

Rockwood School District

May 1, 2025 thru May 23, 2025

Base Menu Spreadsheet

Rockwood Middle Lunch

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 - 05/01/2025												
Rockwood Middle Lunch	Total											
Spaghetti w/Meatballs(Chicken)	3/4 cup/3me atba	405	55	391	7.74	3.82	83.3	*9.95	24.86	53.39	12.88	2.62
Breadstick, WG 1 oz	Breadstick	80	0	160	2.00	0.80	0.0	2.00	3.0	16.0	1.0	0.00
Broccoli, Roast/Steamed	1/2 Cup	26	0	22	2.76	0.55	46.3	*N/A*	2.81	4.86	0.1	0.02
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	21.0	46.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.48	100.0	23.50	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4.02	15.12	33.05	20.72	11.12
Weighted Daily Average		2564	238	3337	36.49	*21.85	*467.7	*53.97	137.32	277.81	110.75	31.29
% of Calories								*8.4%	21.4%	43.3%	38.9%	11.0%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

Fri - 05/02/2025												
Rockwood Middle Lunch	Total											
Pizza Buffalo Chicken Nardone	Slice	290	30	920	3.00	2.70	350.0	*N/A*	18.0	27.0	13.0	6.00
Bean and Cheese Dip w/Chips	1 each	435	22	762	6.00	2.52	190.0	1.00	15.0	46.0	22.0	7.00
Carrots, Italian Roasted	1/2 CUP	122	3	218	2.68	0.85	56.1	*4.33	1.51	8.14	9.92	1.70
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	21.0	46.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.48	100.0	23.50	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4.02	15.12	33.05	20.72	11.12
Weighted Daily Average		2900	238	4664	35.69	*22.75	*934.1	*47.36	141.15	284.69	141.70	43.36
% of Calories								*6.5%	19.5%	39.3%	44.0%	13.5%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

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Base Menu Spreadsheet

Rockwood Middle Lunch

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												
Rockwood Middle Lunch	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
Sweet Potato Battered Seasoned	3 oz	173	0	205	1.08	0.54	32.4	7.55	1.08	26.97	7.55	1.08
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	21.0	46.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.48	100.0	23.50	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4.02	15.12	33.05	20.72	11.12
Weighted Daily Average		2686	308	3498	27.08	*19.38	*410.4	74.58	119.73	289.53	124.33	36.24
% of Calories								11.1%	17.8%	43.1%	41.7%	12.1%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

Tue - 05/06/2025												
Rockwood Middle Lunch	Total											
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3.00	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3.00	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3.00	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2.00	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2.00	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2.00	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5.00	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5.00	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5.00	16.0	39.0	19.0	9.00
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2	54	1.99	0.42	51.7	*0.01	2.65	3.92	3.87	0.78
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	21.0	46.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.48	100.0	23.50	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4.02	15.12	33.05	20.72	11.12
Weighted Daily Average		5369	585	10368	44.00	*41.10	*2886.7	*72.03	253.30	537.48	246.64	103.43
% of Calories								*5.4%	18.9%	40.0%	41.3%	17.3%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

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Base Menu Spreadsheet

Rockwood Middle Lunch

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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 Lunch	Total											
Corn Dog Minis Chicken FF	6 pieces	260	15	470	1.00	2.20	70.0	7.00	9.0	30.0	12.0	3.50
Baked Beans Bush's Best	1/2 Cup	140	0	371	5.02	1.81	40.1	12.04	5.02	30.09	0.0	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	21.0	46.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.48	100.0	23.50	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4.02	15.12	33.05	20.72	11.12
Weighted Daily Average		2454	198	3605	30.02	*20.69	*448.1	61.06	120.66	263.65	108.78	32.16
% of Calories								10.0%	19.7%	43.0%	39.9%	11.8%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

Thu - 05/08/2025												
Rockwood Middle Lunch	Total											
Chicken Mashed Potato Bowl	Serving	413	75	853	5.00	*1.94	*33.8	*1.00	21.8	44.16	16.27	4.04
Breadstick, WG 1 oz	Breadstick	80	0	160	2.00	0.80	0.0	2.00	3.0	16.0	1.0	0.00
Potatoes Mashed w/Gravy	1/2 CUP	92	0	351	1.00	0.30	13.7	1.00	0.0	17.35	1.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	21.0	46.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.48	100.0	23.50	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4.02	15.12	33.05	20.72	11.12
Weighted Daily Average		2638	258	4128	32.00	*19.72	*385.6	*46.03	131.44	281.07	115.55	32.70
% of Calories								*7.0%	19.9%	42.6%	39.4%	11.2%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

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Base Menu Spreadsheet

Rockwood Middle Lunch

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 Lunch	Total											
Pizza, Stuffed Crust Cheese	Slice	325	31	523	3.00	2.00	433.0	3.00	20.0	30.0	14.0	7.00
Pizza, Stuffed Crust Turk Pepp	Slice	300	26	536	4.00	2.70	460.0	4.00	21.0	30.0	12.0	6.00
Corn, Canned	1/2 CUP	102	0	70	3.04	0.54	1.2	4.57	3.04	23.49	1.52	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	21.0	46.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.48	100.0	23.50	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4.02	15.12	33.05	20.72	11.12
Weighted Daily Average		2781	240	3893	34.04	*21.92	*1232.2	53.60	150.69	287.05	124.29	41.66
% of Calories								7.7%	21.7%	41.3%	40.2%	13.5%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

Mon - 05/12/2025												
Rockwood Middle Lunch	Total											
Bosco Breadsticks	2 breadsticks	424	31	559	4.00	4.01	430.9	4.00	24.3	50.14	12.29	6.16
Marinara Cup	1 each	40	0	200	2.00	0.00	19.0	4.00	1.0	7.0	1.0	0.00
Green Beans, Italian	1/2 cup	28	0	263	3.40	0.61	34.4	*1.74	1.7	5.22	0.0	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	21.0	46.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.48	100.0	23.50	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4.02	15.12	33.05	20.72	11.12
Weighted Daily Average		2545	214	3785	33.40	*21.29	*822.3	*51.76	133.64	265.92	110.07	34.82
% of Calories								*8.1%	21.0%	41.8%	38.9%	12.3%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

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Tue - 05/13/2025												
Rockwood Middle Lunch	Total											
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3.00	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3.00	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3.00	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2.00	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2.00	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2.00	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5.00	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5.00	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5.00	16.0	39.0	19.0	9.00
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
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	21.0	46.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.48	100.0	23.50	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4.02	15.12	33.05	20.72	11.12
Weighted Daily Average		5444	583	10565	44.01	*41.04	*2840.0	72.03	252.66	550.66	249.31	103.16
% of Calories								5.3%	18.6%	40.5%	41.2%	17.1%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

Wed - 05/14/2025												
Rockwood Middle Lunch	Total											
Nacho Supreme w/Queso K-8	Serving	319	57	768	3.65	2.18	225.8	4.51	20.34	20.94	17.66	6.73
Refried Beans Southwestern	1/2 cup	191	4	744	10.82	*2.36	*52.5	0.94	12.05	29.59	2.53	1.20
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	21.0	46.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.48	100.0	23.50	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4.02	15.12	33.05	20.72	11.12
Weighted Daily Average		2563	244	4275	38.46	*21.22	*616.3	47.48	139.04	254.09	116.97	36.58
% of Calories								7.4%	21.7%	39.6%	41.1%	12.8%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

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Thu - 05/15/2025												
Rockwood Middle Lunch	Total											
Chicken Alfredo w/Parm Chicken	1 cup	298	60	806	2.81	1.55	325.7	*0.50	22.69	26.12	12.84	7.31
Breadstick, WG 1 oz	Breadstick	80	0	160	2.00	0.80	0.0	2.00	3.0	16.0	1.0	0.00
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2	54	1.99	0.42	51.7	*0.01	2.65	3.92	3.87	0.78
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	21.0	46.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.48	100.0	23.50	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4.02	15.12	33.05	20.72	11.12
Weighted Daily Average		2486	245	3784	30.81	*19.45	*715.3	*44.53	134.99	249.60	114.49	36.74
% of Calories								*7.2%	21.7%	40.2%	41.4%	13.3%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

Fri - 05/16/2025												
Rockwood Middle Lunch	Total											
Pizza, Selfie 5" Cheese Alpha	5" pizza	390	30	740	2.00	1.80	500.0	2.00	22.0	46.0	13.0	7.00
Pizza, Selfie 5" Pepperoni	5" pizza	400	35	820	2.00	1.80	450.0	2.00	22.0	47.0	15.0	7.00
Mixed Vegetables, Steamed	1/2 CUP	73	0	95	3.48	*0.00	*1.2	3.48	2.32	14.54	0.0	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	21.0	46.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.48	100.0	23.50	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4.02	15.12	33.05	20.72	11.12
Weighted Daily Average		2916	248	4418	31.48	*20.28	*1289.2	49.51	152.97	311.09	124.78	42.65
% of Calories								6.8%	21.0%	42.7%	38.5%	13.2%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

May 1, 2025 thru May 23, 2025

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

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Generated on: 4/14/2025 8:47:19 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)
Mon - 05/19/2025												
Rockwood Middle Lunch	Total											
Mozzarella Sticks Breaded	6 sticks	310	15	530	3.00	1.70	520.0	3.00	20.0	32.0	11.0	3.50
Marinara Cup	1 each	40	0	200	2.00	0.00	19.0	4.00	1.0	7.0	1.0	0.00
Peas, Italian	1/2 cup	69	0	111	4.53	1.31	22.3	*0.18	4.27	12.86	0.23	0.04
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	21.0	46.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.48	100.0	23.50	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4.02	15.12	33.05	20.72	11.12
Weighted Daily Average		2472	198	3604	33.53	*19.69	*899.3	*49.21	131.92	255.41	109.01	32.20
% of Calories								*8.0%	21.3%	41.3%	39.7%	11.7%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

Tue - 05/20/2025												
Rockwood Middle Lunch	Total											
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3.00	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3.00	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3.00	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2.00	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2.00	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2.00	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5.00	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5.00	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5.00	16.0	39.0	19.0	9.00
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2	54	1.99	0.42	51.7	*0.01	2.65	3.92	3.87	0.78
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	21.0	46.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.48	100.0	23.50	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4.02	15.12	33.05	20.72	11.12
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	21.0	46.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.48	100.0	23.50	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4.02	15.12	33.05	20.72	11.12

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		7422	768	13131	68.00	*57.78	*3224.7	*114.06	359.95	741.04	343.42	132.09
% of Calories								*6.1%	19.4%	39.9%	41.6%	16.0%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

Wed - 05/21/2025												
Rockwood Middle Lunch	Total											
Manager's Choice	1 each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Potato, Seasoned Wedges McCain	1/2 cup	133	0	215	1.03	0.20	10.3	0.51	1.03	20.5	6.15	1.03
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
French Fries, Seasoned Crinkle	1/2 cup	103	0	175	0.00	0.31	10.3	0.00	1.03	15.44	3.09	0.00
French Fries, Waffle Cut	1/2 Cup (9 pc	114	0	21	1.04	0.31	10.4	0.00	1.04	18.66	4.15	0.52
French Fries, CrispToGo Straig	1/2 cup	111	0	364	1.01	0.36	20.2	0.00	1.01	17.17	4.54	0.00
Sweet Potato Battered Seasoned	3 oz	173	0	205	1.08	0.54	32.4	7.55	1.08	26.97	7.55	1.08
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	21.0	46.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.48	100.0	23.50	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4.02	15.12	33.05	20.72	11.12
Weighted Daily Average		2818	183	3995	30.17	*18.77	*426.5	50.09	113.84	319.41	128.80	31.78
% of Calories								7.1%	16.2%	45.3%	41.1%	10.1%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

Thu - 05/22/2025												
Rockwood Middle Lunch	Total											
Manager's Choice	1 each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	21.0	46.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.48	100.0	23.50	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4.02	15.12	33.05	20.72	11.12
Weighted Daily Average		2053	183	2763	24.00	*16.68	*338.0	42.03	106.65	203.56	96.78	28.66
% of Calories								8.2%	20.8%	39.7%	42.4%	12.6%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

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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 - 05/23/2025												
Rockwood Middle Lunch	Total											
Manager's Choice	1 each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	21.0	46.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	635	0	480	10.00	4.48	100.0	23.50	20.0	63.5	36.0	4.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51	587	3.00	*1.80	*20.0	4.02	15.12	33.05	20.72	11.12
Weighted Daily Average		2053	183	2763	24.00	*16.68	*338.0	42.03	106.65	203.56	96.78	28.66
% of Calories								8.2%	20.8%	39.7%	42.4%	12.6%
Nutrient Guideline		600-700				3.30	267.00		8.65		<=30.0	<10.00

Weighted Average		3186	301	5093	35.13	*24.72	*1075.0	*57.14 *16.1%	158.04 19.8%	327.98 41.2%	144.85 40.9%	48.72 13.8%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	3186		600 - 700	455%			2486	Correction Required - Calories too High
Cholesterol (mg)	301							
Sodium 1a (mg)	5093		1225	416%			3868	Correction Required - Sodium too High
Fiber (g)	35.13							
Iron (mg)	24.72		3.30	749%	Missing			
Calcium (mg)	1075.0		267.00	403%	Missing			
Total Sugars (g)	57.14	7.17%			Missing			
Protein (g)	158.04	19.84%	8.65	1827%				
Carbohydrate (g)	327.98	41.17%						
Total Fat (g)	144.85	40.91%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	48.72	13.76%	<10.00%					Correction Required - Sat. Fat too High

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