

Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

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Generated on: 5/20/2025 9:50:25 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 - 06/02/2025												
Rockwood High Breakfast	Total											
Breakfast Flatbread Turkey Sau	1 each	149	49	301	1.00	1.00	123.0	1.00	9.0	14.0	6.0	3.00
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
Bagel, Toasted	1 each	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	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
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
CinnaTwin	Roll	270	30	170	3.00	4.00	111.0	19.00	5.0	46.0	8.0	4.00
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
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
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
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
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
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 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 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 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 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, 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
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 Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.30	240.0	9.00	3.0	25.0	6.0	0.50
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	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
Waffle Snaps, Chocolate Chip	Package	230	0	180	3.00	1.08	9.0	16.00	3.0	40.0	7.0	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
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	2.0	14.0	3.5	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	2.0	21.0	4.0	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7.00	2.0	21.0	4.0	1.00
Weighted Daily Average		6980	250	6536	91.32	66.06	3521.5	405.06	135.44	1145.35	222.72	72.66
% of Calories								23.2%	7.8%	65.6%	28.7%	9.4%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=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

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

Page 2

Generated on: 5/20/2025 9:50:26 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)
Tue - 06/03/2025												
Rockwood High Breakfast	Total											
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	1 each	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	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
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
CinnaTwin	Roll	270	30	170	3.00	4.00	111.0	19.00	5.0	46.0	8.0	4.00
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
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
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
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
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
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 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 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 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 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, 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
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 Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.30	240.0	9.00	3.0	25.0	6.0	0.50
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	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
Waffle Snaps, Chocolate Chip	Package	230	0	180	3.00	1.08	9.0	16.00	3.0	40.0	7.0	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
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	2.0	14.0	3.5	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	2.0	21.0	4.0	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7.00	2.0	21.0	4.0	1.00
Weighted Daily Average		7429	399	7191	88.32	*82.14	*3352.5	408.07	139.50	1159.38	260.84	88.72
% of Calories								22.0%	7.5%	62.4%	31.6%	10.7%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=30.0	<10.00

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Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood High 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 - 06/04/2025												
Rockwood High 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
Bagel, Toasted	1 each	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	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
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
CinnaTwin	Roll	270	30	170	3.00	4.00	111.0	19.00	5.0	46.0	8.0	4.00
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
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
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
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
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
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 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 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 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 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, 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
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 Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.30	240.0	9.00	3.0	25.0	6.0	0.50
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	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
Waffle Snaps, Chocolate Chip	Package	230	0	180	3.00	1.08	9.0	16.00	3.0	40.0	7.0	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
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	2.0	14.0	3.5	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	2.0	21.0	4.0	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7.00	2.0	21.0	4.0	1.00
Weighted Daily Average		6839	149	5958	88.32	64.86	3090.7	421.91	119.44	1148.47	213.22	67.66
% of Calories								24.7%	7.0%	67.2%	28.1%	8.9%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=30.0	<10.00

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Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

Page 4

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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 - 06/05/2025												
Rockwood High Breakfast	Total											
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	1 each	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	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
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
CinnaTwin	Roll	270	30	170	3.00	4.00	111.0	19.00	5.0	46.0	8.0	4.00
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
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
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
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
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
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 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 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 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 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, 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
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 Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.30	240.0	9.00	3.0	25.0	6.0	0.50
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	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
Waffle Snaps, Chocolate Chip	Package	230	0	180	3.00	1.08	9.0	16.00	3.0	40.0	7.0	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
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	2.0	14.0	3.5	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	2.0	21.0	4.0	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7.00	2.0	21.0	4.0	1.00
Weighted Daily Average		7170	376	6980	91.32	*80.25	*3274.5	408.25	137.26	1159.55	237.25	78.08
% of Calories								22.8%	7.7%	64.7%	29.8%	9.8%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=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 - 06/06/2025												
Rockwood High 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
Bagel, Toasted	1 each	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	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
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
CinnaTwin	Roll	270	30	170	3.00	4.00	111.0	19.00	5.0	46.0	8.0	4.00
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
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
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
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
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
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 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 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 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 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, 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
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 Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.30	240.0	9.00	3.0	25.0	6.0	0.50
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	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
Waffle Snaps, Chocolate Chip	Package	230	0	180	3.00	1.08	9.0	16.00	3.0	40.0	7.0	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
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	2.0	14.0	3.5	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	2.0	21.0	4.0	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7.00	2.0	21.0	4.0	1.00
Weighted Daily Average		6851	144	6057	90.32	64.50	3086.5	414.39	120.44	1137.02	218.72	70.66
% of Calories								24.2%	7.0%	66.4%	28.7%	9.3%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=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

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

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Generated on: 5/20/2025 9:50:26 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 - 06/09/2025												
Rockwood High Breakfast	Total											
Breakfast Flatbread Turkey Sau	1 each	149	49	301	1.00	1.00	123.0	1.00	9.0	14.0	6.0	3.00
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
Bagel, Toasted	1 each	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	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
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
CinnaTwin	Roll	270	30	170	3.00	4.00	111.0	19.00	5.0	46.0	8.0	4.00
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
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
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
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
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
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 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 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 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 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, 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
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 Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.30	240.0	9.00	3.0	25.0	6.0	0.50
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	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
Waffle Snaps, Chocolate Chip	Package	230	0	180	3.00	1.08	9.0	16.00	3.0	40.0	7.0	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
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	2.0	14.0	3.5	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	2.0	21.0	4.0	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7.00	2.0	21.0	4.0	1.00
Weighted Daily Average		6980	250	6536	91.32	66.06	3521.5	405.06	135.44	1145.35	222.72	72.66
% of Calories								23.2%	7.8%	65.6%	28.7%	9.4%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=30.0	<10.00

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Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

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Generated on: 5/20/2025 9:50:26 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)
Tue - 06/10/2025												
Rockwood High Breakfast	Total											
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	1 each	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	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
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
CinnaTwin	Roll	270	30	170	3.00	4.00	111.0	19.00	5.0	46.0	8.0	4.00
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
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
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
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
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
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 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 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 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 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, 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
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 Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.30	240.0	9.00	3.0	25.0	6.0	0.50
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	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
Waffle Snaps, Chocolate Chip	Package	230	0	180	3.00	1.08	9.0	16.00	3.0	40.0	7.0	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
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	2.0	14.0	3.5	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	2.0	21.0	4.0	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7.00	2.0	21.0	4.0	1.00
Weighted Daily Average		7429	399	7191	88.32	*82.14	*3352.5	408.07	139.50	1159.38	260.84	88.72
% of Calories								22.0%	7.5%	62.4%	31.6%	10.7%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=30.0	<10.00

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Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

Page 8

Generated on: 5/20/2025 9:50:26 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 - 06/11/2025												
Rockwood High 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
Bagel, Toasted	1 each	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	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
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
CinnaTwin	Roll	270	30	170	3.00	4.00	111.0	19.00	5.0	46.0	8.0	4.00
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
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
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
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
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
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 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 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 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 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, 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
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 Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.30	240.0	9.00	3.0	25.0	6.0	0.50
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	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
Waffle Snaps, Chocolate Chip	Package	230	0	180	3.00	1.08	9.0	16.00	3.0	40.0	7.0	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
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	2.0	14.0	3.5	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	2.0	21.0	4.0	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7.00	2.0	21.0	4.0	1.00
Weighted Daily Average		6839	149	5958	88.32	64.86	3090.7	421.91	119.44	1148.47	213.22	67.66
% of Calories								24.7%	7.0%	67.2%	28.1%	8.9%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=30.0	<10.00

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Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

Page 9

Generated on: 5/20/2025 9:50:26 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 - 06/12/2025												
Rockwood High Breakfast	Total											
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	1 each	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	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
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
CinnaTwin	Roll	270	30	170	3.00	4.00	111.0	19.00	5.0	46.0	8.0	4.00
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
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
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
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
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
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 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 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 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 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, 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
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 Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.30	240.0	9.00	3.0	25.0	6.0	0.50
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	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
Waffle Snaps, Chocolate Chip	Package	230	0	180	3.00	1.08	9.0	16.00	3.0	40.0	7.0	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
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	2.0	14.0	3.5	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	2.0	21.0	4.0	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7.00	2.0	21.0	4.0	1.00
Weighted Daily Average		7170	376	6980	91.32	*80.25	*3274.5	408.25	137.26	1159.55	237.25	78.08
% of Calories								22.8%	7.7%	64.7%	29.8%	9.8%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=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

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

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Generated on: 5/20/2025 9:50:27 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 - 06/13/2025												
Rockwood High 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
Bagel, Toasted	1 each	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	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
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
CinnaTwin	Roll	270	30	170	3.00	4.00	111.0	19.00	5.0	46.0	8.0	4.00
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
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
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
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
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
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 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 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 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 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, 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
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 Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.30	240.0	9.00	3.0	25.0	6.0	0.50
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	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
Waffle Snaps, Chocolate Chip	Package	230	0	180	3.00	1.08	9.0	16.00	3.0	40.0	7.0	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
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	2.0	14.0	3.5	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	2.0	21.0	4.0	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7.00	2.0	21.0	4.0	1.00
Weighted Daily Average		6851	144	6057	90.32	64.50	3086.5	414.39	120.44	1137.02	218.72	70.66
% of Calories								24.2%	7.0%	66.4%	28.7%	9.3%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=30.0	<10.00

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Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood High 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 - 06/16/2025												
Rockwood High Breakfast	Total											
Breakfast Flatbread Turkey Sau	1 each	149	49	301	1.00	1.00	123.0	1.00	9.0	14.0	6.0	3.00
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
Bagel, Toasted	1 each	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	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
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
CinnaTwin	Roll	270	30	170	3.00	4.00	111.0	19.00	5.0	46.0	8.0	4.00
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
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
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
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
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
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 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 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 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 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, 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
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 Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.30	240.0	9.00	3.0	25.0	6.0	0.50
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	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
Waffle Snaps, Chocolate Chip	Package	230	0	180	3.00	1.08	9.0	16.00	3.0	40.0	7.0	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
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	2.0	14.0	3.5	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	2.0	21.0	4.0	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7.00	2.0	21.0	4.0	1.00
Weighted Daily Average		6980	250	6536	91.32	66.06	3521.5	405.06	135.44	1145.35	222.72	72.66
% of Calories								23.2%	7.8%	65.6%	28.7%	9.4%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=30.0	<10.00

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Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

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Generated on: 5/20/2025 9:50:27 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)
Tue - 06/17/2025												
Rockwood High Breakfast	Total											
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	1 each	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	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
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
CinnaTwin	Roll	270	30	170	3.00	4.00	111.0	19.00	5.0	46.0	8.0	4.00
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
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
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
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
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
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 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 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 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 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, 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
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 Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.30	240.0	9.00	3.0	25.0	6.0	0.50
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	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
Waffle Snaps, Chocolate Chip	Package	230	0	180	3.00	1.08	9.0	16.00	3.0	40.0	7.0	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
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	2.0	14.0	3.5	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	2.0	21.0	4.0	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7.00	2.0	21.0	4.0	1.00
Weighted Daily Average		7429	399	7191	88.32	*82.14	*3352.5	408.07	139.50	1159.38	260.84	88.72
% of Calories								22.0%	7.5%	62.4%	31.6%	10.7%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=30.0	<10.00

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Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

Page 13

Generated on: 5/20/2025 9:50:27 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 - 06/18/2025												
Rockwood High 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
Bagel, Toasted	1 each	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	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
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
CinnaTwin	Roll	270	30	170	3.00	4.00	111.0	19.00	5.0	46.0	8.0	4.00
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
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
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
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
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
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 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 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 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 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, 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
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 Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.30	240.0	9.00	3.0	25.0	6.0	0.50
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	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
Waffle Snaps, Chocolate Chip	Package	230	0	180	3.00	1.08	9.0	16.00	3.0	40.0	7.0	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
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	2.0	14.0	3.5	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	2.0	21.0	4.0	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7.00	2.0	21.0	4.0	1.00
Weighted Daily Average		6839	149	5958	88.32	64.86	3090.7	421.91	119.44	1148.47	213.22	67.66
% of Calories								24.7%	7.0%	67.2%	28.1%	8.9%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=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

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

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Generated on: 5/20/2025 9:50:27 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 - 06/20/2025												
Rockwood High 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
Bagel, Toasted	1 each	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	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
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
CinnaTwin	Roll	270	30	170	3.00	4.00	111.0	19.00	5.0	46.0	8.0	4.00
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
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
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
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
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
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 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 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 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 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, 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
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 Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.30	240.0	9.00	3.0	25.0	6.0	0.50
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	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
Waffle Snaps, Chocolate Chip	Package	230	0	180	3.00	1.08	9.0	16.00	3.0	40.0	7.0	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
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	2.0	14.0	3.5	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	2.0	21.0	4.0	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7.00	2.0	21.0	4.0	1.00
Weighted Daily Average		6851	144	6057	90.32	64.50	3086.5	414.39	120.44	1137.02	218.72	70.66
% of Calories								24.2%	7.0%	66.4%	28.7%	9.3%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=30.0	<10.00

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Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood High 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 - 06/23/2025												
Rockwood High Breakfast	Total											
Breakfast Flatbread Turkey Sau	1 each	149	49	301	1.00	1.00	123.0	1.00	9.0	14.0	6.0	3.00
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
Bagel, Toasted	1 each	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	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
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
CinnaTwin	Roll	270	30	170	3.00	4.00	111.0	19.00	5.0	46.0	8.0	4.00
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
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
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
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
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
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 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 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 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 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, 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
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 Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.30	240.0	9.00	3.0	25.0	6.0	0.50
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	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
Waffle Snaps, Chocolate Chip	Package	230	0	180	3.00	1.08	9.0	16.00	3.0	40.0	7.0	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
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	2.0	14.0	3.5	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	2.0	21.0	4.0	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7.00	2.0	21.0	4.0	1.00
Weighted Daily Average		6980	250	6536	91.32	66.06	3521.5	405.06	135.44	1145.35	222.72	72.66
% of Calories								23.2%	7.8%	65.6%	28.7%	9.4%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=30.0	<10.00

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Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

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Generated on: 5/20/2025 9:50:27 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)
Tue - 06/24/2025												
Rockwood High Breakfast	Total											
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	1 each	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	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
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
CinnaTwin	Roll	270	30	170	3.00	4.00	111.0	19.00	5.0	46.0	8.0	4.00
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
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
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
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
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
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 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 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 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 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, 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
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 Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.30	240.0	9.00	3.0	25.0	6.0	0.50
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	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
Waffle Snaps, Chocolate Chip	Package	230	0	180	3.00	1.08	9.0	16.00	3.0	40.0	7.0	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
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	2.0	14.0	3.5	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	2.0	21.0	4.0	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7.00	2.0	21.0	4.0	1.00
Weighted Daily Average		7429	399	7191	88.32	*82.14	*3352.5	408.07	139.50	1159.38	260.84	88.72
% of Calories								22.0%	7.5%	62.4%	31.6%	10.7%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=30.0	<10.00

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Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

Page 17

Generated on: 5/20/2025 9:50:27 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 - 06/25/2025												
Rockwood High 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
Bagel, Toasted	1 each	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	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
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
CinnaTwin	Roll	270	30	170	3.00	4.00	111.0	19.00	5.0	46.0	8.0	4.00
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
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
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
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
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
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 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 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 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 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, 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
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 Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.30	240.0	9.00	3.0	25.0	6.0	0.50
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	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
Waffle Snaps, Chocolate Chip	Package	230	0	180	3.00	1.08	9.0	16.00	3.0	40.0	7.0	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
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	2.0	14.0	3.5	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	2.0	21.0	4.0	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7.00	2.0	21.0	4.0	1.00
Weighted Daily Average		6839	149	5958	88.32	64.86	3090.7	421.91	119.44	1148.47	213.22	67.66
% of Calories								24.7%	7.0%	67.2%	28.1%	8.9%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=30.0	<10.00

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Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood High 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 - 06/26/2025												
Rockwood High Breakfast	Total											
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	1 each	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	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
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
CinnaTwin	Roll	270	30	170	3.00	4.00	111.0	19.00	5.0	46.0	8.0	4.00
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
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
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
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
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
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 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 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 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 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, 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
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 Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.30	240.0	9.00	3.0	25.0	6.0	0.50
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	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
Waffle Snaps, Chocolate Chip	Package	230	0	180	3.00	1.08	9.0	16.00	3.0	40.0	7.0	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
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	2.0	14.0	3.5	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	2.0	21.0	4.0	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7.00	2.0	21.0	4.0	1.00
Weighted Daily Average		7170	376	6980	91.32	*80.25	*3274.5	408.25	137.26	1159.55	237.25	78.08
% of Calories								22.8%	7.7%	64.7%	29.8%	9.8%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=30.0	<10.00

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Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood High 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 - 06/27/2025												
Rockwood High 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
Bagel, Toasted	1 each	140	0	180	4.00	1.80	40.0	5.00	6.0	29.0	1.0	0.00
BeneFIT Bar Variety	Bar	280	7	210	3.00	1.90	25.0	20.00	4.5	47.0	8.5	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
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
CinnaTwin	Roll	270	30	170	3.00	4.00	111.0	19.00	5.0	46.0	8.0	4.00
Crumb Square, Dave's	Package	283	32	215	3.00	1.20	15.0	24.00	3.4	47.0	9.0	1.20
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
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
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
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
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 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 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 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 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, 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
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 Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	2.0	30.0	3.5	0.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.30	240.0	9.00	3.0	25.0	6.0	0.50
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	1.0	19.0	4.0	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
Waffle Snaps, Chocolate Chip	Package	230	0	180	3.00	1.08	9.0	16.00	3.0	40.0	7.0	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
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	2.0	14.0	3.5	0.50
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	2.0	21.0	4.0	1.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7.00	2.0	21.0	4.0	1.00
Weighted Daily Average		6851	144	6057	90.32	64.50	3086.5	414.39	120.44	1137.02	218.72	70.66
% of Calories								24.2%	7.0%	66.4%	28.7%	9.3%
Nutrient Guideline		450-600		640		3.40	300.00		11.25		<=30.0	<10.00

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