

Rockwood School District

May 1, 2025 thru May 23, 2025

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

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Generated on: 4/14/2025 8:46:39 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/01/2025												
Rockwood Middle Breakfast	Total											
Bagel Minis Cinn Cream Cheese	1 Each	230	10	190	2.00	1.60	30.0	13.00	6.0	42.0	6.0	2.00
Bagel Minis Straw Cream Cheese	1 Each	230	10	190	2.00	1.60	30.0	13.00	6.0	42.0	6.0	2.00
Waffles, Eggo Froot Loops IW	2 waffles	180	0	210	3.00	3.60	260.0	5.00	4.0	32.0	6.0	1.50
Bacon Egg & Cheese Croissant	1 each	297	119	671	2.00	*8.63	*102.0	3.68	12.29	30.19	14.47	5.88
Egg & Cheese Croissant	1 each	276	113	562	2.00	*8.56	*102.0	3.51	10.53	30.01	13.06	5.53
Bagel, Toasted	bagel	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	1.0	2.0	7.0	4.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	3.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	5.0	32.0	16.0	7.00
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	4.0	41.0	11.0	4.50
Donut WG Cake Glz IW	Donut	310	5	260	3.00	1.50	150.2	25.03	4.0	46.96	12.01	5.00
Donut WG Choc Enrobed IW	Donut	330	20	240	3.00	2.00	30.0	22.02	3.0	40.95	18.02	11.01
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	3.0	29.0	3.5	0.00
Cereal Bar, Lucky Charms 2.5oz	Bar	270	0	170	5.00	2.70	420.0	16.00	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	15.00	5.0	52.0	6.0	0.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1.00	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	8.00	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	11.00	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	12.00	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	15.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	3.0	47.0	3.0	0.50
Chocolate Swirls Bakecrafters	1 Each	260	10	105	3.00	1.50	45.0	18.00	6.0	42.0	8.0	2.00
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
Cinnamon Roll IW Hadley	Cinnamon Ro	240	0	24	3.00	1.80	40.0	12.00	5.0	38.0	7.0	1.50
UBR, Choc Chip Nut Free IW	Round	270	5	180	5.00	1.80	20.0	19.00	5.0	44.0	8.0	3.00
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	20.0	12.00	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	10.0	15.00	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	10.0	14.00	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	15.0	14.00	3.0	29.0	6.0	1.50
Muffin, Trix	Muffin	290	10	260	7.00	1.50	0.0	20.00	4.0	50.0	10.0	2.00
Muffin, Cinnamon Toast Crunch	Muffin	300	10	260	7.00	1.60	0.0	21.00	4.0	50.0	11.0	3.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	128	3.00	1.90	140.0	14.00	2.0	31.0	3.5	0.50
Chocolate Bread Super Slice	Slice	250	0	240	2.00	2.00	155.0	22.00	5.0	43.0	8.0	1.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	2.0	14.0	3.5	1.00

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.

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Rockwood School District

May 1, 2025 thru May 23, 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)	Tot Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/01/2025												
Tiger Bites Chocolate Grahams	pkg	120	0	125	2.00	1.20	0.0	7.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	1.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0.00	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	200.0	0.00	7.0	0.0	6.0	3.50
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0.19	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9.00	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	9.00	4.0	15.0	0.5	0.00
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15.00	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18.00	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	8.0	11.0	0.0	0.00
Weighted Daily Average		10282	717	10089	126.32	*99.66	*5591.5	659.43	240.54	1610.91	346.00	111.14
% of Calories								25.7%	9.4%	62.7%	30.3%	9.7%
Nutrient Guideline		400-550		600		2.50	200.00		7.00		<=30.0	<10.00

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Fri - 05/02/2025												
Rockwood Middle Breakfast	Total											
Cinnamon Roll	1 each	241	5	210	1.00	1.81	20.3	20.85	5.0	49.11	3.5	1.00
Biscuit, Sausage Egg & Cheese	Sandwich	506	143	862	0.50	*9.72	*141.0	3.51	15.53	30.01	34.06	14.03
Biscuit, Egg and Cheese	Sandwich	326	113	582	0.50	*9.36	*141.0	3.51	9.53	30.01	17.06	8.03
Bagel, Toasted	bagel	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	1.0	2.0	7.0	4.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	3.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	5.0	32.0	16.0	7.00
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	4.0	41.0	11.0	4.50
Donut WG Cake Glz IW	Donut	310	5	260	3.00	1.50	150.2	25.03	4.0	46.96	12.01	5.00
Donut WG Choc Enrobed IW	Donut	330	20	240	3.00	2.00	30.0	22.02	3.0	40.95	18.02	11.01
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	3.0	29.0	3.5	0.00
Cereal Bar, Lucky Charms 2.5oz	Bar	270	0	170	5.00	2.70	420.0	16.00	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	15.00	5.0	52.0	6.0	0.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1.00	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	8.00	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	11.00	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	12.00	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	15.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	3.0	47.0	3.0	0.50
Chocolate Swirls Bakecrafters	1 Each	260	10	105	3.00	1.50	45.0	18.00	6.0	42.0	8.0	2.00
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
Cinnamon Roll IW Hadley	Cinnamon Ro	240	0	24	3.00	1.80	40.0	12.00	5.0	38.0	7.0	1.50
UBR, Choc Chip Nut Free IW	Round	270	5	180	5.00	1.80	20.0	19.00	5.0	44.0	8.0	3.00
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	20.0	12.00	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	10.0	15.00	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	10.0	14.00	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	15.0	14.00	3.0	29.0	6.0	1.50
Muffin, Trix	Muffin	290	10	260	7.00	1.50	0.0	20.00	4.0	50.0	10.0	2.00
Muffin, Cinnamon Toast Crunch	Muffin	300	10	260	7.00	1.60	0.0	21.00	4.0	50.0	11.0	3.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	128	3.00	1.90	140.0	14.00	2.0	31.0	3.5	0.50
Chocolate Bread Super Slice	Slice	250	0	240	2.00	2.00	155.0	22.00	5.0	43.0	8.0	1.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	2.0	14.0	3.5	1.00
Tiger Bites Chocolate Grahams	pkg	120	0	125	2.00	1.20	0.0	7.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	1.00

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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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/02/2025												
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0.00	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	200.0	0.00	7.0	0.0	6.0	3.50
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0.19	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9.00	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	9.00	4.0	15.0	0.5	0.00
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15.00	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18.00	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	8.0	11.0	0.0	0.00
Weighted Daily Average		10142	725	9920	117.32	*96.56	*5369.7	649.11	231.77	1543.85	355.09	117.28
% of Calories								25.6%	9.1%	60.9%	31.5%	10.4%
Nutrient Guideline		400-550		600		2.50	200.00		7.00		<=30.0	<10.00

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Mon - 05/05/2025												
Rockwood Middle Breakfast	Total											
Waffle, Sweet Cinnamon Snack'n	Waffle	250	30	290	2.00	1.44	40.0	15.00	6.0	37.0	9.0	3.00
Waffle, Cosmic Confetti	Waffle	250	25	290	2.00	1.44	20.0	15.00	6.0	38.0	9.0	4.00
Sausage Egg & Cheese Croissant	1 each	456	143	842	2.00	*8.92	*102.0	3.51	16.53	30.01	30.06	11.53
Egg & Cheese Croissant	1 each	276	113	562	2.00	*8.56	*102.0	3.51	10.53	30.01	13.06	5.53
Bagel, Toasted	bagel	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	1.0	2.0	7.0	4.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	3.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	5.0	32.0	16.0	7.00
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	4.0	41.0	11.0	4.50
Donut WG Cake Glz IW	Donut	310	5	260	3.00	1.50	150.2	25.03	4.0	46.96	12.01	5.00
Donut WG Choc Enrobed IW	Donut	330	20	240	3.00	2.00	30.0	22.02	3.0	40.95	18.02	11.01
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	3.0	29.0	3.5	0.00
Cereal Bar, Lucky Charms 2.5oz	Bar	270	0	170	5.00	2.70	420.0	16.00	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	15.00	5.0	52.0	6.0	0.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1.00	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	8.00	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	11.00	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	12.00	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	15.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	3.0	47.0	3.0	0.50
Chocolate Swirls Bakecrafters	1 Each	260	10	105	3.00	1.50	45.0	18.00	6.0	42.0	8.0	2.00
Muffin, Cinnamon Toast Crunch	Muffin	300	10	260	7.00	1.60	0.0	21.00	4.0	50.0	11.0	3.00
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	20.0	12.00	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	10.0	15.00	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	10.0	14.00	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	15.0	14.00	3.0	29.0	6.0	1.50
Muffin, Trix	Muffin	290	10	260	7.00	1.50	0.0	20.00	4.0	50.0	10.0	2.00
Cinnamon Roll IW Hadley	Cinnamon Ro	240	0	24	3.00	1.80	40.0	12.00	5.0	38.0	7.0	1.50
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	128	3.00	1.90	140.0	14.00	2.0	31.0	3.5	0.50
Chocolate Bread Super Slice	Slice	250	0	240	2.00	2.00	155.0	22.00	5.0	43.0	8.0	1.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	2.0	14.0	3.5	1.00
UBR, Choc Chip Nut Free IW	Round	270	5	180	5.00	1.80	20.0	19.00	5.0	44.0	8.0	3.00
Tiger Bites Chocolate Grahams	pkg	120	0	125	2.00	1.20	0.0	7.00	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

May 1, 2025 thru May 23, 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)	Tot Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/05/2025												
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	1.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0.00	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	200.0	0.00	7.0	0.0	6.0	3.50
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0.19	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9.00	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	9.00	4.0	15.0	0.5	0.00
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15.00	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18.00	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	8.0	11.0	0.0	0.00
Weighted Daily Average		10300	775	10250	123.32	*96.03	*5331.5	658.26	240.77	1569.74	361.59	118.28
% of Calories								25.6%	9.4%	61.0%	31.6%	10.3%
Nutrient Guideline		400-550		600		2.50	200.00		7.00		<=30.0	<10.00

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Rockwood School District

May 1, 2025 thru May 23, 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)	Tot Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/06/2025												
Rockwood Middle Breakfast	Total											
Empanada, Breakfast Turk Sausa	1 Each	170	70	360	2.00	1.20	60.0	1.00	7.0	17.0	9.0	4.00
Salsa Cup, Red Gold 3oz	3 oz cup	25	0	195	1.00	1.00	16.0	3.00	1.0	5.0	0.0	0.00
Biscuit, Turk Bacon Egg Cheese	1 EACH	347	119	691	0.50	*9.43	*141.0	3.68	11.29	30.19	18.47	8.38
Biscuit, Egg and Cheese	Sandwich	326	113	582	0.50	*9.36	*141.0	3.51	9.53	30.01	17.06	8.03
Bagel, Toasted	bagel	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	1.0	2.0	7.0	4.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	3.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	5.0	32.0	16.0	7.00
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	4.0	41.0	11.0	4.50
Donut WG Cake Glz IW	Donut	310	5	260	3.00	1.50	150.2	25.03	4.0	46.96	12.01	5.00
Donut WG Choc Enrobed IW	Donut	330	20	240	3.00	2.00	30.0	22.02	3.0	40.95	18.02	11.01
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	3.0	29.0	3.5	0.00
Cereal Bar, Lucky Charms 2.5oz	Bar	270	0	170	5.00	2.70	420.0	16.00	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	15.00	5.0	52.0	6.0	0.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1.00	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	8.00	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	11.00	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	12.00	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	15.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	3.0	47.0	3.0	0.50
Chocolate Swirls Bakecrafters	1 Each	260	10	105	3.00	1.50	45.0	18.00	6.0	42.0	8.0	2.00
KIND Dark Chocolate Chunk Bar	Bar	150	0	65	2.00	1.00	10.0	8.00	2.0	23.0	5.0	1.50
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	20.0	12.00	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	10.0	15.00	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	10.0	14.00	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	15.0	14.00	3.0	29.0	6.0	1.50
Muffin, Trix	Muffin	290	10	260	7.00	1.50	0.0	20.00	4.0	50.0	10.0	2.00
Muffin, Cinnamon Toast Crunch	Muffin	300	10	260	7.00	1.60	0.0	21.00	4.0	50.0	11.0	3.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	128	3.00	1.90	140.0	14.00	2.0	31.0	3.5	0.50
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
Cinnamon Roll IW Hadley	Cinnamon Ro	240	0	24	3.00	1.80	40.0	12.00	5.0	38.0	7.0	1.50
UBR, Choc Chip Nut Free IW	Round	270	5	180	5.00	1.80	20.0	19.00	5.0	44.0	8.0	3.00
Chocolate Bread Super Slice	Slice	250	0	240	2.00	2.00	155.0	22.00	5.0	43.0	8.0	1.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	2.0	14.0	3.5	1.00

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Rockwood School District

May 1, 2025 thru May 23, 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)	Tot Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/06/2025												
Tiger Bites Chocolate Grahams	pkg	120	0	125	2.00	1.20	0.0	7.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	1.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0.00	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	200.0	0.00	7.0	0.0	6.0	3.50
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0.19	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9.00	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	9.00	4.0	15.0	0.5	0.00
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15.00	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18.00	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	8.0	11.0	0.0	0.00
Weighted Daily Average		10087	767	10159	121.32	*97.66	*5435.5	640.43	232.53	1539.91	350.00	116.14
% of Calories								25.4%	9.2%	61.1%	31.2%	10.4%
Nutrient Guideline		400-550		600		2.50	200.00		7.00		<=30.0	<10.00

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Rockwood School District

May 1, 2025 thru May 23, 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)	Tot Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/07/2025												
Rockwood Middle Breakfast	Total											
Smoothie Fruit & Yogurt	1 each	163	2	68	2.00	*0.43	*324.3	*21.73	4.77	31.63	2.48	1.69
Yogurt Parfait (secondary)	1 each	203	0	107	2.00	*0.43	*580.2	*31.88	6.95	44.95	0.0	0.00
Granola, Vanilla IW GF	2 oz pkg	220	0	90	4.00	1.44	0.0	8.00	4.0	32.0	8.0	0.00
Chicken Biscuit	1 each	320	30	550	1.50	2.80	129.0	3.00	14.0	35.0	12.5	5.00
Bagel, Toasted	bagel	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	1.0	2.0	7.0	4.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	3.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	5.0	32.0	16.0	7.00
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	4.0	41.0	11.0	4.50
Donut WG Cake Glz IW	Donut	310	5	260	3.00	1.50	150.2	25.03	4.0	46.96	12.01	5.00
Donut WG Choc Enrobed IW	Donut	330	20	240	3.00	2.00	30.0	22.02	3.0	40.95	18.02	11.01
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	3.0	29.0	3.5	0.00
Cereal Bar, Lucky Charms 2.5oz	Bar	270	0	170	5.00	2.70	420.0	16.00	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	15.00	5.0	52.0	6.0	0.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1.00	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	8.00	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	11.00	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	12.00	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	15.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	3.0	47.0	3.0	0.50
Chocolate Swirls Bakecrafters	1 Each	260	10	105	3.00	1.50	45.0	18.00	6.0	42.0	8.0	2.00
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
Cinnamon Roll IW Hadley	Cinnamon Ro	240	0	24	3.00	1.80	40.0	12.00	5.0	38.0	7.0	1.50
UBR, Choc Chip Nut Free IW	Round	270	5	180	5.00	1.80	20.0	19.00	5.0	44.0	8.0	3.00
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	20.0	12.00	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	10.0	15.00	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	10.0	14.00	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	15.0	14.00	3.0	29.0	6.0	1.50
Muffin, Trix	Muffin	290	10	260	7.00	1.50	0.0	20.00	4.0	50.0	10.0	2.00
Muffin, Cinnamon Toast Crunch	Muffin	300	10	260	7.00	1.60	0.0	21.00	4.0	50.0	11.0	3.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	128	3.00	1.90	140.0	14.00	2.0	31.0	3.5	0.50
Chocolate Bread Super Slice	Slice	250	0	240	2.00	2.00	155.0	22.00	5.0	43.0	8.0	1.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	2.0	14.0	3.5	1.00
Tiger Bites Chocolate Grahams	pkg	120	0	125	2.00	1.20	0.0	7.00	2.0	21.0	4.0	1.00

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Rockwood School District

May 1, 2025 thru May 23, 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)	Tot Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/07/2025												
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	1.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0.00	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	200.0	0.00	7.0	0.0	6.0	3.50
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0.19	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9.00	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	9.00	4.0	15.0	0.5	0.00
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15.00	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18.00	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	8.0	11.0	0.0	0.00
Weighted Daily Average		9975	497	9082	124.82	*80.77	*6101.0	*685.85	231.43	1578.29	323.46	100.91
% of Calories								*27.5%	9.3%	63.3%	29.2%	9.1%
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

May 1, 2025 thru May 23, 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)	Tot Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/08/2025												
Rockwood Middle Breakfast	Total											
Egg Bake Bite Turk Sausage (1)	1 each	120	130	190	1.00	0.72	40.0	1.00	6.0	3.0	9.0	2.50
Tater Tots (Golden Nuggets)	1/2 cup	131	0	252	2.01	0.36	5.0	0.00	2.01	17.11	6.54	0.50
Bacon Egg & Cheese Croissant	1 each	297	119	671	2.00	*8.63	*102.0	3.68	12.29	30.19	14.47	5.88
Egg & Cheese Croissant	1 each	276	113	562	2.00	*8.56	*102.0	3.51	10.53	30.01	13.06	5.53
Bagel, Toasted	bagel	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	1.0	2.0	7.0	4.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	3.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	5.0	32.0	16.0	7.00
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	4.0	41.0	11.0	4.50
Donut WG Cake Glz IW	Donut	310	5	260	3.00	1.50	150.2	25.03	4.0	46.96	12.01	5.00
Donut WG Choc Enrobed IW	Donut	330	20	240	3.00	2.00	30.0	22.02	3.0	40.95	18.02	11.01
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	3.0	29.0	3.5	0.00
Cereal Bar, Lucky Charms 2.5oz	Bar	270	0	170	5.00	2.70	420.0	16.00	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	15.00	5.0	52.0	6.0	0.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1.00	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	8.00	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	11.00	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	12.00	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	15.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	3.0	47.0	3.0	0.50
Chocolate Swirls Bakecrafters	1 Each	260	10	105	3.00	1.50	45.0	18.00	6.0	42.0	8.0	2.00
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
Cinnamon Roll IW Hadley	Cinnamon Ro	240	0	24	3.00	1.80	40.0	12.00	5.0	38.0	7.0	1.50
UBR, Choc Chip Nut Free IW	Round	270	5	180	5.00	1.80	20.0	19.00	5.0	44.0	8.0	3.00
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	20.0	12.00	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	10.0	15.00	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	10.0	14.00	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	15.0	14.00	3.0	29.0	6.0	1.50
Muffin, Trix	Muffin	290	10	260	7.00	1.50	0.0	20.00	4.0	50.0	10.0	2.00
Muffin, Cinnamon Toast Crunch	Muffin	300	10	260	7.00	1.60	0.0	21.00	4.0	50.0	11.0	3.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	128	3.00	1.90	140.0	14.00	2.0	31.0	3.5	0.50
Chocolate Bread Super Slice	Slice	250	0	240	2.00	2.00	155.0	22.00	5.0	43.0	8.0	1.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	2.0	14.0	3.5	1.00
Tiger Bites Chocolate Grahams	pkg	120	0	125	2.00	1.20	0.0	7.00	2.0	21.0	4.0	1.00

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Rockwood School District

May 1, 2025 thru May 23, 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)	Tot Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/08/2025												
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	1.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0.00	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	200.0	0.00	7.0	0.0	6.0	3.50
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0.19	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9.00	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	9.00	4.0	15.0	0.5	0.00
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15.00	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18.00	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	8.0	11.0	0.0	0.00
Weighted Daily Average		9892	827	9941	122.34	*93.95	*5316.5	629.43	232.55	1515.02	343.54	108.64
% of Calories								25.5%	9.4%	61.3%	31.3%	9.9%
Nutrient Guideline		400-550		600		2.50	200.00		7.00		<=30.0	<10.00

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Rockwood School District

May 1, 2025 thru May 23, 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)	Tot Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/09/2025												
Rockwood Middle Breakfast	Total											
Donut, Long John	Donut	253	0	310	3.00	1.44	16.0	13.33	6.0	37.67	9.0	4.00
Biscuit, Sausage Egg & Cheese	Sandwich	506	143	862	0.50	*9.72	*141.0	3.51	15.53	30.01	34.06	14.03
Biscuit, Egg and Cheese	Sandwich	326	113	582	0.50	*9.36	*141.0	3.51	9.53	30.01	17.06	8.03
Bagel, Toasted	bagel	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	1.0	2.0	7.0	4.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	3.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	5.0	32.0	16.0	7.00
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	4.0	41.0	11.0	4.50
Donut WG Cake Glz IW	Donut	310	5	260	3.00	1.50	150.2	25.03	4.0	46.96	12.01	5.00
Donut WG Choc Enrobed IW	Donut	330	20	240	3.00	2.00	30.0	22.02	3.0	40.95	18.02	11.01
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	3.0	29.0	3.5	0.00
Cereal Bar, Lucky Charms 2.5oz	Bar	270	0	170	5.00	2.70	420.0	16.00	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	15.00	5.0	52.0	6.0	0.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1.00	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	8.00	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	11.00	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	12.00	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	15.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	3.0	47.0	3.0	0.50
Chocolate Swirls Bakecrafters	1 Each	260	10	105	3.00	1.50	45.0	18.00	6.0	42.0	8.0	2.00
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
Cinnamon Roll IW Hadley	Cinnamon Ro	240	0	24	3.00	1.80	40.0	12.00	5.0	38.0	7.0	1.50
UBR, Choc Chip Nut Free IW	Round	270	5	180	5.00	1.80	20.0	19.00	5.0	44.0	8.0	3.00
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	20.0	12.00	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	10.0	15.00	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	10.0	14.00	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	15.0	14.00	3.0	29.0	6.0	1.50
Muffin, Trix	Muffin	290	10	260	7.00	1.50	0.0	20.00	4.0	50.0	10.0	2.00
Muffin, Cinnamon Toast Crunch	Muffin	300	10	260	7.00	1.60	0.0	21.00	4.0	50.0	11.0	3.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	128	3.00	1.90	140.0	14.00	2.0	31.0	3.5	0.50
Chocolate Bread Super Slice	Slice	250	0	240	2.00	2.00	155.0	22.00	5.0	43.0	8.0	1.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	2.0	14.0	3.5	1.00
Tiger Bites Chocolate Grahams	pkg	120	0	125	2.00	1.20	0.0	7.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	1.00

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Rockwood School District

May 1, 2025 thru May 23, 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)	Tot Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/09/2025												
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0.00	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	200.0	0.00	7.0	0.0	6.0	3.50
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0.19	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9.00	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	9.00	4.0	15.0	0.5	0.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15.00	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18.00	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	8.0	11.0	0.0	0.00
Weighted Daily Average		10154	720	10020	119.32	*96.19	*5365.5	641.59	232.77	1532.40	360.59	120.28
% of Calories								25.3%	9.2%	60.4%	32.0%	10.7%
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

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Rockwood School District

May 1, 2025 thru May 23, 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)	Tot Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/12/2025												
Rockwood Middle Breakfast	Total											
Breakfast Pizza Bagel Sausage	Pizza Bagel	233	57	488	3.00	2.00	328.0	3.00	12.0	32.0	7.0	3.00
Sausage Egg & Cheese Croissant	1 each	456	143	842	2.00	*8.92	*102.0	3.51	16.53	30.01	30.06	11.53
Egg & Cheese Croissant	1 each	276	113	562	2.00	*8.56	*102.0	3.51	10.53	30.01	13.06	5.53
Bagel, Toasted	bagel	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	1.0	2.0	7.0	4.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	3.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	5.0	32.0	16.0	7.00
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	4.0	41.0	11.0	4.50
Donut WG Cake Glz IW	Donut	310	5	260	3.00	1.50	150.2	25.03	4.0	46.96	12.01	5.00
Donut WG Choc Enrobed IW	Donut	330	20	240	3.00	2.00	30.0	22.02	3.0	40.95	18.02	11.01
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	3.0	29.0	3.5	0.00
Cereal Bar, Lucky Charms 2.5oz	Bar	270	0	170	5.00	2.70	420.0	16.00	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	15.00	5.0	52.0	6.0	0.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1.00	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	8.00	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	11.00	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	12.00	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	15.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	3.0	47.0	3.0	0.50
Chocolate Swirls Bakecrafters	1 Each	260	10	105	3.00	1.50	45.0	18.00	6.0	42.0	8.0	2.00
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
Cinnamon Roll IW Hadley	Cinnamon Ro	240	0	24	3.00	1.80	40.0	12.00	5.0	38.0	7.0	1.50
UBR, Choc Chip Nut Free IW	Round	270	5	180	5.00	1.80	20.0	19.00	5.0	44.0	8.0	3.00
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	20.0	12.00	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	10.0	15.00	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	10.0	14.00	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	15.0	14.00	3.0	29.0	6.0	1.50
Muffin, Trix	Muffin	290	10	260	7.00	1.50	0.0	20.00	4.0	50.0	10.0	2.00
Muffin, Cinnamon Toast Crunch	Muffin	300	10	260	7.00	1.60	0.0	21.00	4.0	50.0	11.0	3.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	128	3.00	1.90	140.0	14.00	2.0	31.0	3.5	0.50
Chocolate Bread Super Slice	Slice	250	0	240	2.00	2.00	155.0	22.00	5.0	43.0	8.0	1.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	2.0	14.0	3.5	1.00
Tiger Bites Chocolate Grahams	pkg	120	0	125	2.00	1.20	0.0	7.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	1.00

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

May 1, 2025 thru May 23, 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)	Tot Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/12/2025												
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0.00	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	200.0	0.00	7.0	0.0	6.0	3.50
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0.19	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9.00	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	9.00	4.0	15.0	0.5	0.00
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15.00	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18.00	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	8.0	11.0	0.0	0.00
Weighted Daily Average		10033	777	10158	122.32	*95.15	*5599.5	631.25	240.77	1526.74	350.59	114.28
% of Calories								25.2%	9.6%	60.9%	31.4%	10.3%
Nutrient Guideline		400-550		600		2.50	200.00		7.00		<=30.0	<10.00

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Rockwood School District

May 1, 2025 thru May 23, 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)	Tot Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/13/2025												
Rockwood Middle Breakfast	Total											
French Tst Cinn Glz w/ Sausage	3 stick/2 link	340	125	490	2.00	2.16	40.0	8.00	12.0	28.0	20.0	6.50
Syrup, Pancake 1.5 oz	1.5 oz	120	0	40	0.00	0.00	0.0	17.00	0.0	31.0	0.0	0.00
Biscuit, Egg and Cheese	Sandwich	326	113	582	0.50	*9.36	*141.0	3.51	9.53	30.01	17.06	8.03
Bagel, Toasted	bagel	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	1.0	2.0	7.0	4.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	3.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	5.0	32.0	16.0	7.00
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	4.0	41.0	11.0	4.50
Donut WG Cake Glz IW	Donut	310	5	260	3.00	1.50	150.2	25.03	4.0	46.96	12.01	5.00
Donut WG Choc Enrobed IW	Donut	330	20	240	3.00	2.00	30.0	22.02	3.0	40.95	18.02	11.01
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	3.0	29.0	3.5	0.00
Cereal Bar, Lucky Charms 2.5oz	Bar	270	0	170	5.00	2.70	420.0	16.00	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	15.00	5.0	52.0	6.0	0.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1.00	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	8.00	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	11.00	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	12.00	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	15.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	3.0	47.0	3.0	0.50
Chocolate Swirls Bakecrafters	1 Each	260	10	105	3.00	1.50	45.0	18.00	6.0	42.0	8.0	2.00
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
Cinnamon Roll IW Hadley	Cinnamon Ro	240	0	24	3.00	1.80	40.0	12.00	5.0	38.0	7.0	1.50
UBR, Choc Chip Nut Free IW	Round	270	5	180	5.00	1.80	20.0	19.00	5.0	44.0	8.0	3.00
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	20.0	12.00	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	10.0	15.00	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	10.0	14.00	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	15.0	14.00	3.0	29.0	6.0	1.50
Muffin, Trix	Muffin	290	10	260	7.00	1.50	0.0	20.00	4.0	50.0	10.0	2.00
Muffin, Cinnamon Toast Crunch	Muffin	300	10	260	7.00	1.60	0.0	21.00	4.0	50.0	11.0	3.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	128	3.00	1.90	140.0	14.00	2.0	31.0	3.5	0.50
Chocolate Bread Super Slice	Slice	250	0	240	2.00	2.00	155.0	22.00	5.0	43.0	8.0	1.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	2.0	14.0	3.5	1.00
Tiger Bites Chocolate Grahams	pkg	120	0	125	2.00	1.20	0.0	7.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	1.00

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Rockwood School District

May 1, 2025 thru May 23, 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)	Tot Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/13/2025												
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0.00	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	200.0	0.00	7.0	0.0	6.0	3.50
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0.19	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9.00	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	9.00	4.0	15.0	0.5	0.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15.00	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18.00	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	8.0	11.0	0.0	0.00
Weighted Daily Average		9855	703	9378	117.82	*87.19	*5248.5	649.75	223.24	1523.72	337.53	108.75
% of Calories								26.4%	9.1%	61.8%	30.8%	9.9%
Nutrient Guideline		400-550		600		2.50	200.00		7.00		<=30.0	<10.00

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Rockwood School District

May 1, 2025 thru May 23, 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)	Tot Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/14/2025												
Rockwood Middle Breakfast	Total											
Breakfast Burrito (Make Ahead)	Burrito	322	134	614	2.00	*2.18	*184.5	2.10	16.81	26.92	16.55	7.04
Chicken Biscuit	1 each	320	30	550	1.50	2.80	129.0	3.00	14.0	35.0	12.5	5.00
Bagel, Toasted	bagel	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	1.0	2.0	7.0	4.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	3.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	5.0	32.0	16.0	7.00
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	4.0	41.0	11.0	4.50
Donut WG Cake Glz IW	Donut	310	5	260	3.00	1.50	150.2	25.03	4.0	46.96	12.01	5.00
Donut WG Choc Enrobed IW	Donut	330	20	240	3.00	2.00	30.0	22.02	3.0	40.95	18.02	11.01
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	3.0	29.0	3.5	0.00
Cereal Bar, Lucky Charms 2.5oz	Bar	270	0	170	5.00	2.70	420.0	16.00	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	15.00	5.0	52.0	6.0	0.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1.00	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	8.00	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	11.00	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	12.00	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	15.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	3.0	47.0	3.0	0.50
Chocolate Swirls Bakecrafters	1 Each	260	10	105	3.00	1.50	45.0	18.00	6.0	42.0	8.0	2.00
Cinnamon Roll IW Hadley	Cinnamon Ro	240	0	24	3.00	1.80	40.0	12.00	5.0	38.0	7.0	1.50
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
UBR, Choc Chip Nut Free IW	Round	270	5	180	5.00	1.80	20.0	19.00	5.0	44.0	8.0	3.00
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	20.0	12.00	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	10.0	15.00	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	10.0	14.00	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	15.0	14.00	3.0	29.0	6.0	1.50
Muffin, Trix	Muffin	290	10	260	7.00	1.50	0.0	20.00	4.0	50.0	10.0	2.00
Muffin, Cinnamon Toast Crunch	Muffin	300	10	260	7.00	1.60	0.0	21.00	4.0	50.0	11.0	3.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	128	3.00	1.90	140.0	14.00	2.0	31.0	3.5	0.50
Chocolate Bread Super Slice	Slice	250	0	240	2.00	2.00	155.0	22.00	5.0	43.0	8.0	1.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	2.0	14.0	3.5	1.00
Tiger Bites Chocolate Grahams	pkg	120	0	125	2.00	1.20	0.0	7.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	1.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0.00	7.0	0.0	7.0	4.50

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

May 1, 2025 thru May 23, 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)	Tot Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/14/2025												
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	200.0	0.00	7.0	0.0	6.0	3.50
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0.19	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9.00	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	9.00	4.0	15.0	0.5	0.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15.00	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18.00	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	8.0	11.0	0.0	0.00
Weighted Daily Average		9711	629	9431	118.82	*80.65	*5381.0	626.34	232.52	1496.63	329.53	106.26
% of Calories								25.8%	9.6%	61.6%	30.5%	9.8%
Nutrient Guideline		400-550		600		2.50	200.00		7.00		<=30.0	<10.00

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Rockwood School District

May 1, 2025 thru May 23, 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)	Tot Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/15/2025												
Rockwood Middle Breakfast	Total											
Waffles, Eggo Froot Loops IW	2 waffles	180	0	210	3.00	3.60	260.0	5.00	4.0	32.0	6.0	1.50
Bacon Egg & Cheese Croissant	1 each	297	119	671	2.00	*8.63	*102.0	3.68	12.29	30.19	14.47	5.88
Egg & Cheese Croissant	1 each	276	113	562	2.00	*8.56	*102.0	3.51	10.53	30.01	13.06	5.53
Bagel, Toasted	bagel	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	1.0	2.0	7.0	4.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	3.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	5.0	32.0	16.0	7.00
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	4.0	41.0	11.0	4.50
Donut WG Cake Glz IW	Donut	310	5	260	3.00	1.50	150.2	25.03	4.0	46.96	12.01	5.00
Donut WG Choc Enrobed IW	Donut	330	20	240	3.00	2.00	30.0	22.02	3.0	40.95	18.02	11.01
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	3.0	29.0	3.5	0.00
Cereal Bar, Lucky Charms 2.5oz	Bar	270	0	170	5.00	2.70	420.0	16.00	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	15.00	5.0	52.0	6.0	0.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1.00	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	8.00	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	11.00	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	12.00	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	15.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	3.0	47.0	3.0	0.50
Chocolate Swirls Bakecrafters	1 Each	260	10	105	3.00	1.50	45.0	18.00	6.0	42.0	8.0	2.00
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
Cinnamon Roll IW Hadley	Cinnamon Ro	240	0	24	3.00	1.80	40.0	12.00	5.0	38.0	7.0	1.50
UBR, Choc Chip Nut Free IW	Round	270	5	180	5.00	1.80	20.0	19.00	5.0	44.0	8.0	3.00
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	20.0	12.00	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	10.0	15.00	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	10.0	14.00	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	15.0	14.00	3.0	29.0	6.0	1.50
Muffin, Trix	Muffin	290	10	260	7.00	1.50	0.0	20.00	4.0	50.0	10.0	2.00
Muffin, Cinnamon Toast Crunch	Muffin	300	10	260	7.00	1.60	0.0	21.00	4.0	50.0	11.0	3.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	128	3.00	1.90	140.0	14.00	2.0	31.0	3.5	0.50
Chocolate Bread Super Slice	Slice	250	0	240	2.00	2.00	155.0	22.00	5.0	43.0	8.0	1.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	2.0	14.0	3.5	1.00
Tiger Bites Chocolate Grahams	pkg	120	0	125	2.00	1.20	0.0	7.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	1.00

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Rockwood School District

May 1, 2025 thru May 23, 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)	Tot Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/15/2025												
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0.00	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	200.0	0.00	7.0	0.0	6.0	3.50
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0.19	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9.00	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	9.00	4.0	15.0	0.5	0.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15.00	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18.00	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	8.0	11.0	0.0	0.00
Weighted Daily Average		9822	697	9709	122.32	*96.46	*5531.5	633.43	228.53	1526.91	334.00	107.14
% of Calories								25.8%	9.3%	62.2%	30.6%	9.8%
Nutrient Guideline		400-550		600		2.50	200.00		7.00		<=30.0	<10.00

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Rockwood School District

May 1, 2025 thru May 23, 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)	Tot Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/16/2025												
Rockwood Middle Breakfast	Total											
Cinnamon Roll	1 each	241	5	210	1.00	1.81	20.3	20.85	5.0	49.11	3.5	1.00
Biscuit, Sausage Egg & Cheese	Sandwich	506	143	862	0.50	*9.72	*141.0	3.51	15.53	30.01	34.06	14.03
Biscuit, Egg and Cheese	Sandwich	326	113	582	0.50	*9.36	*141.0	3.51	9.53	30.01	17.06	8.03
Bagel, Toasted	bagel	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	1.0	2.0	7.0	4.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	3.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	5.0	32.0	16.0	7.00
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	4.0	41.0	11.0	4.50
Donut WG Cake Glz IW	Donut	310	5	260	3.00	1.50	150.2	25.03	4.0	46.96	12.01	5.00
Donut WG Choc Enrobed IW	Donut	330	20	240	3.00	2.00	30.0	22.02	3.0	40.95	18.02	11.01
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	3.0	29.0	3.5	0.00
Cereal Bar, Lucky Charms 2.5oz	Bar	270	0	170	5.00	2.70	420.0	16.00	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	15.00	5.0	52.0	6.0	0.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1.00	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	8.00	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	11.00	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	12.00	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	15.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	3.0	47.0	3.0	0.50
Chocolate Swirls Bakecrafters	1 Each	260	10	105	3.00	1.50	45.0	18.00	6.0	42.0	8.0	2.00
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
Cinnamon Roll IW Hadley	Cinnamon Ro	240	0	24	3.00	1.80	40.0	12.00	5.0	38.0	7.0	1.50
UBR, Choc Chip Nut Free IW	Round	270	5	180	5.00	1.80	20.0	19.00	5.0	44.0	8.0	3.00
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	20.0	12.00	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	10.0	15.00	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	10.0	14.00	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	15.0	14.00	3.0	29.0	6.0	1.50
Muffin, Trix	Muffin	290	10	260	7.00	1.50	0.0	20.00	4.0	50.0	10.0	2.00
Muffin, Cinnamon Toast Crunch	Muffin	300	10	260	7.00	1.60	0.0	21.00	4.0	50.0	11.0	3.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	128	3.00	1.90	140.0	14.00	2.0	31.0	3.5	0.50
Chocolate Bread Super Slice	Slice	250	0	240	2.00	2.00	155.0	22.00	5.0	43.0	8.0	1.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	2.0	14.0	3.5	1.00
Tiger Bites Chocolate Grahams	pkg	120	0	125	2.00	1.20	0.0	7.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	1.00

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Rockwood School District

May 1, 2025 thru May 23, 2025

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

Page 25

Generated on: 4/14/2025 8:46:42 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/16/2025												
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0.00	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	200.0	0.00	7.0	0.0	6.0	3.50
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0.19	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9.00	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	9.00	4.0	15.0	0.5	0.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15.00	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18.00	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	8.0	11.0	0.0	0.00
Weighted Daily Average		10142	725	9920	117.32	*96.56	*5369.7	649.11	231.77	1543.85	355.09	117.28
% of Calories								25.6%	9.1%	60.9%	31.5%	10.4%
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

May 1, 2025 thru May 23, 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)	Tot Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/19/2025												
Rockwood Middle Breakfast	Total											
Waffle, Sweet Cinnamon Snack'n	Waffle	250	30	290	2.00	1.44	40.0	15.00	6.0	37.0	9.0	3.00
Waffle, Cosmic Confetti	Waffle	250	25	290	2.00	1.44	20.0	15.00	6.0	38.0	9.0	4.00
Sausage Egg & Cheese Croissant	1 each	456	143	842	2.00	*8.92	*102.0	3.51	16.53	30.01	30.06	11.53
Egg & Cheese Croissant	1 each	276	113	562	2.00	*8.56	*102.0	3.51	10.53	30.01	13.06	5.53
Bagel, Toasted	bagel	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	1.0	2.0	7.0	4.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	3.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	5.0	32.0	16.0	7.00
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	4.0	41.0	11.0	4.50
Donut WG Cake Glz IW	Donut	310	5	260	3.00	1.50	150.2	25.03	4.0	46.96	12.01	5.00
Donut WG Choc Enrobed IW	Donut	330	20	240	3.00	2.00	30.0	22.02	3.0	40.95	18.02	11.01
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	3.0	29.0	3.5	0.00
Cereal Bar, Lucky Charms 2.5oz	Bar	270	0	170	5.00	2.70	420.0	16.00	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	15.00	5.0	52.0	6.0	0.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1.00	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	8.00	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	11.00	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	12.00	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	15.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	3.0	47.0	3.0	0.50
Chocolate Swirls Bakecrafters	1 Each	260	10	105	3.00	1.50	45.0	18.00	6.0	42.0	8.0	2.00
Muffin, Cinnamon Toast Crunch	Muffin	300	10	260	7.00	1.60	0.0	21.00	4.0	50.0	11.0	3.00
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	20.0	12.00	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	10.0	15.00	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	10.0	14.00	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	15.0	14.00	3.0	29.0	6.0	1.50
Muffin, Trix	Muffin	290	10	260	7.00	1.50	0.0	20.00	4.0	50.0	10.0	2.00
Cinnamon Roll IW Hadley	Cinnamon Ro	240	0	24	3.00	1.80	40.0	12.00	5.0	38.0	7.0	1.50
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	128	3.00	1.90	140.0	14.00	2.0	31.0	3.5	0.50
Chocolate Bread Super Slice	Slice	250	0	240	2.00	2.00	155.0	22.00	5.0	43.0	8.0	1.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	2.0	14.0	3.5	1.00
UBR, Choc Chip Nut Free IW	Round	270	5	180	5.00	1.80	20.0	19.00	5.0	44.0	8.0	3.00
Tiger Bites Chocolate Grahams	pkg	120	0	125	2.00	1.20	0.0	7.00	2.0	21.0	4.0	1.00

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Rockwood School District

May 1, 2025 thru May 23, 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)	Tot Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/19/2025												
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	1.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0.00	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	200.0	0.00	7.0	0.0	6.0	3.50
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0.19	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9.00	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	9.00	4.0	15.0	0.5	0.00
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15.00	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18.00	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	8.0	11.0	0.0	0.00
Weighted Daily Average		10300	775	10250	123.32	*96.03	*5331.5	658.26	240.77	1569.74	361.59	118.28
% of Calories								25.6%	9.4%	61.0%	31.6%	10.3%
Nutrient Guideline		400-550		600		2.50	200.00		7.00		<=30.0	<10.00

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Rockwood School District

May 1, 2025 thru May 23, 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)	Tot Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/20/2025												
Rockwood Middle Breakfast	Total											
Empanada, Breakfast Turk Sausa	1 Each	170	70	360	2.00	1.20	60.0	1.00	7.0	17.0	9.0	4.00
Salsa Cup, Red Gold 3oz	3 oz cup	25	0	195	1.00	1.00	16.0	3.00	1.0	5.0	0.0	0.00
Biscuit, Turk Bacon Egg Cheese	1 EACH	347	119	691	0.50	*9.43	*141.0	3.68	11.29	30.19	18.47	8.38
Biscuit, Egg and Cheese	Sandwich	326	113	582	0.50	*9.36	*141.0	3.51	9.53	30.01	17.06	8.03
Bagel, Toasted	bagel	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	1.0	2.0	7.0	4.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	3.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	5.0	32.0	16.0	7.00
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	4.0	41.0	11.0	4.50
Donut WG Cake Glz IW	Donut	310	5	260	3.00	1.50	150.2	25.03	4.0	46.96	12.01	5.00
Donut WG Choc Enrobed IW	Donut	330	20	240	3.00	2.00	30.0	22.02	3.0	40.95	18.02	11.01
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	3.0	29.0	3.5	0.00
Cereal Bar, Lucky Charms 2.5oz	Bar	270	0	170	5.00	2.70	420.0	16.00	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	15.00	5.0	52.0	6.0	0.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1.00	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	8.00	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	11.00	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	12.00	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	15.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	3.0	47.0	3.0	0.50
Chocolate Swirls Bakecrafters	1 Each	260	10	105	3.00	1.50	45.0	18.00	6.0	42.0	8.0	2.00
KIND Dark Chocolate Chunk Bar	Bar	150	0	65	2.00	1.00	10.0	8.00	2.0	23.0	5.0	1.50
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	20.0	12.00	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	10.0	15.00	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	10.0	14.00	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	15.0	14.00	3.0	29.0	6.0	1.50
Muffin, Trix	Muffin	290	10	260	7.00	1.50	0.0	20.00	4.0	50.0	10.0	2.00
Muffin, Cinnamon Toast Crunch	Muffin	300	10	260	7.00	1.60	0.0	21.00	4.0	50.0	11.0	3.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	128	3.00	1.90	140.0	14.00	2.0	31.0	3.5	0.50
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
Cinnamon Roll IW Hadley	Cinnamon Ro	240	0	24	3.00	1.80	40.0	12.00	5.0	38.0	7.0	1.50
UBR, Choc Chip Nut Free IW	Round	270	5	180	5.00	1.80	20.0	19.00	5.0	44.0	8.0	3.00
Chocolate Bread Super Slice	Slice	250	0	240	2.00	2.00	155.0	22.00	5.0	43.0	8.0	1.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	2.0	14.0	3.5	1.00

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Rockwood School District

May 1, 2025 thru May 23, 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)	Tot Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/20/2025												
Tiger Bites Chocolate Grahams	pkg	120	0	125	2.00	1.20	0.0	7.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	1.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0.00	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	200.0	0.00	7.0	0.0	6.0	3.50
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0.19	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9.00	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	9.00	4.0	15.0	0.5	0.00
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15.00	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18.00	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	8.0	11.0	0.0	0.00
Weighted Daily Average		10087	767	10159	121.32	*97.66	*5435.5	640.43	232.53	1539.91	350.00	116.14
% of Calories								25.4%	9.2%	61.1%	31.2%	10.4%
Nutrient Guideline		400-550		600		2.50	200.00		7.00		<=30.0	<10.00

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Rockwood School District

May 1, 2025 thru May 23, 2025

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

Page 30

Generated on: 4/14/2025 8:46:42 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/21/2025												
Rockwood Middle Breakfast	Total											
Smoothie Fruit & Yogurt	1 each	163	2	68	2.00	*0.43	*324.3	*21.73	4.77	31.63	2.48	1.69
Yogurt Parfait (secondary)	1 each	203	0	107	2.00	*0.43	*580.2	*31.88	6.95	44.95	0.0	0.00
Granola, Vanilla IW GF	2 oz pkg	220	0	90	4.00	1.44	0.0	8.00	4.0	32.0	8.0	0.00
Chicken Biscuit	1 each	320	30	550	1.50	2.80	129.0	3.00	14.0	35.0	12.5	5.00
Bagel, Toasted	bagel	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	1.0	2.0	7.0	4.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	3.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	5.0	32.0	16.0	7.00
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	4.0	41.0	11.0	4.50
Donut WG Cake Glz IW	Donut	310	5	260	3.00	1.50	150.2	25.03	4.0	46.96	12.01	5.00
Donut WG Choc Enrobed IW	Donut	330	20	240	3.00	2.00	30.0	22.02	3.0	40.95	18.02	11.01
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	3.0	29.0	3.5	0.00
Cereal Bar, Lucky Charms 2.5oz	Bar	270	0	170	5.00	2.70	420.0	16.00	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	15.00	5.0	52.0	6.0	0.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1.00	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	8.00	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	11.00	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	12.00	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	15.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	3.0	47.0	3.0	0.50
Chocolate Swirls Bakecrafters	1 Each	260	10	105	3.00	1.50	45.0	18.00	6.0	42.0	8.0	2.00
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
Cinnamon Roll IW Hadley	Cinnamon Ro	240	0	24	3.00	1.80	40.0	12.00	5.0	38.0	7.0	1.50
UBR, Choc Chip Nut Free IW	Round	270	5	180	5.00	1.80	20.0	19.00	5.0	44.0	8.0	3.00
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	20.0	12.00	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	10.0	15.00	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	10.0	14.00	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	15.0	14.00	3.0	29.0	6.0	1.50
Muffin, Trix	Muffin	290	10	260	7.00	1.50	0.0	20.00	4.0	50.0	10.0	2.00
Muffin, Cinnamon Toast Crunch	Muffin	300	10	260	7.00	1.60	0.0	21.00	4.0	50.0	11.0	3.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	128	3.00	1.90	140.0	14.00	2.0	31.0	3.5	0.50
Chocolate Bread Super Slice	Slice	250	0	240	2.00	2.00	155.0	22.00	5.0	43.0	8.0	1.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	2.0	14.0	3.5	1.00
Tiger Bites Chocolate Grahams	pkg	120	0	125	2.00	1.20	0.0	7.00	2.0	21.0	4.0	1.00

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

May 1, 2025 thru May 23, 2025

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

Page 31

Generated on: 4/14/2025 8:46:42 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/21/2025												
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	1.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0.00	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	200.0	0.00	7.0	0.0	6.0	3.50
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0.19	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9.00	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	9.00	4.0	15.0	0.5	0.00
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15.00	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18.00	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	8.0	11.0	0.0	0.00
Weighted Daily Average		9975	497	9082	124.82	*80.77	*6101.0	*685.85	231.43	1578.29	323.46	100.91
% of Calories								*27.5%	9.3%	63.3%	29.2%	9.1%
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

May 1, 2025 thru May 23, 2025

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

Page 32

Generated on: 4/14/2025 8:46:43 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/22/2025												
Rockwood Middle Breakfast	Total											
Egg Bake Bite Turk Sausage (1)	1 each	120	130	190	1.00	0.72	40.0	1.00	6.0	3.0	9.0	2.50
Tater Tots (Golden Nuggets)	1/2 cup	131	0	252	2.01	0.36	5.0	0.00	2.01	17.11	6.54	0.50
Bacon Egg & Cheese Croissant	1 each	297	119	671	2.00	*8.63	*102.0	3.68	12.29	30.19	14.47	5.88
Egg & Cheese Croissant	1 each	276	113	562	2.00	*8.56	*102.0	3.51	10.53	30.01	13.06	5.53
Bagel, Toasted	bagel	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	1.0	2.0	7.0	4.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	3.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	5.0	32.0	16.0	7.00
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	4.0	41.0	11.0	4.50
Donut WG Cake Glz IW	Donut	310	5	260	3.00	1.50	150.2	25.03	4.0	46.96	12.01	5.00
Donut WG Choc Enrobed IW	Donut	330	20	240	3.00	2.00	30.0	22.02	3.0	40.95	18.02	11.01
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	3.0	29.0	3.5	0.00
Cereal Bar, Lucky Charms 2.5oz	Bar	270	0	170	5.00	2.70	420.0	16.00	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	15.00	5.0	52.0	6.0	0.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1.00	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	8.00	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	11.00	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	12.00	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	15.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	3.0	47.0	3.0	0.50
Chocolate Swirls Bakecrafters	1 Each	260	10	105	3.00	1.50	45.0	18.00	6.0	42.0	8.0	2.00
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
Cinnamon Roll IW Hadley	Cinnamon Ro	240	0	24	3.00	1.80	40.0	12.00	5.0	38.0	7.0	1.50
UBR, Choc Chip Nut Free IW	Round	270	5	180	5.00	1.80	20.0	19.00	5.0	44.0	8.0	3.00
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	20.0	12.00	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	10.0	15.00	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	10.0	14.00	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	15.0	14.00	3.0	29.0	6.0	1.50
Muffin, Trix	Muffin	290	10	260	7.00	1.50	0.0	20.00	4.0	50.0	10.0	2.00
Muffin, Cinnamon Toast Crunch	Muffin	300	10	260	7.00	1.60	0.0	21.00	4.0	50.0	11.0	3.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	128	3.00	1.90	140.0	14.00	2.0	31.0	3.5	0.50
Chocolate Bread Super Slice	Slice	250	0	240	2.00	2.00	155.0	22.00	5.0	43.0	8.0	1.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	2.0	14.0	3.5	1.00
Tiger Bites Chocolate Grahams	pkg	120	0	125	2.00	1.20	0.0	7.00	2.0	21.0	4.0	1.00

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

May 1, 2025 thru May 23, 2025

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

Page 33

Generated on: 4/14/2025 8:46:43 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/22/2025												
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	1.00
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0.00	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	200.0	0.00	7.0	0.0	6.0	3.50
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0.19	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9.00	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	9.00	4.0	15.0	0.5	0.00
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15.00	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18.00	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	8.0	11.0	0.0	0.00
Weighted Daily Average		9892	827	9941	122.34	*93.95	*5316.5	629.43	232.55	1515.02	343.54	108.64
% of Calories								25.5%	9.4%	61.3%	31.3%	9.9%
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

May 1, 2025 thru May 23, 2025

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

Page 34

Generated on: 4/14/2025 8:46:43 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/23/2025												
Rockwood Middle Breakfast	Total											
Donut, Long John	Donut	253	0	310	3.00	1.44	16.0	13.33	6.0	37.67	9.0	4.00
Biscuit, Sausage Egg & Cheese	Sandwich	506	143	862	0.50	*9.72	*141.0	3.51	15.53	30.01	34.06	14.03
Biscuit, Egg and Cheese	Sandwich	326	113	582	0.50	*9.36	*141.0	3.51	9.53	30.01	17.06	8.03
Bagel, Toasted	bagel	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	1.0	2.0	7.0	4.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	3.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	5.0	32.0	16.0	7.00
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	4.0	41.0	11.0	4.50
Donut WG Cake Glz IW	Donut	310	5	260	3.00	1.50	150.2	25.03	4.0	46.96	12.01	5.00
Donut WG Choc Enrobed IW	Donut	330	20	240	3.00	2.00	30.0	22.02	3.0	40.95	18.02	11.01
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	3.0	29.0	3.5	0.00
Cereal Bar, Lucky Charms 2.5oz	Bar	270	0	170	5.00	2.70	420.0	16.00	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	15.00	5.0	52.0	6.0	0.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	1.00	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	8.00	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	11.00	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	12.00	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	15.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	3.0	47.0	3.0	0.50
Chocolate Swirls Bakecrafters	1 Each	260	10	105	3.00	1.50	45.0	18.00	6.0	42.0	8.0	2.00
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
Cinnamon Roll IW Hadley	Cinnamon Ro	240	0	24	3.00	1.80	40.0	12.00	5.0	38.0	7.0	1.50
UBR, Choc Chip Nut Free IW	Round	270	5	180	5.00	1.80	20.0	19.00	5.0	44.0	8.0	3.00
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	20.0	12.00	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	10.0	15.00	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	10.0	14.00	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	15.0	14.00	3.0	29.0	6.0	1.50
Muffin, Trix	Muffin	290	10	260	7.00	1.50	0.0	20.00	4.0	50.0	10.0	2.00
Muffin, Cinnamon Toast Crunch	Muffin	300	10	260	7.00	1.60	0.0	21.00	4.0	50.0	11.0	3.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	128	3.00	1.90	140.0	14.00	2.0	31.0	3.5	0.50
Chocolate Bread Super Slice	Slice	250	0	240	2.00	2.00	155.0	22.00	5.0	43.0	8.0	1.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	2.0	14.0	3.5	1.00
Tiger Bites Chocolate Grahams	pkg	120	0	125	2.00	1.20	0.0	7.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	1.00

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Rockwood School District

May 1, 2025 thru May 23, 2025

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/23/2025												
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	204.0	0.00	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15	200	0.00	0.00	200.0	0.00	7.0	0.0	6.0	3.50
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	72	186	71	0.00	0.88	28.0	0.19	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Yogurt, Danimals Strawberry	1 Each	60	0	70	0.00	0.00	100.0	9.00	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	9.00	4.0	15.0	0.5	0.00
Juice Apple	serving	60	0	0	0.00	0.36	0.0	15.00	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0	20	0.00	0.36	20.0	18.00	0.0	19.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	0.0	14.0	0.0	0.00
Juice Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	8.0	11.0	0.0	0.00
Weighted Daily Average		10154	720	10020	119.32	*96.19	*5365.5	641.59	232.77	1532.40	360.59	120.28
% of Calories								25.3%	9.2%	60.4%	32.0%	10.7%
Nutrient Guideline		400-550		600		2.50	200.00		7.00		<=30.0	<10.00

Weighted Average		10047	714	9854	121.44	*93.03	*5481.8	*647.62	233.49	1543.73	346.25	112.39
								*58.0%	9.3%	61.5%	31.0%	10.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	10047		400 - 550	1827%			9497	Correction Required - Calories too High
Cholesterol (mg)	714							
Sodium 1 (mg)	9854		600	1642%			9254	Correction Required - Sodium too High
Fiber (g)	121.44							
Iron (mg)	93.03		2.50	3721%	Missing			
Calcium (mg)	5481.8		200.00	2741%	Missing			
Total Sugars (g)	647.62	25.78%			Missing			
Protein (g)	233.49	9.30%	7.00	3336%				
Carbohydrate (g)	1543.73	61.46%						
Total Fat (g)	346.25	31.02%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	112.39	10.07%	<10.00%					Correction Required - Sat. Fat too High

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