2.00      | 0.90      | *N/A*      | 9          | 3.0       | 24.0     | 5.0       | 1.00      |
| Nutri-Grain Bar Variety        | bar          | 150         | 0           | 128       | 3.00      | 1.90      | 140.0      | 14         | 2.0       | 31.0     | 3.5       | 0.50      |
| Chocolate Bread Super Slice    | Slice        | 250         | 0           | 240       | 2.00      | 2.00      | 155.0      | 22         | 5.0       | 43.0     | 8.0       | 1.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0       | 0          | 2.0       | 14.0     | 3.5       | 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      |
| Goldfish Giant Cinnamon Graham | package      | 120         | 0           | 140       | 1.00      | 2.00      | 100.0      | 7          | 1.0       | 19.0     | 4.0       | 1.00      |
| Cheese Cubes, Cheddar          | Package (1 o | 90          | 20          | 190       | 0.00      | 0.00      | 204.0      | 0          | 7.0       | 0.0      | 7.0       | 4.50      |

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# Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

Rockwood Middle 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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|-----------|----------|-----------|-----------|
| Wed - 02/05/2025               |              |             |             |           |           |           |           |            |           |          |           |           |
| Cheese Stick, Mozzarella       | 1 Each       | 80          | 15          | 200       | 0.00      | 0.00      | 200.0     | 0          | 7.0       | 0.0      | 6.0       | 3.50      |
| Cheese Stick, Marble           | Stick        | 110         | 30          | 170       | 0.00      | 0.20      | 194.0     | 0          | 7.0       | 1.0      | 9.0       | 5.00      |
| 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      |
| Sunflower Seeds, Honey Roasted | Package      | 190         | 0           | 65        | 3.00      | 1.08      | 21.0      | 5          | 6.0       | 11.0     | 15.0      | 1.50      |
| 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      |
| 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         |              | 9361        | 520         | 8792      | 113.72    | 78.77     | *5173.4   | 624        | 212.71    | 1474.61  | 304.87    | 97.51     |
| % of Calories                  |              |             |             |           |           |           |           | 26.7%      | 9.1%      | 63.0%    | 29.3%     | 9.4%      |
| Nutrient Guideline             |              | 400-550     |             | 600       |           | 2.50      | 200.00    |            | 7.00      |          | <=30.0    | <10.00    |

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# Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

## Base Menu Spreadsheet

Rockwood Middle Breakfast

### 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 - 02/06/2025               |              |             |             |           |           |           |            |            |           |          |           |           |
| Rockwood Middle Breakfast      | Total        |             |             |           |           |           |            |            |           |          |           |           |
| Mini Cinnis Pillsbury          | 1 Each       | 240         | 0           | 270       | 3.00      | 1.70      | 30.0       | 14         | 4.0       | 40.0     | 8.0       | 1.50      |
| Bacon Egg & Cheese Croissant   | 1 each       | 297         | 119         | 671       | 2.00      | *8.63     | *102.0     | 4          | 12.29     | 30.19    | 14.47     | 5.88      |
| Egg & Cheese Croissant         | 1 each       | 276         | 113         | 562       | 2.00      | *8.56     | *102.0     | 4          | 10.53     | 30.01    | 13.06     | 5.53      |
| Bagel, Toasted                 | bagel        | 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      |
| BeneFIT Bar Variety            | Bar          | 280         | 7           | 210       | 3.00      | 1.90      | 25.0       | 20         | 4.5       | 47.0     | 8.5       | 3.00      |
| Honey Bun Whole Grain          | 1 Each       | 290         | 0           | 240       | 3.00      | 1.80      | 20.0       | 8          | 5.0       | 32.0     | 16.0      | 7.00      |
| Donuts Mini Chocolate IW       | Package      | 376         | 0           | 299       | 2.21      | 1.99      | 44.2       | 21         | 5.53      | 45.34    | 16.59     | 7.74      |
| Donuts Mini Powdered Sugar IW  | Package      | 270         | 0           | 290       | 2.00      | 1.08      | 27.0       | 19         | 4.0       | 41.0     | 11.0      | 4.50      |
| Donut WG Cake Glz IW           | Donut        | 310         | 5           | 260       | 3.00      | 1.50      | 150.2      | 25         | 4.0       | 46.96    | 12.01     | 5.00      |
| Donut WG Choc Enrobed IW       | Donut        | 330         | 20          | 240       | 3.00      | 2.00      | 30.0       | 22         | 3.0       | 40.95    | 18.02     | 11.01     |
| Cereal Bar Cinn Toast Crunch   | bar          | 160         | 0           | 120       | 3.00      | 1.44      | 230.0      | 8          | 2.0       | 30.0     | 3.5       | 0.00      |
| Cereal Bar Cocoa Puffs         | Bar          | 160         | 0           | 105       | 3.00      | 1.90      | 260.0      | 9          | 3.0       | 29.0     | 3.5       | 0.00      |
| Cereal Bar, Lucky Charms 2.5oz | Bar          | 270         | 0           | 170       | 5.00      | 2.70      | 420.0      | 16         | 5.0       | 51.0     | 6.0       | 0.50      |
| Cereal Bar, Cocoa Puffs 2.5 oz | Bar          | 280         | 0           | 180       | 5.00      | 3.60      | 350.0      | 15         | 5.0       | 52.0     | 6.0       | 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 Cinn Toast Crunch 2 oz  | 1 each       | 210         | 0           | 320       | 7.00      | 4.50      | 100.0      | 11         | 3.0       | 44.0     | 5.0       | 0.50      |
| Cereal Honey Cheerios 2 oz     | 2 oz bowl    | 210         | 0           | 340       | 5.00      | 5.40      | 200.0      | 12         | 6.0       | 44.0     | 3.0       | 0.50      |
| Cereal Cocoa Puffs 2 oz        | 2 oz bowl    | 220         | 0           | 230       | 3.00      | 5.40      | 200.0      | 15         | 3.0       | 47.0     | 2.5       | 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, Trix 2 oz              | 2 oz bowl    | 220         | 0           | 320       | 3.00      | 4.90      | 160.0      | 12         | 3.0       | 47.0     | 3.0       | 0.50      |
| Chocolate Swirls Bakecrafters  | 1 Each       | 260         | 10          | 105       | 3.00      | 1.50      | 45.0       | 18         | 6.0       | 42.0     | 8.0       | 2.00      |
| Crumb Square, Dave's           | Package      | 283         | 32          | 215       | 3.00      | 1.20      | 15.0       | 24         | 3.4       | 47.0     | 9.0       | 1.20      |
| Cinnamon Roll IW Hadley        | Cinnamon Ro  | 240         | 0           | 24        | 3.00      | 1.80      | 40.0       | 12         | 5.0       | 38.0     | 7.0       | 1.50      |
| UBR, Choc Chip Nut Free IW     | Round        | 270         | 5           | 180       | 5.00      | 1.80      | 20.0       | 19         | 5.0       | 44.0     | 8.0       | 3.00      |
| Muffin, Apple Cinnamon Chef P  | Muffin       | 180         | 15          | 160       | 2.00      | 1.00      | 20.0       | 12         | 2.0       | 28.0     | 7.0       | 1.00      |
| Muffin, Banana Chef Pierre     | Muffin       | 200         | 10          | 115       | 1.00      | 1.00      | 10.0       | 15         | 2.0       | 31.0     | 7.0       | 1.00      |
| Muffin, Blueberry Chef Pierre  | Muffin       | 170         | 10          | 120       | 1.00      | 1.00      | 10.0       | 14         | 2.0       | 27.0     | 6.0       | 1.00      |
| Muffin, Double Chocolate Chef  | Muffin       | 200         | 10          | 125       | 2.00      | 1.50      | 15.0       | 14         | 3.0       | 29.0     | 6.0       | 1.50      |
| Muffin, Trix                   | Muffin       | 290         | 10          | 260       | 7.00      | 1.50      | 0.0        | 20         | 4.0       | 50.0     | 10.0      | 2.00      |
| Muffin, Cinnamon Toast Crunch  | Muffin       | 300         | 10          | 260       | 7.00      | 1.60      | 0.0        | 21         | 4.0       | 50.0     | 11.0      | 3.00      |
| Nature Valley Crisps Choc Chip | Package      | 150         | 0           | 140       | 2.00      | 0.90      | *N/A*      | 9          | 3.0       | 24.0     | 5.0       | 1.00      |
| Nutri-Grain Bar Variety        | bar          | 150         | 0           | 128       | 3.00      | 1.90      | 140.0      | 14         | 2.0       | 31.0     | 3.5       | 0.50      |
| Chocolate Bread Super Slice    | Slice        | 250         | 0           | 240       | 2.00      | 2.00      | 155.0      | 22         | 5.0       | 43.0     | 8.0       | 1.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0       | 0          | 2.0       | 14.0     | 3.5       | 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      |
| Goldfish Giant Cinnamon Graham | package      | 120         | 0           | 140       | 1.00      | 2.00      | 100.0      | 7          | 1.0       | 19.0     | 4.0       | 1.00      |

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# Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

Rockwood Middle Breakfast

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 - 02/06/2025               |              |             |             |           |           |           |            |            |           |          |           |           |
| 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      |
| Cheese Stick, Marble           | Stick        | 110         | 30          | 170       | 0.00      | 0.20      | 194.0      | 0          | 7.0       | 1.0      | 9.0       | 5.00      |
| 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      |
| Sunflower Seeds, Honey Roasted | Package      | 190         | 0           | 65        | 3.00      | 1.08      | 21.0       | 5          | 6.0       | 11.0     | 15.0      | 1.50      |
| 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      |
| 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         |              | 9604        | 697         | 9455      | 117.22    | *93.34    | *5267.4    | 627        | 219.54    | 1501.81  | 318.89    | 101.43    |
| % of Calories                  |              |             |             |           |           |           |            | 26.1%      | 9.1%      | 62.6%    | 29.9%     | 9.5%      |
| Nutrient Guideline             |              | 400-550     |             | 600       |           | 2.50      | 200.00     |            | 7.00      |          | <=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.

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# Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

## Base Menu Spreadsheet

Rockwood Middle Breakfast

### 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 - 02/10/2025               |              |             |             |           |           |           |            |            |           |          |           |           |
| Rockwood Middle Breakfast      | 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      |
| Sausage Egg & Cheese Croissant | 1 each       | 456         | 143         | 842       | 2.00      | *8.92     | *102.0     | 4          | 16.53     | 30.01    | 30.06     | 11.53     |
| Egg & Cheese Croissant         | 1 each       | 276         | 113         | 562       | 2.00      | *8.56     | *102.0     | 4          | 10.53     | 30.01    | 13.06     | 5.53      |
| Bagel, Toasted                 | bagel        | 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      |
| BeneFIT Bar Variety            | Bar          | 280         | 7           | 210       | 3.00      | 1.90      | 25.0       | 20         | 4.5       | 47.0     | 8.5       | 3.00      |
| Honey Bun Whole Grain          | 1 Each       | 290         | 0           | 240       | 3.00      | 1.80      | 20.0       | 8          | 5.0       | 32.0     | 16.0      | 7.00      |
| Donuts Mini Chocolate IW       | Package      | 376         | 0           | 299       | 2.21      | 1.99      | 44.2       | 21         | 5.53      | 45.34    | 16.59     | 7.74      |
| Donuts Mini Powdered Sugar IW  | Package      | 270         | 0           | 290       | 2.00      | 1.08      | 27.0       | 19         | 4.0       | 41.0     | 11.0      | 4.50      |
| Donut WG Cake Glz IW           | Donut        | 310         | 5           | 260       | 3.00      | 1.50      | 150.2      | 25         | 4.0       | 46.96    | 12.01     | 5.00      |
| Donut WG Choc Enrobed IW       | Donut        | 330         | 20          | 240       | 3.00      | 2.00      | 30.0       | 22         | 3.0       | 40.95    | 18.02     | 11.01     |
| Cereal Bar Cinn Toast Crunch   | bar          | 160         | 0           | 120       | 3.00      | 1.44      | 230.0      | 8          | 2.0       | 30.0     | 3.5       | 0.00      |
| Cereal Bar Cocoa Puffs         | Bar          | 160         | 0           | 105       | 3.00      | 1.90      | 260.0      | 9          | 3.0       | 29.0     | 3.5       | 0.00      |
| Cereal Bar, Lucky Charms 2.5oz | Bar          | 270         | 0           | 170       | 5.00      | 2.70      | 420.0      | 16         | 5.0       | 51.0     | 6.0       | 0.50      |
| Cereal Bar, Cocoa Puffs 2.5 oz | Bar          | 280         | 0           | 180       | 5.00      | 3.60      | 350.0      | 15         | 5.0       | 52.0     | 6.0       | 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 Cinn Toast Crunch 2 oz  | 1 each       | 210         | 0           | 320       | 7.00      | 4.50      | 100.0      | 11         | 3.0       | 44.0     | 5.0       | 0.50      |
| Cereal Honey Cheerios 2 oz     | 2 oz bowl    | 210         | 0           | 340       | 5.00      | 5.40      | 200.0      | 12         | 6.0       | 44.0     | 3.0       | 0.50      |
| Cereal Cocoa Puffs 2 oz        | 2 oz bowl    | 220         | 0           | 230       | 3.00      | 5.40      | 200.0      | 15         | 3.0       | 47.0     | 2.5       | 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, Trix 2 oz              | 2 oz bowl    | 220         | 0           | 320       | 3.00      | 4.90      | 160.0      | 12         | 3.0       | 47.0     | 3.0       | 0.50      |
| Chocolate Swirls Bakecrafters  | 1 Each       | 260         | 10          | 105       | 3.00      | 1.50      | 45.0       | 18         | 6.0       | 42.0     | 8.0       | 2.00      |
| Crumb Square, Dave's           | Package      | 283         | 32          | 215       | 3.00      | 1.20      | 15.0       | 24         | 3.4       | 47.0     | 9.0       | 1.20      |
| Cinnamon Roll IW Hadley        | Cinnamon Ro  | 240         | 0           | 24        | 3.00      | 1.80      | 40.0       | 12         | 5.0       | 38.0     | 7.0       | 1.50      |
| UBR, Choc Chip Nut Free IW     | Round        | 270         | 5           | 180       | 5.00      | 1.80      | 20.0       | 19         | 5.0       | 44.0     | 8.0       | 3.00      |
| Muffin, Apple Cinnamon Chef P  | Muffin       | 180         | 15          | 160       | 2.00      | 1.00      | 20.0       | 12         | 2.0       | 28.0     | 7.0       | 1.00      |
| Muffin, Banana Chef Pierre     | Muffin       | 200         | 10          | 115       | 1.00      | 1.00      | 10.0       | 15         | 2.0       | 31.0     | 7.0       | 1.00      |
| Muffin, Blueberry Chef Pierre  | Muffin       | 170         | 10          | 120       | 1.00      | 1.00      | 10.0       | 14         | 2.0       | 27.0     | 6.0       | 1.00      |
| Muffin, Double Chocolate Chef  | Muffin       | 200         | 10          | 125       | 2.00      | 1.50      | 15.0       | 14         | 3.0       | 29.0     | 6.0       | 1.50      |
| Muffin, Trix                   | Muffin       | 290         | 10          | 260       | 7.00      | 1.50      | 0.0        | 20         | 4.0       | 50.0     | 10.0      | 2.00      |
| Muffin, Cinnamon Toast Crunch  | Muffin       | 300         | 10          | 260       | 7.00      | 1.60      | 0.0        | 21         | 4.0       | 50.0     | 11.0      | 3.00      |
| Nature Valley Crisps Choc Chip | Package      | 150         | 0           | 140       | 2.00      | 0.90      | *N/A*      | 9          | 3.0       | 24.0     | 5.0       | 1.00      |
| Nutri-Grain Bar Variety        | bar          | 150         | 0           | 128       | 3.00      | 1.90      | 140.0      | 14         | 2.0       | 31.0     | 3.5       | 0.50      |
| Chocolate Bread Super Slice    | Slice        | 250         | 0           | 240       | 2.00      | 2.00      | 155.0      | 22         | 5.0       | 43.0     | 8.0       | 1.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0       | 0          | 2.0       | 14.0     | 3.5       | 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      |
| Goldfish Giant Cinnamon Graham | package      | 120         | 0           | 140       | 1.00      | 2.00      | 100.0      | 7          | 1.0       | 19.0     | 4.0       | 1.00      |

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# Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

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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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|
| Mon - 02/10/2025               |              |             |             |           |           |           |            |            |           |          |           |           |
| 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      |
| Cheese Stick, Marble           | Stick        | 110         | 30          | 170       | 0.00      | 0.20      | 194.0      | 0          | 7.0       | 1.0      | 9.0       | 5.00      |
| 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      |
| Sunflower Seeds, Honey Roasted | Package      | 190         | 0           | 65        | 3.00      | 1.08      | 21.0       | 5          | 6.0       | 11.0     | 15.0      | 1.50      |
| 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      |
| 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         |              | 9672        | 769         | 9657      | 115.22    | *92.93    | *5360.4    | 614        | 228.77    | 1475.63  | 332.48    | 108.57    |
| % of Calories                  |              |             |             |           |           |           |            | 25.4%      | 9.5%      | 61.0%    | 30.9%     | 10.1%     |
| Nutrient Guideline             |              | 400-550     |             | 600       |           | 2.50      | 200.00     |            | 7.00      |          | <=30.0    | <10.00    |

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**Rockwood School District**

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

Base Menu Spreadsheet

Rockwood Middle Breakfast

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 - 02/11/2025               |              |             |             |           |           |           |            |            |           |          |           |           |
| Rockwood Middle Breakfast      | Total        |             |             |           |           |           |            |            |           |          |           |           |
| Waffles, Eggo Froot Loops IW   | 2 waffles    | 180         | 0           | 210       | 3.00      | 3.60      | 260.0      | 5          | 4.0       | 32.0     | 6.0       | 1.50      |
| Biscuit, Turk Bacon Egg Cheese | 1 EACH       | 347         | 119         | 691       | 0.50      | *9.43     | *141.0     | 4          | 11.29     | 30.19    | 18.47     | 8.38      |
| Biscuit, Egg and Cheese        | Sandwich     | 326         | 113         | 582       | 0.50      | *9.36     | *141.0     | 4          | 9.53      | 30.01    | 17.06     | 8.03      |
| Bagel, Toasted                 | bagel        | 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      |
| BeneFIT Bar Variety            | Bar          | 280         | 7           | 210       | 3.00      | 1.90      | 25.0       | 20         | 4.5       | 47.0     | 8.5       | 3.00      |
| Honey Bun Whole Grain          | 1 Each       | 290         | 0           | 240       | 3.00      | 1.80      | 20.0       | 8          | 5.0       | 32.0     | 16.0      | 7.00      |
| Donuts Mini Chocolate IW       | Package      | 376         | 0           | 299       | 2.21      | 1.99      | 44.2       | 21         | 5.53      | 45.34    | 16.59     | 7.74      |
| Donuts Mini Powdered Sugar IW  | Package      | 270         | 0           | 290       | 2.00      | 1.08      | 27.0       | 19         | 4.0       | 41.0     | 11.0      | 4.50      |
| Donut WG Cake Glz IW           | Donut        | 310         | 5           | 260       | 3.00      | 1.50      | 150.2      | 25         | 4.0       | 46.96    | 12.01     | 5.00      |
| Donut WG Choc Enrobed IW       | Donut        | 330         | 20          | 240       | 3.00      | 2.00      | 30.0       | 22         | 3.0       | 40.95    | 18.02     | 11.01     |
| Cereal Bar Cinn Toast Crunch   | bar          | 160         | 0           | 120       | 3.00      | 1.44      | 230.0      | 8          | 2.0       | 30.0     | 3.5       | 0.00      |
| Cereal Bar Cocoa Puffs         | Bar          | 160         | 0           | 105       | 3.00      | 1.90      | 260.0      | 9          | 3.0       | 29.0     | 3.5       | 0.00      |
| Cereal Bar, Lucky Charms 2.5oz | Bar          | 270         | 0           | 170       | 5.00      | 2.70      | 420.0      | 16         | 5.0       | 51.0     | 6.0       | 0.50      |
| Cereal Bar, Cocoa Puffs 2.5 oz | Bar          | 280         | 0           | 180       | 5.00      | 3.60      | 350.0      | 15         | 5.0       | 52.0     | 6.0       | 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 Cinn Toast Crunch 2 oz  | 1 each       | 210         | 0           | 320       | 7.00      | 4.50      | 100.0      | 11         | 3.0       | 44.0     | 5.0       | 0.50      |
| Cereal Honey Cheerios 2 oz     | 2 oz bowl    | 210         | 0           | 340       | 5.00      | 5.40      | 200.0      | 12         | 6.0       | 44.0     | 3.0       | 0.50      |
| Cereal Cocoa Puffs 2 oz        | 2 oz bowl    | 220         | 0           | 230       | 3.00      | 5.40      | 200.0      | 15         | 3.0       | 47.0     | 2.5       | 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, Trix 2 oz              | 2 oz bowl    | 220         | 0           | 320       | 3.00      | 4.90      | 160.0      | 12         | 3.0       | 47.0     | 3.0       | 0.50      |
| Chocolate Swirls Bakecrafters  | 1 Each       | 260         | 10          | 105       | 3.00      | 1.50      | 45.0       | 18         | 6.0       | 42.0     | 8.0       | 2.00      |
| Crumb Square, Dave's           | Package      | 283         | 32          | 215       | 3.00      | 1.20      | 15.0       | 24         | 3.4       | 47.0     | 9.0       | 1.20      |
| Cinnamon Roll IW Hadley        | Cinnamon Ro  | 240         | 0           | 24        | 3.00      | 1.80      | 40.0       | 12         | 5.0       | 38.0     | 7.0       | 1.50      |
| UBR, Choc Chip Nut Free IW     | Round        | 270         | 5           | 180       | 5.00      | 1.80      | 20.0       | 19         | 5.0       | 44.0     | 8.0       | 3.00      |
| Muffin, Apple Cinnamon Chef P  | Muffin       | 180         | 15          | 160       | 2.00      | 1.00      | 20.0       | 12         | 2.0       | 28.0     | 7.0       | 1.00      |
| Muffin, Banana Chef Pierre     | Muffin       | 200         | 10          | 115       | 1.00      | 1.00      | 10.0       | 15         | 2.0       | 31.0     | 7.0       | 1.00      |
| Muffin, Blueberry Chef Pierre  | Muffin       | 170         | 10          | 120       | 1.00      | 1.00      | 10.0       | 14         | 2.0       | 27.0     | 6.0       | 1.00      |
| Muffin, Double Chocolate Chef  | Muffin       | 200         | 10          | 125       | 2.00      | 1.50      | 15.0       | 14         | 3.0       | 29.0     | 6.0       | 1.50      |
| Muffin, Trix                   | Muffin       | 290         | 10          | 260       | 7.00      | 1.50      | 0.0        | 20         | 4.0       | 50.0     | 10.0      | 2.00      |
| Muffin, Cinnamon Toast Crunch  | Muffin       | 300         | 10          | 260       | 7.00      | 1.60      | 0.0        | 21         | 4.0       | 50.0     | 11.0      | 3.00      |
| Nature Valley Crisps Choc Chip | Package      | 150         | 0           | 140       | 2.00      | 0.90      | *N/A*      | 9          | 3.0       | 24.0     | 5.0       | 1.00      |
| Nutri-Grain Bar Variety        | bar          | 150         | 0           | 128       | 3.00      | 1.90      | 140.0      | 14         | 2.0       | 31.0     | 3.5       | 0.50      |
| Chocolate Bread Super Slice    | Slice        | 250         | 0           | 240       | 2.00      | 2.00      | 155.0      | 22         | 5.0       | 43.0     | 8.0       | 1.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0       | 0          | 2.0       | 14.0     | 3.5       | 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      |
| Goldfish Giant Cinnamon Graham | package      | 120         | 0           | 140       | 1.00      | 2.00      | 100.0      | 7          | 1.0       | 19.0     | 4.0       | 1.00      |

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# Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

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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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|
| Tue - 02/11/2025               |              |             |             |           |           |           |            |            |           |          |           |           |
| 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      |
| Cheese Stick, Marble           | Stick        | 110         | 30          | 170       | 0.00      | 0.20      | 194.0      | 0          | 7.0       | 1.0      | 9.0       | 5.00      |
| 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      |
| Sunflower Seeds, Honey Roasted | Package      | 190         | 0           | 65        | 3.00      | 1.08      | 21.0       | 5          | 6.0       | 11.0     | 15.0      | 1.50      |
| 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      |
| 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         |              | 9644        | 697         | 9435      | 114.22    | *96.84    | *5575.4    | 618        | 217.53    | 1493.81  | 324.89    | 106.42    |
| % of Calories                  |              |             |             |           |           |           |            | 25.7%      | 9.0%      | 62.0%    | 30.3%     | 9.9%      |
| Nutrient Guideline             |              | 400-550     |             | 600       |           | 2.50      | 200.00     |            | 7.00      |          | <=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.

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# Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

## Base Menu Spreadsheet

Rockwood Middle Breakfast

### 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 - 02/12/2025               |              |             |             |           |           |           |            |            |           |          |           |           |
| Rockwood Middle Breakfast      | Total        |             |             |           |           |           |            |            |           |          |           |           |
| Yogurt Parfait (secondary)     | 1 each       | 203         | 0           | 107       | 2.00      | *0.43     | *580.2     | *32        | 6.95      | 44.95    | 0.0       | 0.00      |
| Granola, Vanilla IW GF         | 2 oz pkg     | 220         | 0           | 90        | 4.00      | 1.44      | 0.0        | 8          | 4.0       | 32.0     | 8.0       | 0.00      |
| Chicken Biscuit                | 1 each       | 320         | 30          | 550       | 1.50      | 2.88      | 120.0      | 3          | 14.0      | 35.0     | 12.5      | 5.00      |
| Bagel, Toasted                 | bagel        | 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      |
| BeneFIT Bar Variety            | Bar          | 280         | 7           | 210       | 3.00      | 1.90      | 25.0       | 20         | 4.5       | 47.0     | 8.5       | 3.00      |
| Honey Bun Whole Grain          | 1 Each       | 290         | 0           | 240       | 3.00      | 1.80      | 20.0       | 8          | 5.0       | 32.0     | 16.0      | 7.00      |
| Donuts Mini Chocolate IW       | Package      | 376         | 0           | 299       | 2.21      | 1.99      | 44.2       | 21         | 5.53      | 45.34    | 16.59     | 7.74      |
| Donuts Mini Powdered Sugar IW  | Package      | 270         | 0           | 290       | 2.00      | 1.08      | 27.0       | 19         | 4.0       | 41.0     | 11.0      | 4.50      |
| Donut WG Cake Glz IW           | Donut        | 310         | 5           | 260       | 3.00      | 1.50      | 150.2      | 25         | 4.0       | 46.96    | 12.01     | 5.00      |
| Donut WG Choc Enrobed IW       | Donut        | 330         | 20          | 240       | 3.00      | 2.00      | 30.0       | 22         | 3.0       | 40.95    | 18.02     | 11.01     |
| Cereal Bar Cinn Toast Crunch   | bar          | 160         | 0           | 120       | 3.00      | 1.44      | 230.0      | 8          | 2.0       | 30.0     | 3.5       | 0.00      |
| Cereal Bar Cocoa Puffs         | Bar          | 160         | 0           | 105       | 3.00      | 1.90      | 260.0      | 9          | 3.0       | 29.0     | 3.5       | 0.00      |
| Cereal Bar, Lucky Charms 2.5oz | Bar          | 270         | 0           | 170       | 5.00      | 2.70      | 420.0      | 16         | 5.0       | 51.0     | 6.0       | 0.50      |
| Cereal Bar, Cocoa Puffs 2.5 oz | Bar          | 280         | 0           | 180       | 5.00      | 3.60      | 350.0      | 15         | 5.0       | 52.0     | 6.0       | 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 Cinn Toast Crunch 2 oz  | 1 each       | 210         | 0           | 320       | 7.00      | 4.50      | 100.0      | 11         | 3.0       | 44.0     | 5.0       | 0.50      |
| Cereal Honey Cheerios 2 oz     | 2 oz bowl    | 210         | 0           | 340       | 5.00      | 5.40      | 200.0      | 12         | 6.0       | 44.0     | 3.0       | 0.50      |
| Cereal Cocoa Puffs 2 oz        | 2 oz bowl    | 220         | 0           | 230       | 3.00      | 5.40      | 200.0      | 15         | 3.0       | 47.0     | 2.5       | 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, Trix 2 oz              | 2 oz bowl    | 220         | 0           | 320       | 3.00      | 4.90      | 160.0      | 12         | 3.0       | 47.0     | 3.0       | 0.50      |
| Chocolate Swirls Bakecrafters  | 1 Each       | 260         | 10          | 105       | 3.00      | 1.50      | 45.0       | 18         | 6.0       | 42.0     | 8.0       | 2.00      |
| Cinnamon Roll IW Hadley        | Cinnamon Ro  | 240         | 0           | 24        | 3.00      | 1.80      | 40.0       | 12         | 5.0       | 38.0     | 7.0       | 1.50      |
| Crumb Square, Dave's           | Package      | 283         | 32          | 215       | 3.00      | 1.20      | 15.0       | 24         | 3.4       | 47.0     | 9.0       | 1.20      |
| UBR, Choc Chip Nut Free IW     | Round        | 270         | 5           | 180       | 5.00      | 1.80      | 20.0       | 19         | 5.0       | 44.0     | 8.0       | 3.00      |
| Muffin, Apple Cinnamon Chef P  | Muffin       | 180         | 15          | 160       | 2.00      | 1.00      | 20.0       | 12         | 2.0       | 28.0     | 7.0       | 1.00      |
| Muffin, Banana Chef Pierre     | Muffin       | 200         | 10          | 115       | 1.00      | 1.00      | 10.0       | 15         | 2.0       | 31.0     | 7.0       | 1.00      |
| Muffin, Blueberry Chef Pierre  | Muffin       | 170         | 10          | 120       | 1.00      | 1.00      | 10.0       | 14         | 2.0       | 27.0     | 6.0       | 1.00      |
| Muffin, Double Chocolate Chef  | Muffin       | 200         | 10          | 125       | 2.00      | 1.50      | 15.0       | 14         | 3.0       | 29.0     | 6.0       | 1.50      |
| Muffin, Trix                   | Muffin       | 290         | 10          | 260       | 7.00      | 1.50      | 0.0        | 20         | 4.0       | 50.0     | 10.0      | 2.00      |
| Muffin, Cinnamon Toast Crunch  | Muffin       | 300         | 10          | 260       | 7.00      | 1.60      | 0.0        | 21         | 4.0       | 50.0     | 11.0      | 3.00      |
| Nature Valley Crisps Choc Chip | Package      | 150         | 0           | 140       | 2.00      | 0.90      | *N/A*      | 9          | 3.0       | 24.0     | 5.0       | 1.00      |
| Nutri-Grain Bar Variety        | bar          | 150         | 0           | 128       | 3.00      | 1.90      | 140.0      | 14         | 2.0       | 31.0     | 3.5       | 0.50      |
| Chocolate Bread Super Slice    | Slice        | 250         | 0           | 240       | 2.00      | 2.00      | 155.0      | 22         | 5.0       | 43.0     | 8.0       | 1.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0       | 0          | 2.0       | 14.0     | 3.5       | 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      |
| Goldfish Giant Cinnamon Graham | package      | 120         | 0           | 140       | 1.00      | 2.00      | 100.0      | 7          | 1.0       | 19.0     | 4.0       | 1.00      |

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# Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

Rockwood Middle 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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|-----------|----------|-----------|-----------|
| Wed - 02/12/2025               |              |             |             |           |           |           |           |            |           |          |           |           |
| 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      |
| Cheese Stick, Marble           | Stick        | 110         | 30          | 170       | 0.00      | 0.20      | 194.0     | 0          | 7.0       | 1.0      | 9.0       | 5.00      |
| 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      |
| Sunflower Seeds, Honey Roasted | Package      | 190         | 0           | 65        | 3.00      | 1.08      | 21.0      | 5          | 6.0       | 11.0     | 15.0      | 1.50      |
| 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      |
| 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         |              | 9534        | 495         | 8699      | 117.72    | *79.20    | *5733.6   | *649       | 217.66    | 1513.55  | 303.87    | 93.51     |
| % of Calories                  |              |             |             |           |           |           |           | *27.2%     | 9.1%      | 63.5%    | 28.7%     | 8.8%      |
| Nutrient Guideline             |              | 400-550     |             | 600       |           | 2.50      | 200.00    |            | 7.00      |          | <=30.0    | <10.00    |

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# Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

## Base Menu Spreadsheet

Rockwood Middle Breakfast

### 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 Middle Breakfast      | Total        |             |             |           |           |           |            |            |           |          |           |           |
| Egg Bake Bite Turkey Sausage   | 2 each       | 240         | 260         | 380       | 2.00      | 1.44      | 80.0       | 2          | 12.0      | 6.0      | 18.0      | 5.00      |
| Bacon Egg & Cheese Croissant   | 1 each       | 297         | 119         | 671       | 2.00      | *8.63     | *102.0     | 4          | 12.29     | 30.19    | 14.47     | 5.88      |
| Egg & Cheese Croissant         | 1 each       | 276         | 113         | 562       | 2.00      | *8.56     | *102.0     | 4          | 10.53     | 30.01    | 13.06     | 5.53      |
| Bagel, Toasted                 | bagel        | 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      |
| BeneFIT Bar Variety            | Bar          | 280         | 7           | 210       | 3.00      | 1.90      | 25.0       | 20         | 4.5       | 47.0     | 8.5       | 3.00      |
| Honey Bun Whole Grain          | 1 Each       | 290         | 0           | 240       | 3.00      | 1.80      | 20.0       | 8          | 5.0       | 32.0     | 16.0      | 7.00      |
| Donuts Mini Chocolate IW       | Package      | 376         | 0           | 299       | 2.21      | 1.99      | 44.2       | 21         | 5.53      | 45.34    | 16.59     | 7.74      |
| Donuts Mini Powdered Sugar IW  | Package      | 270         | 0           | 290       | 2.00      | 1.08      | 27.0       | 19         | 4.0       | 41.0     | 11.0      | 4.50      |
| Donut WG Cake Glz IW           | Donut        | 310         | 5           | 260       | 3.00      | 1.50      | 150.2      | 25         | 4.0       | 46.96    | 12.01     | 5.00      |
| Donut WG Choc Enrobed IW       | Donut        | 330         | 20          | 240       | 3.00      | 2.00      | 30.0       | 22         | 3.0       | 40.95    | 18.02     | 11.01     |
| Cereal Bar Cinn Toast Crunch   | bar          | 160         | 0           | 120       | 3.00      | 1.44      | 230.0      | 8          | 2.0       | 30.0     | 3.5       | 0.00      |
| Cereal Bar Cocoa Puffs         | Bar          | 160         | 0           | 105       | 3.00      | 1.90      | 260.0      | 9          | 3.0       | 29.0     | 3.5       | 0.00      |
| Cereal Bar, Lucky Charms 2.5oz | Bar          | 270         | 0           | 170       | 5.00      | 2.70      | 420.0      | 16         | 5.0       | 51.0     | 6.0       | 0.50      |
| Cereal Bar, Cocoa Puffs 2.5 oz | Bar          | 280         | 0           | 180       | 5.00      | 3.60      | 350.0      | 15         | 5.0       | 52.0     | 6.0       | 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 Cinn Toast Crunch 2 oz  | 1 each       | 210         | 0           | 320       | 7.00      | 4.50      | 100.0      | 11         | 3.0       | 44.0     | 5.0       | 0.50      |
| Cereal Honey Cheerios 2 oz     | 2 oz bowl    | 210         | 0           | 340       | 5.00      | 5.40      | 200.0      | 12         | 6.0       | 44.0     | 3.0       | 0.50      |
| Cereal Cocoa Puffs 2 oz        | 2 oz bowl    | 220         | 0           | 230       | 3.00      | 5.40      | 200.0      | 15         | 3.0       | 47.0     | 2.5       | 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, Trix 2 oz              | 2 oz bowl    | 220         | 0           | 320       | 3.00      | 4.90      | 160.0      | 12         | 3.0       | 47.0     | 3.0       | 0.50      |
| Chocolate Swirls Bakecrafters  | 1 Each       | 260         | 10          | 105       | 3.00      | 1.50      | 45.0       | 18         | 6.0       | 42.0     | 8.0       | 2.00      |
| Crumb Square, Dave's           | Package      | 283         | 32          | 215       | 3.00      | 1.20      | 15.0       | 24         | 3.4       | 47.0     | 9.0       | 1.20      |
| Cinnamon Roll IW Hadley        | Cinnamon Ro  | 240         | 0           | 24        | 3.00      | 1.80      | 40.0       | 12         | 5.0       | 38.0     | 7.0       | 1.50      |
| UBR, Choc Chip Nut Free IW     | Round        | 270         | 5           | 180       | 5.00      | 1.80      | 20.0       | 19         | 5.0       | 44.0     | 8.0       | 3.00      |
| Muffin, Apple Cinnamon Chef P  | Muffin       | 180         | 15          | 160       | 2.00      | 1.00      | 20.0       | 12         | 2.0       | 28.0     | 7.0       | 1.00      |
| Muffin, Banana Chef Pierre     | Muffin       | 200         | 10          | 115       | 1.00      | 1.00      | 10.0       | 15         | 2.0       | 31.0     | 7.0       | 1.00      |
| Muffin, Blueberry Chef Pierre  | Muffin       | 170         | 10          | 120       | 1.00      | 1.00      | 10.0       | 14         | 2.0       | 27.0     | 6.0       | 1.00      |
| Muffin, Double Chocolate Chef  | Muffin       | 200         | 10          | 125       | 2.00      | 1.50      | 15.0       | 14         | 3.0       | 29.0     | 6.0       | 1.50      |
| Muffin, Trix                   | Muffin       | 290         | 10          | 260       | 7.00      | 1.50      | 0.0        | 20         | 4.0       | 50.0     | 10.0      | 2.00      |
| Muffin, Cinnamon Toast Crunch  | Muffin       | 300         | 10          | 260       | 7.00      | 1.60      | 0.0        | 21         | 4.0       | 50.0     | 11.0      | 3.00      |
| Nature Valley Crisps Choc Chip | Package      | 150         | 0           | 140       | 2.00      | 0.90      | *N/A*      | 9          | 3.0       | 24.0     | 5.0       | 1.00      |
| Nutri-Grain Bar Variety        | bar          | 150         | 0           | 128       | 3.00      | 1.90      | 140.0      | 14         | 2.0       | 31.0     | 3.5       | 0.50      |
| Chocolate Bread Super Slice    | Slice        | 250         | 0           | 240       | 2.00      | 2.00      | 155.0      | 22         | 5.0       | 43.0     | 8.0       | 1.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0       | 0          | 2.0       | 14.0     | 3.5       | 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      |
| Goldfish Giant Cinnamon Graham | package      | 120         | 0           | 140       | 1.00      | 2.00      | 100.0      | 7          | 1.0       | 19.0     | 4.0       | 1.00      |

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# Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

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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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|
| Thu - 02/13/2025               |              |             |             |           |           |           |            |            |           |          |           |           |
| 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      |
| Cheese Stick, Marble           | Stick        | 110         | 30          | 170       | 0.00      | 0.20      | 194.0      | 0          | 7.0       | 1.0      | 9.0       | 5.00      |
| 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      |
| Sunflower Seeds, Honey Roasted | Package      | 190         | 0           | 65        | 3.00      | 1.08      | 21.0       | 5          | 6.0       | 11.0     | 15.0      | 1.50      |
| 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      |
| 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         |              | 9604        | 957         | 9565      | 116.22    | *93.08    | *5317.4    | 615        | 227.53    | 1467.81  | 328.89    | 104.93    |
| % of Calories                  |              |             |             |           |           |           |            | 25.6%      | 9.5%      | 61.1%    | 30.8%     | 9.8%      |
| Nutrient Guideline             |              | 400-550     |             | 600       |           | 2.50      | 200.00     |            | 7.00      |          | <=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.

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# Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

## Base Menu Spreadsheet

Rockwood Middle Breakfast

### 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 Breakfast      | Total        |             |             |           |           |           |            |            |           |          |           |           |
| Cinnamon Roll                  | 1 each       | 241         | 5           | 210       | 1.00      | 1.81      | 20.3       | 21         | 5.0       | 49.11    | 3.5       | 1.00      |
| Biscuit, Sausage Egg & Cheese  | Sandwich     | 506         | 143         | 862       | 0.50      | *9.72     | *141.0     | 4          | 15.53     | 30.01    | 34.06     | 14.03     |
| Biscuit, Egg and Cheese        | Sandwich     | 326         | 113         | 582       | 0.50      | *9.36     | *141.0     | 4          | 9.53      | 30.01    | 17.06     | 8.03      |
| Bagel, Toasted                 | bagel        | 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      |
| BeneFIT Bar Variety            | Bar          | 280         | 7           | 210       | 3.00      | 1.90      | 25.0       | 20         | 4.5       | 47.0     | 8.5       | 3.00      |
| Honey Bun Whole Grain          | 1 Each       | 290         | 0           | 240       | 3.00      | 1.80      | 20.0       | 8          | 5.0       | 32.0     | 16.0      | 7.00      |
| Donuts Mini Chocolate IW       | Package      | 376         | 0           | 299       | 2.21      | 1.99      | 44.2       | 21         | 5.53      | 45.34    | 16.59     | 7.74      |
| Donuts Mini Powdered Sugar IW  | Package      | 270         | 0           | 290       | 2.00      | 1.08      | 27.0       | 19         | 4.0       | 41.0     | 11.0      | 4.50      |
| Donut WG Cake Glz IW           | Donut        | 310         | 5           | 260       | 3.00      | 1.50      | 150.2      | 25         | 4.0       | 46.96    | 12.01     | 5.00      |
| Donut WG Choc Enrobed IW       | Donut        | 330         | 20          | 240       | 3.00      | 2.00      | 30.0       | 22         | 3.0       | 40.95    | 18.02     | 11.01     |
| Cereal Bar Cinn Toast Crunch   | bar          | 160         | 0           | 120       | 3.00      | 1.44      | 230.0      | 8          | 2.0       | 30.0     | 3.5       | 0.00      |
| Cereal Bar Cocoa Puffs         | Bar          | 160         | 0           | 105       | 3.00      | 1.90      | 260.0      | 9          | 3.0       | 29.0     | 3.5       | 0.00      |
| Cereal Bar, Lucky Charms 2.5oz | Bar          | 270         | 0           | 170       | 5.00      | 2.70      | 420.0      | 16         | 5.0       | 51.0     | 6.0       | 0.50      |
| Cereal Bar, Cocoa Puffs 2.5 oz | Bar          | 280         | 0           | 180       | 5.00      | 3.60      | 350.0      | 15         | 5.0       | 52.0     | 6.0       | 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 Cinn Toast Crunch 2 oz  | 1 each       | 210         | 0           | 320       | 7.00      | 4.50      | 100.0      | 11         | 3.0       | 44.0     | 5.0       | 0.50      |
| Cereal Honey Cheerios 2 oz     | 2 oz bowl    | 210         | 0           | 340       | 5.00      | 5.40      | 200.0      | 12         | 6.0       | 44.0     | 3.0       | 0.50      |
| Cereal Cocoa Puffs 2 oz        | 2 oz bowl    | 220         | 0           | 230       | 3.00      | 5.40      | 200.0      | 15         | 3.0       | 47.0     | 2.5       | 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, Trix 2 oz              | 2 oz bowl    | 220         | 0           | 320       | 3.00      | 4.90      | 160.0      | 12         | 3.0       | 47.0     | 3.0       | 0.50      |
| Chocolate Swirls Bakecrafters  | 1 Each       | 260         | 10          | 105       | 3.00      | 1.50      | 45.0       | 18         | 6.0       | 42.0     | 8.0       | 2.00      |
| Crumb Square, Dave's           | Package      | 283         | 32          | 215       | 3.00      | 1.20      | 15.0       | 24         | 3.4       | 47.0     | 9.0       | 1.20      |
| Cinnamon Roll IW Hadley        | Cinnamon Ro  | 240         | 0           | 24        | 3.00      | 1.80      | 40.0       | 12         | 5.0       | 38.0     | 7.0       | 1.50      |
| UBR, Choc Chip Nut Free IW     | Round        | 270         | 5           | 180       | 5.00      | 1.80      | 20.0       | 19         | 5.0       | 44.0     | 8.0       | 3.00      |
| Muffin, Apple Cinnamon Chef P  | Muffin       | 180         | 15          | 160       | 2.00      | 1.00      | 20.0       | 12         | 2.0       | 28.0     | 7.0       | 1.00      |
| Muffin, Banana Chef Pierre     | Muffin       | 200         | 10          | 115       | 1.00      | 1.00      | 10.0       | 15         | 2.0       | 31.0     | 7.0       | 1.00      |
| Muffin, Blueberry Chef Pierre  | Muffin       | 170         | 10          | 120       | 1.00      | 1.00      | 10.0       | 14         | 2.0       | 27.0     | 6.0       | 1.00      |
| Muffin, Double Chocolate Chef  | Muffin       | 200         | 10          | 125       | 2.00      | 1.50      | 15.0       | 14         | 3.0       | 29.0     | 6.0       | 1.50      |
| Muffin, Trix                   | Muffin       | 290         | 10          | 260       | 7.00      | 1.50      | 0.0        | 20         | 4.0       | 50.0     | 10.0      | 2.00      |
| Muffin, Cinnamon Toast Crunch  | Muffin       | 300         | 10          | 260       | 7.00      | 1.60      | 0.0        | 21         | 4.0       | 50.0     | 11.0      | 3.00      |
| Nature Valley Crisps Choc Chip | Package      | 150         | 0           | 140       | 2.00      | 0.90      | *N/A*      | 9          | 3.0       | 24.0     | 5.0       | 1.00      |
| Nutri-Grain Bar Variety        | bar          | 150         | 0           | 128       | 3.00      | 1.90      | 140.0      | 14         | 2.0       | 31.0     | 3.5       | 0.50      |
| Chocolate Bread Super Slice    | Slice        | 250         | 0           | 240       | 2.00      | 2.00      | 155.0      | 22         | 5.0       | 43.0     | 8.0       | 1.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0       | 0          | 2.0       | 14.0     | 3.5       | 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      |
| Goldfish Giant Cinnamon Graham | package      | 120         | 0           | 140       | 1.00      | 2.00      | 100.0      | 7          | 1.0       | 19.0     | 4.0       | 1.00      |

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# Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

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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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|
| Fri - 02/14/2025               |              |             |             |           |           |           |            |            |           |          |           |           |
| 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      |
| Cheese Stick, Marble           | Stick        | 110         | 30          | 170       | 0.00      | 0.20      | 194.0      | 0          | 7.0       | 1.0      | 9.0       | 5.00      |
| 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      |
| Sunflower Seeds, Honey Roasted | Package      | 190         | 0           | 65        | 3.00      | 1.08      | 21.0       | 5          | 6.0       | 11.0     | 15.0      | 1.50      |
| 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      |
| 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         |              | 9864        | 725         | 9606      | 112.22    | *95.34    | *5335.7    | 634        | 222.77    | 1510.74  | 337.98    | 111.57    |
| % of Calories                  |              |             |             |           |           |           |            | 25.7%      | 9.0%      | 61.3%    | 30.8%     | 10.2%     |
| Nutrient Guideline             |              | 400-550     |             | 600       |           | 2.50      | 200.00     |            | 7.00      |          | <=30.0    | <10.00    |

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# Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

## Base Menu Spreadsheet

Rockwood Middle Breakfast

### 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 - 02/18/2025               |              |             |             |           |           |           |            |            |           |          |           |           |
| Rockwood Middle Breakfast      | Total        |             |             |           |           |           |            |            |           |          |           |           |
| Empanada, Breakfast Turk Sausa | 1 Each       | 170         | 70          | 360       | 2.00      | 1.20      | 60.0       | 1          | 7.0       | 17.0     | 9.0       | 4.00      |
| Biscuit, Turk Bacon Egg Cheese | 1 EACH       | 347         | 119         | 691       | 0.50      | *9.43     | *141.0     | 4          | 11.29     | 30.19    | 18.47     | 8.38      |
| Biscuit, Egg and Cheese        | Sandwich     | 326         | 113         | 582       | 0.50      | *9.36     | *141.0     | 4          | 9.53      | 30.01    | 17.06     | 8.03      |
| Bagel, Toasted                 | bagel        | 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      |
| BeneFIT Bar Variety            | Bar          | 280         | 7           | 210       | 3.00      | 1.90      | 25.0       | 20         | 4.5       | 47.0     | 8.5       | 3.00      |
| Honey Bun Whole Grain          | 1 Each       | 290         | 0           | 240       | 3.00      | 1.80      | 20.0       | 8          | 5.0       | 32.0     | 16.0      | 7.00      |
| Donuts Mini Chocolate IW       | Package      | 376         | 0           | 299       | 2.21      | 1.99      | 44.2       | 21         | 5.53      | 45.34    | 16.59     | 7.74      |
| Donuts Mini Powdered Sugar IW  | Package      | 270         | 0           | 290       | 2.00      | 1.08      | 27.0       | 19         | 4.0       | 41.0     | 11.0      | 4.50      |
| Donut WG Cake Glz IW           | Donut        | 310         | 5           | 260       | 3.00      | 1.50      | 150.2      | 25         | 4.0       | 46.96    | 12.01     | 5.00      |
| Donut WG Choc Enrobed IW       | Donut        | 330         | 20          | 240       | 3.00      | 2.00      | 30.0       | 22         | 3.0       | 40.95    | 18.02     | 11.01     |
| Cereal Bar Cinn Toast Crunch   | bar          | 160         | 0           | 120       | 3.00      | 1.44      | 230.0      | 8          | 2.0       | 30.0     | 3.5       | 0.00      |
| Cereal Bar Cocoa Puffs         | Bar          | 160         | 0           | 105       | 3.00      | 1.90      | 260.0      | 9          | 3.0       | 29.0     | 3.5       | 0.00      |
| Cereal Bar, Lucky Charms 2.5oz | Bar          | 270         | 0           | 170       | 5.00      | 2.70      | 420.0      | 16         | 5.0       | 51.0     | 6.0       | 0.50      |
| Cereal Bar, Cocoa Puffs 2.5 oz | Bar          | 280         | 0           | 180       | 5.00      | 3.60      | 350.0      | 15         | 5.0       | 52.0     | 6.0       | 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 Cinn Toast Crunch 2 oz  | 1 each       | 210         | 0           | 320       | 7.00      | 4.50      | 100.0      | 11         | 3.0       | 44.0     | 5.0       | 0.50      |
| Cereal Honey Cheerios 2 oz     | 2 oz bowl    | 210         | 0           | 340       | 5.00      | 5.40      | 200.0      | 12         | 6.0       | 44.0     | 3.0       | 0.50      |
| Cereal Cocoa Puffs 2 oz        | 2 oz bowl    | 220         | 0           | 230       | 3.00      | 5.40      | 200.0      | 15         | 3.0       | 47.0     | 2.5       | 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, Trix 2 oz              | 2 oz bowl    | 220         | 0           | 320       | 3.00      | 4.90      | 160.0      | 12         | 3.0       | 47.0     | 3.0       | 0.50      |
| Chocolate Swirls Bakecrafters  | 1 Each       | 260         | 10          | 105       | 3.00      | 1.50      | 45.0       | 18         | 6.0       | 42.0     | 8.0       | 2.00      |
| KIND Dark Chocolate Chunk Bar  | Bar          | 150         | 0           | 65        | 2.00      | 1.08      | 0.0        | 8          | 2.0       | 23.0     | 5.0       | 1.50      |
| Muffin, Apple Cinnamon Chef P  | Muffin       | 180         | 15          | 160       | 2.00      | 1.00      | 20.0       | 12         | 2.0       | 28.0     | 7.0       | 1.00      |
| Muffin, Banana Chef Pierre     | Muffin       | 200         | 10          | 115       | 1.00      | 1.00      | 10.0       | 15         | 2.0       | 31.0     | 7.0       | 1.00      |
| Muffin, Blueberry Chef Pierre  | Muffin       | 170         | 10          | 120       | 1.00      | 1.00      | 10.0       | 14         | 2.0       | 27.0     | 6.0       | 1.00      |
| Muffin, Double Chocolate Chef  | Muffin       | 200         | 10          | 125       | 2.00      | 1.50      | 15.0       | 14         | 3.0       | 29.0     | 6.0       | 1.50      |
| Muffin, Trix                   | Muffin       | 290         | 10          | 260       | 7.00      | 1.50      | 0.0        | 20         | 4.0       | 50.0     | 10.0      | 2.00      |
| Muffin, Cinnamon Toast Crunch  | Muffin       | 300         | 10          | 260       | 7.00      | 1.60      | 0.0        | 21         | 4.0       | 50.0     | 11.0      | 3.00      |
| Nature Valley Crisps Choc Chip | Package      | 150         | 0           | 140       | 2.00      | 0.90      | *N/A*      | 9          | 3.0       | 24.0     | 5.0       | 1.00      |
| Nutri-Grain Bar Variety        | bar          | 150         | 0           | 128       | 3.00      | 1.90      | 140.0      | 14         | 2.0       | 31.0     | 3.5       | 0.50      |
| Crumb Square, Dave's           | Package      | 283         | 32          | 215       | 3.00      | 1.20      | 15.0       | 24         | 3.4       | 47.0     | 9.0       | 1.20      |
| Cinnamon Roll IW Hadley        | Cinnamon Ro  | 240         | 0           | 24        | 3.00      | 1.80      | 40.0       | 12         | 5.0       | 38.0     | 7.0       | 1.50      |
| UBR, Choc Chip Nut Free IW     | Round        | 270         | 5           | 180       | 5.00      | 1.80      | 20.0       | 19         | 5.0       | 44.0     | 8.0       | 3.00      |
| Chocolate Bread Super Slice    | Slice        | 250         | 0           | 240       | 2.00      | 2.00      | 155.0      | 22         | 5.0       | 43.0     | 8.0       | 1.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0       | 0          | 2.0       | 14.0     | 3.5       | 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      |

\*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 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 - 02/18/2025               |              |             |             |           |           |           |           |            |           |          |           |           |
| Goldfish Giant Cinnamon Graham | package      | 120         | 0           | 140       | 1.00      | 2.00      | 100.0     | 7          | 1.0       | 19.0     | 4.0       | 1.00      |
| 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      |
| Cheese Stick, Marble           | Stick        | 110         | 30          | 170       | 0.00      | 0.20      | 194.0     | 0          | 7.0       | 1.0      | 9.0       | 5.00      |
| 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      |
| Sunflower Seeds, Honey Roasted | Package      | 190         | 0           | 65        | 3.00      | 1.08      | 21.0      | 5          | 6.0       | 11.0     | 15.0      | 1.50      |
| 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      |
| 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         |              | 9784        | 767         | 9650      | 115.22    | *95.52    | *5375.4   | 622        | 222.53    | 1501.81  | 332.89    | 110.42    |
| % of Calories                  |              |             |             |           |           |           |           | 25.4%      | 9.1%      | 61.4%    | 30.6%     | 10.2%     |
| Nutrient Guideline             |              | 400-550     |             | 600       |           | 2.50      | 200.00    |            | 7.00      |          | <=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

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# Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

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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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|
| Wed - 02/19/2025               |              |             |             |           |           |           |            |            |           |          |           |           |
| Rockwood Middle Breakfast      | Total        |             |             |           |           |           |            |            |           |          |           |           |
| Waffle, Cosmic Confetti        | Waffle       | 250         | 25          | 290       | 2.00      | 1.44      | 20.0       | 15         | 6.0       | 38.0     | 9.0       | 4.00      |
| Chicken Biscuit                | 1 each       | 320         | 30          | 550       | 1.50      | 2.88      | 120.0      | 3          | 14.0      | 35.0     | 12.5      | 5.00      |
| Bagel, Toasted                 | bagel        | 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      |
| BeneFIT Bar Variety            | Bar          | 280         | 7           | 210       | 3.00      | 1.90      | 25.0       | 20         | 4.5       | 47.0     | 8.5       | 3.00      |
| Honey Bun Whole Grain          | 1 Each       | 290         | 0           | 240       | 3.00      | 1.80      | 20.0       | 8          | 5.0       | 32.0     | 16.0      | 7.00      |
| Donuts Mini Chocolate IW       | Package      | 376         | 0           | 299       | 2.21      | 1.99      | 44.2       | 21         | 5.53      | 45.34    | 16.59     | 7.74      |
| Donuts Mini Powdered Sugar IW  | Package      | 270         | 0           | 290       | 2.00      | 1.08      | 27.0       | 19         | 4.0       | 41.0     | 11.0      | 4.50      |
| Donut WG Cake Glz IW           | Donut        | 310         | 5           | 260       | 3.00      | 1.50      | 150.2      | 25         | 4.0       | 46.96    | 12.01     | 5.00      |
| Donut WG Choc Enrobed IW       | Donut        | 330         | 20          | 240       | 3.00      | 2.00      | 30.0       | 22         | 3.0       | 40.95    | 18.02     | 11.01     |
| Cereal Bar Cinn Toast Crunch   | bar          | 160         | 0           | 120       | 3.00      | 1.44      | 230.0      | 8          | 2.0       | 30.0     | 3.5       | 0.00      |
| Cereal Bar Cocoa Puffs         | Bar          | 160         | 0           | 105       | 3.00      | 1.90      | 260.0      | 9          | 3.0       | 29.0     | 3.5       | 0.00      |
| Cereal Bar, Lucky Charms 2.5oz | Bar          | 270         | 0           | 170       | 5.00      | 2.70      | 420.0      | 16         | 5.0       | 51.0     | 6.0       | 0.50      |
| Cereal Bar, Cocoa Puffs 2.5 oz | Bar          | 280         | 0           | 180       | 5.00      | 3.60      | 350.0      | 15         | 5.0       | 52.0     | 6.0       | 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 Cinn Toast Crunch 2 oz  | 1 each       | 210         | 0           | 320       | 7.00      | 4.50      | 100.0      | 11         | 3.0       | 44.0     | 5.0       | 0.50      |
| Cereal Honey Cheerios 2 oz     | 2 oz bowl    | 210         | 0           | 340       | 5.00      | 5.40      | 200.0      | 12         | 6.0       | 44.0     | 3.0       | 0.50      |
| Cereal Cocoa Puffs 2 oz        | 2 oz bowl    | 220         | 0           | 230       | 3.00      | 5.40      | 200.0      | 15         | 3.0       | 47.0     | 2.5       | 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, Trix 2 oz              | 2 oz bowl    | 220         | 0           | 320       | 3.00      | 4.90      | 160.0      | 12         | 3.0       | 47.0     | 3.0       | 0.50      |
| Chocolate Swirls Bakecrafters  | 1 Each       | 260         | 10          | 105       | 3.00      | 1.50      | 45.0       | 18         | 6.0       | 42.0     | 8.0       | 2.00      |
| Crumb Square, Dave's           | Package      | 283         | 32          | 215       | 3.00      | 1.20      | 15.0       | 24         | 3.4       | 47.0     | 9.0       | 1.20      |
| Cinnamon Roll IW Hadley        | Cinnamon Ro  | 240         | 0           | 24        | 3.00      | 1.80      | 40.0       | 12         | 5.0       | 38.0     | 7.0       | 1.50      |
| UBR, Choc Chip Nut Free IW     | Round        | 270         | 5           | 180       | 5.00      | 1.80      | 20.0       | 19         | 5.0       | 44.0     | 8.0       | 3.00      |
| Muffin, Apple Cinnamon Chef P  | Muffin       | 180         | 15          | 160       | 2.00      | 1.00      | 20.0       | 12         | 2.0       | 28.0     | 7.0       | 1.00      |
| Muffin, Banana Chef Pierre     | Muffin       | 200         | 10          | 115       | 1.00      | 1.00      | 10.0       | 15         | 2.0       | 31.0     | 7.0       | 1.00      |
| Muffin, Blueberry Chef Pierre  | Muffin       | 170         | 10          | 120       | 1.00      | 1.00      | 10.0       | 14         | 2.0       | 27.0     | 6.0       | 1.00      |
| Muffin, Double Chocolate Chef  | Muffin       | 200         | 10          | 125       | 2.00      | 1.50      | 15.0       | 14         | 3.0       | 29.0     | 6.0       | 1.50      |
| Muffin, Trix                   | Muffin       | 290         | 10          | 260       | 7.00      | 1.50      | 0.0        | 20         | 4.0       | 50.0     | 10.0      | 2.00      |
| Muffin, Cinnamon Toast Crunch  | Muffin       | 300         | 10          | 260       | 7.00      | 1.60      | 0.0        | 21         | 4.0       | 50.0     | 11.0      | 3.00      |
| Nature Valley Crisps Choc Chip | Package      | 150         | 0           | 140       | 2.00      | 0.90      | *N/A*      | 9          | 3.0       | 24.0     | 5.0       | 1.00      |
| Nutri-Grain Bar Variety        | bar          | 150         | 0           | 128       | 3.00      | 1.90      | 140.0      | 14         | 2.0       | 31.0     | 3.5       | 0.50      |
| Chocolate Bread Super Slice    | Slice        | 250         | 0           | 240       | 2.00      | 2.00      | 155.0      | 22         | 5.0       | 43.0     | 8.0       | 1.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0       | 0          | 2.0       | 14.0     | 3.5       | 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      |
| Goldfish Giant Cinnamon Graham | package      | 120         | 0           | 140       | 1.00      | 2.00      | 100.0      | 7          | 1.0       | 19.0     | 4.0       | 1.00      |
| Cheese Cubes, Cheddar          | Package (1 o | 90          | 20          | 190       | 0.00      | 0.00      | 204.0      | 0          | 7.0       | 0.0      | 7.0       | 4.50      |

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# Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

Rockwood Middle 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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|-----------|----------|-----------|-----------|
| Wed - 02/19/2025               |              |             |             |           |           |           |           |            |           |          |           |           |
| Cheese Stick, Mozzarella       | 1 Each       | 80          | 15          | 200       | 0.00      | 0.00      | 200.0     | 0          | 7.0       | 0.0      | 6.0       | 3.50      |
| Cheese Stick, Marble           | Stick        | 110         | 30          | 170       | 0.00      | 0.20      | 194.0     | 0          | 7.0       | 1.0      | 9.0       | 5.00      |
| 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      |
| Sunflower Seeds, Honey Roasted | Package      | 190         | 0           | 65        | 3.00      | 1.08      | 21.0      | 5          | 6.0       | 11.0     | 15.0      | 1.50      |
| 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      |
| 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         |              | 9361        | 520         | 8792      | 113.72    | 78.77     | *5173.4   | 624        | 212.71    | 1474.61  | 304.87    | 97.51     |
| % of Calories                  |              |             |             |           |           |           |           | 26.7%      | 9.1%      | 63.0%    | 29.3%     | 9.4%      |
| Nutrient Guideline             |              | 400-550     |             | 600       |           | 2.50      | 200.00    |            | 7.00      |          | <=30.0    | <10.00    |

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# Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

## Base Menu Spreadsheet

Rockwood Middle Breakfast

### 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 - 02/20/2025               |              |             |             |           |           |           |            |            |           |          |           |           |
| Rockwood Middle Breakfast      | Total        |             |             |           |           |           |            |            |           |          |           |           |
| Mini Cinnis Pillsbury          | 1 Each       | 240         | 0           | 270       | 3.00      | 1.70      | 30.0       | 14         | 4.0       | 40.0     | 8.0       | 1.50      |
| Bacon Egg & Cheese Croissant   | 1 each       | 297         | 119         | 671       | 2.00      | *8.63     | *102.0     | 4          | 12.29     | 30.19    | 14.47     | 5.88      |
| Egg & Cheese Croissant         | 1 each       | 276         | 113         | 562       | 2.00      | *8.56     | *102.0     | 4          | 10.53     | 30.01    | 13.06     | 5.53      |
| Bagel, Toasted                 | bagel        | 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      |
| BeneFIT Bar Variety            | Bar          | 280         | 7           | 210       | 3.00      | 1.90      | 25.0       | 20         | 4.5       | 47.0     | 8.5       | 3.00      |
| Honey Bun Whole Grain          | 1 Each       | 290         | 0           | 240       | 3.00      | 1.80      | 20.0       | 8          | 5.0       | 32.0     | 16.0      | 7.00      |
| Donuts Mini Chocolate IW       | Package      | 376         | 0           | 299       | 2.21      | 1.99      | 44.2       | 21         | 5.53      | 45.34    | 16.59     | 7.74      |
| Donuts Mini Powdered Sugar IW  | Package      | 270         | 0           | 290       | 2.00      | 1.08      | 27.0       | 19         | 4.0       | 41.0     | 11.0      | 4.50      |
| Donut WG Cake Glz IW           | Donut        | 310         | 5           | 260       | 3.00      | 1.50      | 150.2      | 25         | 4.0       | 46.96    | 12.01     | 5.00      |
| Donut WG Choc Enrobed IW       | Donut        | 330         | 20          | 240       | 3.00      | 2.00      | 30.0       | 22         | 3.0       | 40.95    | 18.02     | 11.01     |
| Cereal Bar Cinn Toast Crunch   | bar          | 160         | 0           | 120       | 3.00      | 1.44      | 230.0      | 8          | 2.0       | 30.0     | 3.5       | 0.00      |
| Cereal Bar Cocoa Puffs         | Bar          | 160         | 0           | 105       | 3.00      | 1.90      | 260.0      | 9          | 3.0       | 29.0     | 3.5       | 0.00      |
| Cereal Bar, Lucky Charms 2.5oz | Bar          | 270         | 0           | 170       | 5.00      | 2.70      | 420.0      | 16         | 5.0       | 51.0     | 6.0       | 0.50      |
| Cereal Bar, Cocoa Puffs 2.5 oz | Bar          | 280         | 0           | 180       | 5.00      | 3.60      | 350.0      | 15         | 5.0       | 52.0     | 6.0       | 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 Cinn Toast Crunch 2 oz  | 1 each       | 210         | 0           | 320       | 7.00      | 4.50      | 100.0      | 11         | 3.0       | 44.0     | 5.0       | 0.50      |
| Cereal Honey Cheerios 2 oz     | 2 oz bowl    | 210         | 0           | 340       | 5.00      | 5.40      | 200.0      | 12         | 6.0       | 44.0     | 3.0       | 0.50      |
| Cereal Cocoa Puffs 2 oz        | 2 oz bowl    | 220         | 0           | 230       | 3.00      | 5.40      | 200.0      | 15         | 3.0       | 47.0     | 2.5       | 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, Trix 2 oz              | 2 oz bowl    | 220         | 0           | 320       | 3.00      | 4.90      | 160.0      | 12         | 3.0       | 47.0     | 3.0       | 0.50      |
| Chocolate Swirls Bakecrafters  | 1 Each       | 260         | 10          | 105       | 3.00      | 1.50      | 45.0       | 18         | 6.0       | 42.0     | 8.0       | 2.00      |
| Crumb Square, Dave's           | Package      | 283         | 32          | 215       | 3.00      | 1.20      | 15.0       | 24         | 3.4       | 47.0     | 9.0       | 1.20      |
| Cinnamon Roll IW Hadley        | Cinnamon Ro  | 240         | 0           | 24        | 3.00      | 1.80      | 40.0       | 12         | 5.0       | 38.0     | 7.0       | 1.50      |
| UBR, Choc Chip Nut Free IW     | Round        | 270         | 5           | 180       | 5.00      | 1.80      | 20.0       | 19         | 5.0       | 44.0     | 8.0       | 3.00      |
| Muffin, Apple Cinnamon Chef P  | Muffin       | 180         | 15          | 160       | 2.00      | 1.00      | 20.0       | 12         | 2.0       | 28.0     | 7.0       | 1.00      |
| Muffin, Banana Chef Pierre     | Muffin       | 200         | 10          | 115       | 1.00      | 1.00      | 10.0       | 15         | 2.0       | 31.0     | 7.0       | 1.00      |
| Muffin, Blueberry Chef Pierre  | Muffin       | 170         | 10          | 120       | 1.00      | 1.00      | 10.0       | 14         | 2.0       | 27.0     | 6.0       | 1.00      |
| Muffin, Double Chocolate Chef  | Muffin       | 200         | 10          | 125       | 2.00      | 1.50      | 15.0       | 14         | 3.0       | 29.0     | 6.0       | 1.50      |
| Muffin, Trix                   | Muffin       | 290         | 10          | 260       | 7.00      | 1.50      | 0.0        | 20         | 4.0       | 50.0     | 10.0      | 2.00      |
| Muffin, Cinnamon Toast Crunch  | Muffin       | 300         | 10          | 260       | 7.00      | 1.60      | 0.0        | 21         | 4.0       | 50.0     | 11.0      | 3.00      |
| Nature Valley Crisps Choc Chip | Package      | 150         | 0           | 140       | 2.00      | 0.90      | *N/A*      | 9          | 3.0       | 24.0     | 5.0       | 1.00      |
| Nutri-Grain Bar Variety        | bar          | 150         | 0           | 128       | 3.00      | 1.90      | 140.0      | 14         | 2.0       | 31.0     | 3.5       | 0.50      |
| Chocolate Bread Super Slice    | Slice        | 250         | 0           | 240       | 2.00      | 2.00      | 155.0      | 22         | 5.0       | 43.0     | 8.0       | 1.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0       | 0          | 2.0       | 14.0     | 3.5       | 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      |
| Goldfish Giant Cinnamon Graham | package      | 120         | 0           | 140       | 1.00      | 2.00      | 100.0      | 7          | 1.0       | 19.0     | 4.0       | 1.00      |

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# Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

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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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|
| Thu - 02/20/2025               |              |             |             |           |           |           |            |            |           |          |           |           |
| 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      |
| Cheese Stick, Marble           | Stick        | 110         | 30          | 170       | 0.00      | 0.20      | 194.0      | 0          | 7.0       | 1.0      | 9.0       | 5.00      |
| 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      |
| Sunflower Seeds, Honey Roasted | Package      | 190         | 0           | 65        | 3.00      | 1.08      | 21.0       | 5          | 6.0       | 11.0     | 15.0      | 1.50      |
| 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      |
| 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         |              | 9604        | 697         | 9455      | 117.22    | *93.34    | *5267.4    | 627        | 219.54    | 1501.81  | 318.89    | 101.43    |
| % of Calories                  |              |             |             |           |           |           |            | 26.1%      | 9.1%      | 62.6%    | 29.9%     | 9.5%      |
| Nutrient Guideline             |              | 400-550     |             | 600       |           | 2.50      | 200.00     |            | 7.00      |          | <=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

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# Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

## Base Menu Spreadsheet

Rockwood Middle Breakfast

### 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 Middle Breakfast      | Total        |             |             |           |           |           |            |            |           |          |           |           |
| Donut, Long John               | Donut        | 253         | 0           | 310       | 3.00      | 1.44      | 16.0       | 13         | 6.0       | 37.67    | 9.0       | 4.00      |
| Biscuit, Sausage Egg & Cheese  | Sandwich     | 506         | 143         | 862       | 0.50      | *9.72     | *141.0     | 4          | 15.53     | 30.01    | 34.06     | 14.03     |
| Biscuit, Egg and Cheese        | Sandwich     | 326         | 113         | 582       | 0.50      | *9.36     | *141.0     | 4          | 9.53      | 30.01    | 17.06     | 8.03      |
| Bagel, Toasted                 | bagel        | 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      |
| BeneFIT Bar Variety            | Bar          | 280         | 7           | 210       | 3.00      | 1.90      | 25.0       | 20         | 4.5       | 47.0     | 8.5       | 3.00      |
| Honey Bun Whole Grain          | 1 Each       | 290         | 0           | 240       | 3.00      | 1.80      | 20.0       | 8          | 5.0       | 32.0     | 16.0      | 7.00      |
| Donuts Mini Chocolate IW       | Package      | 376         | 0           | 299       | 2.21      | 1.99      | 44.2       | 21         | 5.53      | 45.34    | 16.59     | 7.74      |
| Donuts Mini Powdered Sugar IW  | Package      | 270         | 0           | 290       | 2.00      | 1.08      | 27.0       | 19         | 4.0       | 41.0     | 11.0      | 4.50      |
| Donut WG Cake Glz IW           | Donut        | 310         | 5           | 260       | 3.00      | 1.50      | 150.2      | 25         | 4.0       | 46.96    | 12.01     | 5.00      |
| Donut WG Choc Enrobed IW       | Donut        | 330         | 20          | 240       | 3.00      | 2.00      | 30.0       | 22         | 3.0       | 40.95    | 18.02     | 11.01     |
| Cereal Bar Cinn Toast Crunch   | bar          | 160         | 0           | 120       | 3.00      | 1.44      | 230.0      | 8          | 2.0       | 30.0     | 3.5       | 0.00      |
| Cereal Bar Cocoa Puffs         | Bar          | 160         | 0           | 105       | 3.00      | 1.90      | 260.0      | 9          | 3.0       | 29.0     | 3.5       | 0.00      |
| Cereal Bar, Lucky Charms 2.5oz | Bar          | 270         | 0           | 170       | 5.00      | 2.70      | 420.0      | 16         | 5.0       | 51.0     | 6.0       | 0.50      |
| Cereal Bar, Cocoa Puffs 2.5 oz | Bar          | 280         | 0           | 180       | 5.00      | 3.60      | 350.0      | 15         | 5.0       | 52.0     | 6.0       | 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 Cinn Toast Crunch 2 oz  | 1 each       | 210         | 0           | 320       | 7.00      | 4.50      | 100.0      | 11         | 3.0       | 44.0     | 5.0       | 0.50      |
| Cereal Honey Cheerios 2 oz     | 2 oz bowl    | 210         | 0           | 340       | 5.00      | 5.40      | 200.0      | 12         | 6.0       | 44.0     | 3.0       | 0.50      |
| Cereal Cocoa Puffs 2 oz        | 2 oz bowl    | 220         | 0           | 230       | 3.00      | 5.40      | 200.0      | 15         | 3.0       | 47.0     | 2.5       | 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, Trix 2 oz              | 2 oz bowl    | 220         | 0           | 320       | 3.00      | 4.90      | 160.0      | 12         | 3.0       | 47.0     | 3.0       | 0.50      |
| Chocolate Swirls Bakecrafters  | 1 Each       | 260         | 10          | 105       | 3.00      | 1.50      | 45.0       | 18         | 6.0       | 42.0     | 8.0       | 2.00      |
| Crumb Square, Dave's           | Package      | 283         | 32          | 215       | 3.00      | 1.20      | 15.0       | 24         | 3.4       | 47.0     | 9.0       | 1.20      |
| Cinnamon Roll IW Hadley        | Cinnamon Ro  | 240         | 0           | 24        | 3.00      | 1.80      | 40.0       | 12         | 5.0       | 38.0     | 7.0       | 1.50      |
| UBR, Choc Chip Nut Free IW     | Round        | 270         | 5           | 180       | 5.00      | 1.80      | 20.0       | 19         | 5.0       | 44.0     | 8.0       | 3.00      |
| Muffin, Apple Cinnamon Chef P  | Muffin       | 180         | 15          | 160       | 2.00      | 1.00      | 20.0       | 12         | 2.0       | 28.0     | 7.0       | 1.00      |
| Muffin, Banana Chef Pierre     | Muffin       | 200         | 10          | 115       | 1.00      | 1.00      | 10.0       | 15         | 2.0       | 31.0     | 7.0       | 1.00      |
| Muffin, Blueberry Chef Pierre  | Muffin       | 170         | 10          | 120       | 1.00      | 1.00      | 10.0       | 14         | 2.0       | 27.0     | 6.0       | 1.00      |
| Muffin, Double Chocolate Chef  | Muffin       | 200         | 10          | 125       | 2.00      | 1.50      | 15.0       | 14         | 3.0       | 29.0     | 6.0       | 1.50      |
| Muffin, Trix                   | Muffin       | 290         | 10          | 260       | 7.00      | 1.50      | 0.0        | 20         | 4.0       | 50.0     | 10.0      | 2.00      |
| Muffin, Cinnamon Toast Crunch  | Muffin       | 300         | 10          | 260       | 7.00      | 1.60      | 0.0        | 21         | 4.0       | 50.0     | 11.0      | 3.00      |
| Nature Valley Crisps Choc Chip | Package      | 150         | 0           | 140       | 2.00      | 0.90      | *N/A*      | 9          | 3.0       | 24.0     | 5.0       | 1.00      |
| Nutri-Grain Bar Variety        | bar          | 150         | 0           | 128       | 3.00      | 1.90      | 140.0      | 14         | 2.0       | 31.0     | 3.5       | 0.50      |
| Chocolate Bread Super Slice    | Slice        | 250         | 0           | 240       | 2.00      | 2.00      | 155.0      | 22         | 5.0       | 43.0     | 8.0       | 1.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0       | 0          | 2.0       | 14.0     | 3.5       | 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      |
| Goldfish Giant Cinnamon Graham | package      | 120         | 0           | 140       | 1.00      | 2.00      | 100.0      | 7          | 1.0       | 19.0     | 4.0       | 1.00      |

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# Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

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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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|
| Fri - 02/21/2025               |              |             |             |           |           |           |            |            |           |          |           |           |
| 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      |
| Cheese Stick, Marble           | Stick        | 110         | 30          | 170       | 0.00      | 0.20      | 194.0      | 0          | 7.0       | 1.0      | 9.0       | 5.00      |
| 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      |
| Sunflower Seeds, Honey Roasted | Package      | 190         | 0           | 65        | 3.00      | 1.08      | 21.0       | 5          | 6.0       | 11.0     | 15.0      | 1.50      |
| 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      |
| 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         |              | 9876        | 720         | 9706      | 114.22    | *94.97    | *5331.4    | 627        | 223.77    | 1499.30  | 343.48    | 114.57    |
| % of Calories                  |              |             |             |           |           |           |            | 25.4%      | 9.1%      | 60.7%    | 31.3%     | 10.4%     |
| Nutrient Guideline             |              | 400-550     |             | 600       |           | 2.50      | 200.00     |            | 7.00      |          | <=30.0    | <10.00    |

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# Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

## Base Menu Spreadsheet

Rockwood Middle Breakfast

### 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 - 02/24/2025               |              |             |             |           |           |           |            |            |           |          |           |           |
| Rockwood Middle Breakfast      | 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      |
| Sausage Egg & Cheese Croissant | 1 each       | 456         | 143         | 842       | 2.00      | *8.92     | *102.0     | 4          | 16.53     | 30.01    | 30.06     | 11.53     |
| Egg & Cheese Croissant         | 1 each       | 276         | 113         | 562       | 2.00      | *8.56     | *102.0     | 4          | 10.53     | 30.01    | 13.06     | 5.53      |
| Bagel, Toasted                 | bagel        | 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      |
| BeneFIT Bar Variety            | Bar          | 280         | 7           | 210       | 3.00      | 1.90      | 25.0       | 20         | 4.5       | 47.0     | 8.5       | 3.00      |
| Honey Bun Whole Grain          | 1 Each       | 290         | 0           | 240       | 3.00      | 1.80      | 20.0       | 8          | 5.0       | 32.0     | 16.0      | 7.00      |
| Donuts Mini Chocolate IW       | Package      | 376         | 0           | 299       | 2.21      | 1.99      | 44.2       | 21         | 5.53      | 45.34    | 16.59     | 7.74      |
| Donuts Mini Powdered Sugar IW  | Package      | 270         | 0           | 290       | 2.00      | 1.08      | 27.0       | 19         | 4.0       | 41.0     | 11.0      | 4.50      |
| Donut WG Cake Glz IW           | Donut        | 310         | 5           | 260       | 3.00      | 1.50      | 150.2      | 25         | 4.0       | 46.96    | 12.01     | 5.00      |
| Donut WG Choc Enrobed IW       | Donut        | 330         | 20          | 240       | 3.00      | 2.00      | 30.0       | 22         | 3.0       | 40.95    | 18.02     | 11.01     |
| Cereal Bar Cinn Toast Crunch   | bar          | 160         | 0           | 120       | 3.00      | 1.44      | 230.0      | 8          | 2.0       | 30.0     | 3.5       | 0.00      |
| Cereal Bar Cocoa Puffs         | Bar          | 160         | 0           | 105       | 3.00      | 1.90      | 260.0      | 9          | 3.0       | 29.0     | 3.5       | 0.00      |
| Cereal Bar, Lucky Charms 2.5oz | Bar          | 270         | 0           | 170       | 5.00      | 2.70      | 420.0      | 16         | 5.0       | 51.0     | 6.0       | 0.50      |
| Cereal Bar, Cocoa Puffs 2.5 oz | Bar          | 280         | 0           | 180       | 5.00      | 3.60      | 350.0      | 15         | 5.0       | 52.0     | 6.0       | 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 Cinn Toast Crunch 2 oz  | 1 each       | 210         | 0           | 320       | 7.00      | 4.50      | 100.0      | 11         | 3.0       | 44.0     | 5.0       | 0.50      |
| Cereal Honey Cheerios 2 oz     | 2 oz bowl    | 210         | 0           | 340       | 5.00      | 5.40      | 200.0      | 12         | 6.0       | 44.0     | 3.0       | 0.50      |
| Cereal Cocoa Puffs 2 oz        | 2 oz bowl    | 220         | 0           | 230       | 3.00      | 5.40      | 200.0      | 15         | 3.0       | 47.0     | 2.5       | 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, Trix 2 oz              | 2 oz bowl    | 220         | 0           | 320       | 3.00      | 4.90      | 160.0      | 12         | 3.0       | 47.0     | 3.0       | 0.50      |
| Chocolate Swirls Bakecrafters  | 1 Each       | 260         | 10          | 105       | 3.00      | 1.50      | 45.0       | 18         | 6.0       | 42.0     | 8.0       | 2.00      |
| Crumb Square, Dave's           | Package      | 283         | 32          | 215       | 3.00      | 1.20      | 15.0       | 24         | 3.4       | 47.0     | 9.0       | 1.20      |
| Cinnamon Roll IW Hadley        | Cinnamon Ro  | 240         | 0           | 24        | 3.00      | 1.80      | 40.0       | 12         | 5.0       | 38.0     | 7.0       | 1.50      |
| UBR, Choc Chip Nut Free IW     | Round        | 270         | 5           | 180       | 5.00      | 1.80      | 20.0       | 19         | 5.0       | 44.0     | 8.0       | 3.00      |
| Muffin, Apple Cinnamon Chef P  | Muffin       | 180         | 15          | 160       | 2.00      | 1.00      | 20.0       | 12         | 2.0       | 28.0     | 7.0       | 1.00      |
| Muffin, Banana Chef Pierre     | Muffin       | 200         | 10          | 115       | 1.00      | 1.00      | 10.0       | 15         | 2.0       | 31.0     | 7.0       | 1.00      |
| Muffin, Blueberry Chef Pierre  | Muffin       | 170         | 10          | 120       | 1.00      | 1.00      | 10.0       | 14         | 2.0       | 27.0     | 6.0       | 1.00      |
| Muffin, Double Chocolate Chef  | Muffin       | 200         | 10          | 125       | 2.00      | 1.50      | 15.0       | 14         | 3.0       | 29.0     | 6.0       | 1.50      |
| Muffin, Trix                   | Muffin       | 290         | 10          | 260       | 7.00      | 1.50      | 0.0        | 20         | 4.0       | 50.0     | 10.0      | 2.00      |
| Muffin, Cinnamon Toast Crunch  | Muffin       | 300         | 10          | 260       | 7.00      | 1.60      | 0.0        | 21         | 4.0       | 50.0     | 11.0      | 3.00      |
| Nature Valley Crisps Choc Chip | Package      | 150         | 0           | 140       | 2.00      | 0.90      | *N/A*      | 9          | 3.0       | 24.0     | 5.0       | 1.00      |
| Nutri-Grain Bar Variety        | bar          | 150         | 0           | 128       | 3.00      | 1.90      | 140.0      | 14         | 2.0       | 31.0     | 3.5       | 0.50      |
| Chocolate Bread Super Slice    | Slice        | 250         | 0           | 240       | 2.00      | 2.00      | 155.0      | 22         | 5.0       | 43.0     | 8.0       | 1.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0       | 0          | 2.0       | 14.0     | 3.5       | 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      |
| Goldfish Giant Cinnamon Graham | package      | 120         | 0           | 140       | 1.00      | 2.00      | 100.0      | 7          | 1.0       | 19.0     | 4.0       | 1.00      |

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# Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

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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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|
| Mon - 02/24/2025               |              |             |             |           |           |           |            |            |           |          |           |           |
| 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      |
| Cheese Stick, Marble           | Stick        | 110         | 30          | 170       | 0.00      | 0.20      | 194.0      | 0          | 7.0       | 1.0      | 9.0       | 5.00      |
| 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      |
| Sunflower Seeds, Honey Roasted | Package      | 190         | 0           | 65        | 3.00      | 1.08      | 21.0       | 5          | 6.0       | 11.0     | 15.0      | 1.50      |
| 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      |
| 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         |              | 9672        | 769         | 9657      | 115.22    | *92.93    | *5360.4    | 614        | 228.77    | 1475.63  | 332.48    | 108.57    |
| % of Calories                  |              |             |             |           |           |           |            | 25.4%      | 9.5%      | 61.0%    | 30.9%     | 10.1%     |
| Nutrient Guideline             |              | 400-550     |             | 600       |           | 2.50      | 200.00     |            | 7.00      |          | <=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

Feb 1, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

Rockwood Middle 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 - 02/25/2025               |              |             |             |           |           |           |           |            |           |          |           |           |
| Rockwood Middle Breakfast      | Total        |             |             |           |           |           |           |            |           |          |           |           |
| Waffles, Eggo Froot Loops IW   | 2 waffles    | 180         | 0           | 210       | 3.00      | 3.60      | 260.0     | 5          | 4.0       | 32.0     | 6.0       | 1.50      |
| Biscuit, Turk Bacon Egg Cheese | 1 EACH       | 347         | 119         | 691       | 0.50      | *9.43     | *141.0    | 4          | 11.29     | 30.19    | 18.47     | 8.38      |
| Biscuit, Egg and Cheese        | Sandwich     | 326         | 113         | 582       | 0.50      | *9.36     | *141.0    | 4          | 9.53      | 30.01    | 17.06     | 8.03      |
| Bagel, Toasted                 | bagel        | 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      |
| BeneFIT Bar Variety            | Bar          | 280         | 7           | 210       | 3.00      | 1.90      | 25.0      | 20         | 4.5       | 47.0     | 8.5       | 3.00      |
| Honey Bun Whole Grain          | 1 Each       | 290         | 0           | 240       | 3.00      | 1.80      | 20.0      | 8          | 5.0       | 32.0     | 16.0      | 7.00      |
| Donuts Mini Chocolate IW       | Package      | 376         | 0           | 299       | 2.21      | 1.99      | 44.2      | 21         | 5.53      | 45.34    | 16.59     | 7.74      |
| Donuts Mini Powdered Sugar IW  | Package      | 270         | 0           | 290       | 2.00      | 1.08      | 27.0      | 19         | 4.0       | 41.0     | 11.0      | 4.50      |
| Donut WG Cake Glz IW           | Donut        | 310         | 5           | 260       | 3.00      | 1.50      | 150.2     | 25         | 4.0       | 46.96    | 12.01     | 5.00      |
| Donut WG Choc Enrobed IW       | Donut        | 330         | 20          | 240       | 3.00      | 2.00      | 30.0      | 22         | 3.0       | 40.95    | 18.02     | 11.01     |
| Cereal Bar Cinn Toast Crunch   | bar          | 160         | 0           | 120       | 3.00      | 1.44      | 230.0     | 8          | 2.0       | 30.0     | 3.5       | 0.00      |
| Cereal Bar Cocoa Puffs         | Bar          | 160         | 0           | 105       | 3.00      | 1.90      | 260.0     | 9          | 3.0       | 29.0     | 3.5       | 0.00      |
| Cereal Bar, Lucky Charms 2.5oz | Bar          | 270         | 0           | 170       | 5.00      | 2.70      | 420.0     | 16         | 5.0       | 51.0     | 6.0       | 0.50      |
| Cereal Bar, Cocoa Puffs 2.5 oz | Bar          | 280         | 0           | 180       | 5.00      | 3.60      | 350.0     | 15         | 5.0       | 52.0     | 6.0       | 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 Cinn Toast Crunch 2 oz  | 1 each       | 210         | 0           | 320       | 7.00      | 4.50      | 100.0     | 11         | 3.0       | 44.0     | 5.0       | 0.50      |
| Cereal Honey Cheerios 2 oz     | 2 oz bowl    | 210         | 0           | 340       | 5.00      | 5.40      | 200.0     | 12         | 6.0       | 44.0     | 3.0       | 0.50      |
| Cereal Cocoa Puffs 2 oz        | 2 oz bowl    | 220         | 0           | 230       | 3.00      | 5.40      | 200.0     | 15         | 3.0       | 47.0     | 2.5       | 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, Trix 2 oz              | 2 oz bowl    | 220         | 0           | 320       | 3.00      | 4.90      | 160.0     | 12         | 3.0       | 47.0     | 3.0       | 0.50      |
| Chocolate Swirls Bakecrafters  | 1 Each       | 260         | 10          | 105       | 3.00      | 1.50      | 45.0      | 18         | 6.0       | 42.0     | 8.0       | 2.00      |
| Crumb Square, Dave's           | Package      | 283         | 32          | 215       | 3.00      | 1.20      | 15.0      | 24         | 3.4       | 47.0     | 9.0       | 1.20      |
| Cinnamon Roll IW Hadley        | Cinnamon Ro  | 240         | 0           | 24        | 3.00      | 1.80      | 40.0      | 12         | 5.0       | 38.0     | 7.0       | 1.50      |
| UBR, Choc Chip Nut Free IW     | Round        | 270         | 5           | 180       | 5.00      | 1.80      | 20.0      | 19         | 5.0       | 44.0     | 8.0       | 3.00      |
| Muffin, Apple Cinnamon Chef P  | Muffin       | 180         | 15          | 160       | 2.00      | 1.00      | 20.0      | 12         | 2.0       | 28.0     | 7.0       | 1.00      |
| Muffin, Banana Chef Pierre     | Muffin       | 200         | 10          | 115       | 1.00      | 1.00      | 10.0      | 15         | 2.0       | 31.0     | 7.0       | 1.00      |
| Muffin, Blueberry Chef Pierre  | Muffin       | 170         | 10          | 120       | 1.00      | 1.00      | 10.0      | 14         | 2.0       | 27.0     | 6.0       | 1.00      |
| Muffin, Double Chocolate Chef  | Muffin       | 200         | 10          | 125       | 2.00      | 1.50      | 15.0      | 14         | 3.0       | 29.0     | 6.0       | 1.50      |
| Muffin, Trix                   | Muffin       | 290         | 10          | 260       | 7.00      | 1.50      | 0.0       | 20         | 4.0       | 50.0     | 10.0      | 2.00      |
| Muffin, Cinnamon Toast Crunch  | Muffin       | 300         | 10          | 260       | 7.00      | 1.60      | 0.0       | 21         | 4.0       | 50.0     | 11.0      | 3.00      |
| Nature Valley Crisps Choc Chip | Package      | 150         | 0           | 140       | 2.00      | 0.90      | *N/A*     | 9          | 3.0       | 24.0     | 5.0       | 1.00      |
| Nutri-Grain Bar Variety        | bar          | 150         | 0           | 128       | 3.00      | 1.90      | 140.0     | 14         | 2.0       | 31.0     | 3.5       | 0.50      |
| Chocolate Bread Super Slice    | Slice        | 250         | 0           | 240       | 2.00      | 2.00      | 155.0     | 22         | 5.0       | 43.0     | 8.0       | 1.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0      | 0          | 2.0       | 14.0     | 3.5       | 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      |
| Goldfish Giant Cinnamon Graham | package      | 120         | 0           | 140       | 1.00      | 2.00      | 100.0     | 7          | 1.0       | 19.0     | 4.0       | 1.00      |

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# Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

Rockwood Middle Breakfast

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               |              |             |             |           |           |           |            |            |           |          |           |           |
| 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      |
| Cheese Stick, Marble           | Stick        | 110         | 30          | 170       | 0.00      | 0.20      | 194.0      | 0          | 7.0       | 1.0      | 9.0       | 5.00      |
| 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      |
| Sunflower Seeds, Honey Roasted | Package      | 190         | 0           | 65        | 3.00      | 1.08      | 21.0       | 5          | 6.0       | 11.0     | 15.0      | 1.50      |
| 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      |
| 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         |              | 9644        | 697         | 9435      | 114.22    | *96.84    | *5575.4    | 618        | 217.53    | 1493.81  | 324.89    | 106.42    |
| % of Calories                  |              |             |             |           |           |           |            | 25.7%      | 9.0%      | 62.0%    | 30.3%     | 9.9%      |
| Nutrient Guideline             |              | 400-550     |             | 600       |           | 2.50      | 200.00     |            | 7.00      |          | <=30.0    | <10.00    |

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Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

Rockwood Middle Breakfast

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 - 02/26/2025               |              |             |             |           |           |           |            |            |           |          |           |           |
| Rockwood Middle Breakfast      | Total        |             |             |           |           |           |            |            |           |          |           |           |
| Yogurt Parfait (secondary)     | 1 each       | 203         | 0           | 107       | 2.00      | *0.43     | *580.2     | *32        | 6.95      | 44.95    | 0.0       | 0.00      |
| Granola, Vanilla IW GF         | 2 oz pkg     | 220         | 0           | 90        | 4.00      | 1.44      | 0.0        | 8          | 4.0       | 32.0     | 8.0       | 0.00      |
| Chicken Biscuit                | 1 each       | 320         | 30          | 550       | 1.50      | 2.88      | 120.0      | 3          | 14.0      | 35.0     | 12.5      | 5.00      |
| Bagel, Toasted                 | bagel        | 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      |
| BeneFIT Bar Variety            | Bar          | 280         | 7           | 210       | 3.00      | 1.90      | 25.0       | 20         | 4.5       | 47.0     | 8.5       | 3.00      |
| Honey Bun Whole Grain          | 1 Each       | 290         | 0           | 240       | 3.00      | 1.80      | 20.0       | 8          | 5.0       | 32.0     | 16.0      | 7.00      |
| Donuts Mini Chocolate IW       | Package      | 376         | 0           | 299       | 2.21      | 1.99      | 44.2       | 21         | 5.53      | 45.34    | 16.59     | 7.74      |
| Donuts Mini Powdered Sugar IW  | Package      | 270         | 0           | 290       | 2.00      | 1.08      | 27.0       | 19         | 4.0       | 41.0     | 11.0      | 4.50      |
| Donut WG Cake Glz IW           | Donut        | 310         | 5           | 260       | 3.00      | 1.50      | 150.2      | 25         | 4.0       | 46.96    | 12.01     | 5.00      |
| Donut WG Choc Enrobed IW       | Donut        | 330         | 20          | 240       | 3.00      | 2.00      | 30.0       | 22         | 3.0       | 40.95    | 18.02     | 11.01     |
| Cereal Bar Cinn Toast Crunch   | bar          | 160         | 0           | 120       | 3.00      | 1.44      | 230.0      | 8          | 2.0       | 30.0     | 3.5       | 0.00      |
| Cereal Bar Cocoa Puffs         | Bar          | 160         | 0           | 105       | 3.00      | 1.90      | 260.0      | 9          | 3.0       | 29.0     | 3.5       | 0.00      |
| Cereal Bar, Lucky Charms 2.5oz | Bar          | 270         | 0           | 170       | 5.00      | 2.70      | 420.0      | 16         | 5.0       | 51.0     | 6.0       | 0.50      |
| Cereal Bar, Cocoa Puffs 2.5 oz | Bar          | 280         | 0           | 180       | 5.00      | 3.60      | 350.0      | 15         | 5.0       | 52.0     | 6.0       | 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 Cinn Toast Crunch 2 oz  | 1 each       | 210         | 0           | 320       | 7.00      | 4.50      | 100.0      | 11         | 3.0       | 44.0     | 5.0       | 0.50      |
| Cereal Honey Cheerios 2 oz     | 2 oz bowl    | 210         | 0           | 340       | 5.00      | 5.40      | 200.0      | 12         | 6.0       | 44.0     | 3.0       | 0.50      |
| Cereal Cocoa Puffs 2 oz        | 2 oz bowl    | 220         | 0           | 230       | 3.00      | 5.40      | 200.0      | 15         | 3.0       | 47.0     | 2.5       | 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, Trix 2 oz              | 2 oz bowl    | 220         | 0           | 320       | 3.00      | 4.90      | 160.0      | 12         | 3.0       | 47.0     | 3.0       | 0.50      |
| Chocolate Swirls Bakecrafters  | 1 Each       | 260         | 10          | 105       | 3.00      | 1.50      | 45.0       | 18         | 6.0       | 42.0     | 8.0       | 2.00      |
| Cinnamon Roll IW Hadley        | Cinnamon Ro  | 240         | 0           | 24        | 3.00      | 1.80      | 40.0       | 12         | 5.0       | 38.0     | 7.0       | 1.50      |
| Crumb Square, Dave's           | Package      | 283         | 32          | 215       | 3.00      | 1.20      | 15.0       | 24         | 3.4       | 47.0     | 9.0       | 1.20      |
| UBR, Choc Chip Nut Free IW     | Round        | 270         | 5           | 180       | 5.00      | 1.80      | 20.0       | 19         | 5.0       | 44.0     | 8.0       | 3.00      |
| Muffin, Apple Cinnamon Chef P  | Muffin       | 180         | 15          | 160       | 2.00      | 1.00      | 20.0       | 12         | 2.0       | 28.0     | 7.0       | 1.00      |
| Muffin, Banana Chef Pierre     | Muffin       | 200         | 10          | 115       | 1.00      | 1.00      | 10.0       | 15         | 2.0       | 31.0     | 7.0       | 1.00      |
| Muffin, Blueberry Chef Pierre  | Muffin       | 170         | 10          | 120       | 1.00      | 1.00      | 10.0       | 14         | 2.0       | 27.0     | 6.0       | 1.00      |
| Muffin, Double Chocolate Chef  | Muffin       | 200         | 10          | 125       | 2.00      | 1.50      | 15.0       | 14         | 3.0       | 29.0     | 6.0       | 1.50      |
| Muffin, Trix                   | Muffin       | 290         | 10          | 260       | 7.00      | 1.50      | 0.0        | 20         | 4.0       | 50.0     | 10.0      | 2.00      |
| Muffin, Cinnamon Toast Crunch  | Muffin       | 300         | 10          | 260       | 7.00      | 1.60      | 0.0        | 21         | 4.0       | 50.0     | 11.0      | 3.00      |
| Nature Valley Crisps Choc Chip | Package      | 150         | 0           | 140       | 2.00      | 0.90      | *N/A*      | 9          | 3.0       | 24.0     | 5.0       | 1.00      |
| Nutri-Grain Bar Variety        | bar          | 150         | 0           | 128       | 3.00      | 1.90      | 140.0      | 14         | 2.0       | 31.0     | 3.5       | 0.50      |
| Chocolate Bread Super Slice    | Slice        | 250         | 0           | 240       | 2.00      | 2.00      | 155.0      | 22         | 5.0       | 43.0     | 8.0       | 1.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0       | 0          | 2.0       | 14.0     | 3.5       | 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      |
| Goldfish Giant Cinnamon Graham | package      | 120         | 0           | 140       | 1.00      | 2.00      | 100.0      | 7          | 1.0       | 19.0     | 4.0       | 1.00      |

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# Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

Rockwood Middle 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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|-----------|----------|-----------|-----------|
| Wed - 02/26/2025               |              |             |             |           |           |           |           |            |           |          |           |           |
| 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      |
| Cheese Stick, Marble           | Stick        | 110         | 30          | 170       | 0.00      | 0.20      | 194.0     | 0          | 7.0       | 1.0      | 9.0       | 5.00      |
| 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      |
| Sunflower Seeds, Honey Roasted | Package      | 190         | 0           | 65        | 3.00      | 1.08      | 21.0      | 5          | 6.0       | 11.0     | 15.0      | 1.50      |
| 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      |
| 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         |              | 9534        | 495         | 8699      | 117.72    | *79.20    | *5733.6   | *649       | 217.66    | 1513.55  | 303.87    | 93.51     |
| % of Calories                  |              |             |             |           |           |           |           | *27.2%     | 9.1%      | 63.5%    | 28.7%     | 8.8%      |
| Nutrient Guideline             |              | 400-550     |             | 600       |           | 2.50      | 200.00    |            | 7.00      |          | <=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

Feb 1, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

Rockwood Middle Breakfast

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 - 02/27/2025               |              |             |             |           |           |           |            |            |           |          |           |           |
| Rockwood Middle Breakfast      | Total        |             |             |           |           |           |            |            |           |          |           |           |
| Egg Bake Bite Turkey Sausage   | 2 each       | 240         | 260         | 380       | 2.00      | 1.44      | 80.0       | 2          | 12.0      | 6.0      | 18.0      | 5.00      |
| Bacon Egg & Cheese Croissant   | 1 each       | 297         | 119         | 671       | 2.00      | *8.63     | *102.0     | 4          | 12.29     | 30.19    | 14.47     | 5.88      |
| Egg & Cheese Croissant         | 1 each       | 276         | 113         | 562       | 2.00      | *8.56     | *102.0     | 4          | 10.53     | 30.01    | 13.06     | 5.53      |
| Bagel, Toasted                 | bagel        | 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      |
| BeneFIT Bar Variety            | Bar          | 280         | 7           | 210       | 3.00      | 1.90      | 25.0       | 20         | 4.5       | 47.0     | 8.5       | 3.00      |
| Honey Bun Whole Grain          | 1 Each       | 290         | 0           | 240       | 3.00      | 1.80      | 20.0       | 8          | 5.0       | 32.0     | 16.0      | 7.00      |
| Donuts Mini Chocolate IW       | Package      | 376         | 0           | 299       | 2.21      | 1.99      | 44.2       | 21         | 5.53      | 45.34    | 16.59     | 7.74      |
| Donuts Mini Powdered Sugar IW  | Package      | 270         | 0           | 290       | 2.00      | 1.08      | 27.0       | 19         | 4.0       | 41.0     | 11.0      | 4.50      |
| Donut WG Cake Glz IW           | Donut        | 310         | 5           | 260       | 3.00      | 1.50      | 150.2      | 25         | 4.0       | 46.96    | 12.01     | 5.00      |
| Donut WG Choc Enrobed IW       | Donut        | 330         | 20          | 240       | 3.00      | 2.00      | 30.0       | 22         | 3.0       | 40.95    | 18.02     | 11.01     |
| Cereal Bar Cinn Toast Crunch   | bar          | 160         | 0           | 120       | 3.00      | 1.44      | 230.0      | 8          | 2.0       | 30.0     | 3.5       | 0.00      |
| Cereal Bar Cocoa Puffs         | Bar          | 160         | 0           | 105       | 3.00      | 1.90      | 260.0      | 9          | 3.0       | 29.0     | 3.5       | 0.00      |
| Cereal Bar, Lucky Charms 2.5oz | Bar          | 270         | 0           | 170       | 5.00      | 2.70      | 420.0      | 16         | 5.0       | 51.0     | 6.0       | 0.50      |
| Cereal Bar, Cocoa Puffs 2.5 oz | Bar          | 280         | 0           | 180       | 5.00      | 3.60      | 350.0      | 15         | 5.0       | 52.0     | 6.0       | 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 Cinn Toast Crunch 2 oz  | 1 each       | 210         | 0           | 320       | 7.00      | 4.50      | 100.0      | 11         | 3.0       | 44.0     | 5.0       | 0.50      |
| Cereal Honey Cheerios 2 oz     | 2 oz bowl    | 210         | 0           | 340       | 5.00      | 5.40      | 200.0      | 12         | 6.0       | 44.0     | 3.0       | 0.50      |
| Cereal Cocoa Puffs 2 oz        | 2 oz bowl    | 220         | 0           | 230       | 3.00      | 5.40      | 200.0      | 15         | 3.0       | 47.0     | 2.5       | 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, Trix 2 oz              | 2 oz bowl    | 220         | 0           | 320       | 3.00      | 4.90      | 160.0      | 12         | 3.0       | 47.0     | 3.0       | 0.50      |
| Chocolate Swirls Bakecrafters  | 1 Each       | 260         | 10          | 105       | 3.00      | 1.50      | 45.0       | 18         | 6.0       | 42.0     | 8.0       | 2.00      |
| Crumb Square, Dave's           | Package      | 283         | 32          | 215       | 3.00      | 1.20      | 15.0       | 24         | 3.4       | 47.0     | 9.0       | 1.20      |
| Cinnamon Roll IW Hadley        | Cinnamon Ro  | 240         | 0           | 24        | 3.00      | 1.80      | 40.0       | 12         | 5.0       | 38.0     | 7.0       | 1.50      |
| UBR, Choc Chip Nut Free IW     | Round        | 270         | 5           | 180       | 5.00      | 1.80      | 20.0       | 19         | 5.0       | 44.0     | 8.0       | 3.00      |
| Muffin, Apple Cinnamon Chef P  | Muffin       | 180         | 15          | 160       | 2.00      | 1.00      | 20.0       | 12         | 2.0       | 28.0     | 7.0       | 1.00      |
| Muffin, Banana Chef Pierre     | Muffin       | 200         | 10          | 115       | 1.00      | 1.00      | 10.0       | 15         | 2.0       | 31.0     | 7.0       | 1.00      |
| Muffin, Blueberry Chef Pierre  | Muffin       | 170         | 10          | 120       | 1.00      | 1.00      | 10.0       | 14         | 2.0       | 27.0     | 6.0       | 1.00      |
| Muffin, Double Chocolate Chef  | Muffin       | 200         | 10          | 125       | 2.00      | 1.50      | 15.0       | 14         | 3.0       | 29.0     | 6.0       | 1.50      |
| Muffin, Trix                   | Muffin       | 290         | 10          | 260       | 7.00      | 1.50      | 0.0        | 20         | 4.0       | 50.0     | 10.0      | 2.00      |
| Muffin, Cinnamon Toast Crunch  | Muffin       | 300         | 10          | 260       | 7.00      | 1.60      | 0.0        | 21         | 4.0       | 50.0     | 11.0      | 3.00      |
| Nature Valley Crisps Choc Chip | Package      | 150         | 0           | 140       | 2.00      | 0.90      | *N/A*      | 9          | 3.0       | 24.0     | 5.0       | 1.00      |
| Nutri-Grain Bar Variety        | bar          | 150         | 0           | 128       | 3.00      | 1.90      | 140.0      | 14         | 2.0       | 31.0     | 3.5       | 0.50      |
| Chocolate Bread Super Slice    | Slice        | 250         | 0           | 240       | 2.00      | 2.00      | 155.0      | 22         | 5.0       | 43.0     | 8.0       | 1.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0       | 0          | 2.0       | 14.0     | 3.5       | 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      |
| Goldfish Giant Cinnamon Graham | package      | 120         | 0           | 140       | 1.00      | 2.00      | 100.0      | 7          | 1.0       | 19.0     | 4.0       | 1.00      |

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# Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

Rockwood Middle 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 - 02/27/2025               |              |             |             |           |           |           |           |            |           |          |           |           |
| 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      |
| Cheese Stick, Marble           | Stick        | 110         | 30          | 170       | 0.00      | 0.20      | 194.0     | 0          | 7.0       | 1.0      | 9.0       | 5.00      |
| 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      |
| Sunflower Seeds, Honey Roasted | Package      | 190         | 0           | 65        | 3.00      | 1.08      | 21.0      | 5          | 6.0       | 11.0     | 15.0      | 1.50      |
| 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      |
| 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         |              | 9604        | 957         | 9565      | 116.22    | *93.08    | *5317.4   | 615        | 227.53    | 1467.81  | 328.89    | 104.93    |
| % of Calories                  |              |             |             |           |           |           |           | 25.6%      | 9.5%      | 61.1%    | 30.8%     | 9.8%      |
| Nutrient Guideline             |              | 400-550     |             | 600       |           | 2.50      | 200.00    |            | 7.00      |          | <=30.0    | <10.00    |

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# Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

## Base Menu Spreadsheet

Rockwood Middle Breakfast

### 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 - 02/28/2025               |              |             |             |           |           |           |            |            |           |          |           |           |
| Rockwood Middle Breakfast      | Total        |             |             |           |           |           |            |            |           |          |           |           |
| Cinnamon Roll                  | 1 each       | 241         | 5           | 210       | 1.00      | 1.81      | 20.3       | 21         | 5.0       | 49.11    | 3.5       | 1.00      |
| Biscuit, Sausage Egg & Cheese  | Sandwich     | 506         | 143         | 862       | 0.50      | *9.72     | *141.0     | 4          | 15.53     | 30.01    | 34.06     | 14.03     |
| Biscuit, Egg and Cheese        | Sandwich     | 326         | 113         | 582       | 0.50      | *9.36     | *141.0     | 4          | 9.53      | 30.01    | 17.06     | 8.03      |
| Bagel, Toasted                 | bagel        | 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      |
| BeneFIT Bar Variety            | Bar          | 280         | 7           | 210       | 3.00      | 1.90      | 25.0       | 20         | 4.5       | 47.0     | 8.5       | 3.00      |
| Honey Bun Whole Grain          | 1 Each       | 290         | 0           | 240       | 3.00      | 1.80      | 20.0       | 8          | 5.0       | 32.0     | 16.0      | 7.00      |
| Donuts Mini Chocolate IW       | Package      | 376         | 0           | 299       | 2.21      | 1.99      | 44.2       | 21         | 5.53      | 45.34    | 16.59     | 7.74      |
| Donuts Mini Powdered Sugar IW  | Package      | 270         | 0           | 290       | 2.00      | 1.08      | 27.0       | 19         | 4.0       | 41.0     | 11.0      | 4.50      |
| Donut WG Cake Glz IW           | Donut        | 310         | 5           | 260       | 3.00      | 1.50      | 150.2      | 25         | 4.0       | 46.96    | 12.01     | 5.00      |
| Donut WG Choc Enrobed IW       | Donut        | 330         | 20          | 240       | 3.00      | 2.00      | 30.0       | 22         | 3.0       | 40.95    | 18.02     | 11.01     |
| Cereal Bar Cinn Toast Crunch   | bar          | 160         | 0           | 120       | 3.00      | 1.44      | 230.0      | 8          | 2.0       | 30.0     | 3.5       | 0.00      |
| Cereal Bar Cocoa Puffs         | Bar          | 160         | 0           | 105       | 3.00      | 1.90      | 260.0      | 9          | 3.0       | 29.0     | 3.5       | 0.00      |
| Cereal Bar, Lucky Charms 2.5oz | Bar          | 270         | 0           | 170       | 5.00      | 2.70      | 420.0      | 16         | 5.0       | 51.0     | 6.0       | 0.50      |
| Cereal Bar, Cocoa Puffs 2.5 oz | Bar          | 280         | 0           | 180       | 5.00      | 3.60      | 350.0      | 15         | 5.0       | 52.0     | 6.0       | 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 Cinn Toast Crunch 2 oz  | 1 each       | 210         | 0           | 320       | 7.00      | 4.50      | 100.0      | 11         | 3.0       | 44.0     | 5.0       | 0.50      |
| Cereal Honey Cheerios 2 oz     | 2 oz bowl    | 210         | 0           | 340       | 5.00      | 5.40      | 200.0      | 12         | 6.0       | 44.0     | 3.0       | 0.50      |
| Cereal Cocoa Puffs 2 oz        | 2 oz bowl    | 220         | 0           | 230       | 3.00      | 5.40      | 200.0      | 15         | 3.0       | 47.0     | 2.5       | 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, Trix 2 oz              | 2 oz bowl    | 220         | 0           | 320       | 3.00      | 4.90      | 160.0      | 12         | 3.0       | 47.0     | 3.0       | 0.50      |
| Chocolate Swirls Bakecrafters  | 1 Each       | 260         | 10          | 105       | 3.00      | 1.50      | 45.0       | 18         | 6.0       | 42.0     | 8.0       | 2.00      |
| Crumb Square, Dave's           | Package      | 283         | 32          | 215       | 3.00      | 1.20      | 15.0       | 24         | 3.4       | 47.0     | 9.0       | 1.20      |
| Cinnamon Roll IW Hadley        | Cinnamon Ro  | 240         | 0           | 24        | 3.00      | 1.80      | 40.0       | 12         | 5.0       | 38.0     | 7.0       | 1.50      |
| UBR, Choc Chip Nut Free IW     | Round        | 270         | 5           | 180       | 5.00      | 1.80      | 20.0       | 19         | 5.0       | 44.0     | 8.0       | 3.00      |
| Muffin, Apple Cinnamon Chef P  | Muffin       | 180         | 15          | 160       | 2.00      | 1.00      | 20.0       | 12         | 2.0       | 28.0     | 7.0       | 1.00      |
| Muffin, Banana Chef Pierre     | Muffin       | 200         | 10          | 115       | 1.00      | 1.00      | 10.0       | 15         | 2.0       | 31.0     | 7.0       | 1.00      |
| Muffin, Blueberry Chef Pierre  | Muffin       | 170         | 10          | 120       | 1.00      | 1.00      | 10.0       | 14         | 2.0       | 27.0     | 6.0       | 1.00      |
| Muffin, Double Chocolate Chef  | Muffin       | 200         | 10          | 125       | 2.00      | 1.50      | 15.0       | 14         | 3.0       | 29.0     | 6.0       | 1.50      |
| Muffin, Trix                   | Muffin       | 290         | 10          | 260       | 7.00      | 1.50      | 0.0        | 20         | 4.0       | 50.0     | 10.0      | 2.00      |
| Muffin, Cinnamon Toast Crunch  | Muffin       | 300         | 10          | 260       | 7.00      | 1.60      | 0.0        | 21         | 4.0       | 50.0     | 11.0      | 3.00      |
| Nature Valley Crisps Choc Chip | Package      | 150         | 0           | 140       | 2.00      | 0.90      | *N/A*      | 9          | 3.0       | 24.0     | 5.0       | 1.00      |
| Nutri-Grain Bar Variety        | bar          | 150         | 0           | 128       | 3.00      | 1.90      | 140.0      | 14         | 2.0       | 31.0     | 3.5       | 0.50      |
| Chocolate Bread Super Slice    | Slice        | 250         | 0           | 240       | 2.00      | 2.00      | 155.0      | 22         | 5.0       | 43.0     | 8.0       | 1.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0       | 0          | 2.0       | 14.0     | 3.5       | 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      |
| Goldfish Giant Cinnamon Graham | package      | 120         | 0           | 140       | 1.00      | 2.00      | 100.0      | 7          | 1.0       | 19.0     | 4.0       | 1.00      |

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# Rockwood School District

Feb 1, 2025 thru Feb 28, 2025

## Base Menu Spreadsheet

Rockwood Middle 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 - 02/28/2025               |              |             |             |           |           |           |           |            |           |          |           |           |
| 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      |
| Cheese Stick, Marble           | Stick        | 110         | 30          | 170       | 0.00      | 0.20      | 194.0     | 0          | 7.0       | 1.0      | 9.0       | 5.00      |
| 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      |
| Sunflower Seeds, Honey Roasted | Package      | 190         | 0           | 65        | 3.00      | 1.08      | 21.0      | 5          | 6.0       | 11.0     | 15.0      | 1.50      |
| 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      |
| 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         |              | 9864        | 725         | 9606      | 112.22    | *95.34    | *5335.7   | 634        | 222.77    | 1510.74  | 337.98    | 111.57    |
| % of Calories                  |              |             |             |           |           |           |           | 25.7%      | 9.0%      | 61.3%    | 30.8%     | 10.2%     |
| Nutrient Guideline             |              | 400-550     |             | 600       |           | 2.50      | 200.00    |            | 7.00      |          | <=30.0    | <10.00    |

|                  |  |      |     |      |        |        |         |                |                |                  |                 |                |
|------------------|--|------|-----|------|--------|--------|---------|----------------|----------------|------------------|-----------------|----------------|
| Weighted Average |  | 9657 | 706 | 9396 | 115.27 | *91.04 | *5382.6 | *626<br>*58.3% | 221.42<br>9.2% | 1493.58<br>61.9% | 325.14<br>30.3% | 105.10<br>9.8% |
|------------------|--|------|-----|------|--------|--------|---------|----------------|----------------|------------------|-----------------|----------------|

| Nutrient          | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any)                  |
|-------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|--|
| Calories          | 9657     |           | 400 - 550     | 1756%       |           |           | 9107    | Correction Required - Calories too High  |
| Cholesterol (mg)  | 706      |           |               |             |           |           |         |  |
| Sodium 1 (mg)     | 9396     |           | 600           | 1566%       |           |           | 8796    | Correction Required - Sodium too High    |
| Fiber (g)         | 115.27   |           |               |             |           |           |         |  |
| Iron (mg)         | 91.04    |           | 2.50          | 3642%       | Missing   |           |         |  |
| Calcium (mg)      | 5382.6   |           | 200.00        | 2691%       | Missing   |           |         |  |
| Sugars (g)        | 626      | 25.92%    |               |             | Missing   |           |         |  |
| Protein (g)       | 221.42   | 9.17%     | 7.00          | 3163%       |           |           |         |  |
| Carbohydrate (g)  | 1493.58  | 61.86%    |               |             |           |           |         |  |
| Total Fat (g)     | 325.14   | 30.30%    | <=30.00%      |             |           |           |         | Correction Required - Total Fat too High |
| Saturated Fat (g) | 105.10   | 9.79%     | <10.00%       |             |           |           |         |  |

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