

Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

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)
Mon - 06/02/2025												
Rockwood Elementary Lunch	Total											
Grilled Cheese IW	Sandwich	430	30	630	4.00	0.00	350.0	3.00	19.0	27.0	27.0	9.00
Carrots, Baby Raw	1/2 cup	25	0	57	2.10	0.65	23.2	3.45	0.46	5.98	0.09	0.02
Hummus Cup, Original ZZ	3 oz cup	110	0	100	5.00	2.00	34.0	3.00	6.0	18.0	2.0	0.00
Pears, Canned Extra Lt Syrup	1/2 CUP	61	0	5	2.02	0.00	0.0	12.11	0.0	16.15	0.0	0.00
Pancakes Mini Confetti Eggo	Pouch	200	0	210	6.00	3.60	40.0	11.00	4.0	36.0	6.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	23.0	30.0	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
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
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14.00	3.0	19.0	0.0	0.00
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
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	5.0	15.0	10.0	1.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3201	155	3335	36.12	16.89	2696.6	225.06	140.46	393.63	123.59	30.51
% of Calories								28.1%	17.6%	49.2%	34.7%	8.6%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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

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Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood Elementary 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)
Tue - 06/03/2025												
Rockwood Elementary Lunch	Total											
Chicken Brd Patty on Bun Elem	Sandwich	430	65	750	3.00	3.30	60.0	4.00	25.0	45.0	17.5	4.00
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
Blueberries, Frozen	1/2 Cup	40	0	1	2.20	0.14	6.0	*N/A*	0.32	9.5	0.5	0.04
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 Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	2.0	23.0	1.5	0.00
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
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
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	23.0	30.0	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
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
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14.00	3.0	19.0	0.0	0.00
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
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	5.0	15.0	10.0	1.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3668	190	4029	34.20	27.79	3019.6	*234.50	150.34	498.44	126.58	26.04
% of Calories								*25.6%	16.4%	54.4%	31.1%	6.4%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Base Menu Spreadsheet

Rockwood Elementary 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)
Wed - 06/04/2025												
Rockwood Elementary Lunch	Total											
Wild Mike's Cheese Pocket	Pocket	280	35	460	0.00	2.00	453.0	2.00	19.0	28.0	10.0	6.00
Wild Mike's Cheese Bites	4 pieces	280	35	460	2.00	2.00	453.0	2.00	19.0	28.0	10.0	6.00
Marinara Sauce	1/4 Cup	30	0	70	1.00	0.50	14.0	4.00	1.0	6.0	0.5	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
Mixed Fruit, Cocktail	1/2 CUP	60	0	5	0.99	0.00	0.0	11.92	0.0	14.9	0.0	0.00
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
Goldfish Pretzels	package	90	0	200	1.00	0.72	10.0	0.00	2.0	16.0	1.5	0.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	23.0	30.0	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
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
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14.00	3.0	19.0	0.0	0.00
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
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	5.0	15.0	10.0	1.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3920	242	4103	29.98	20.78	3286.0	*267.42	163.64	502.32	140.37	37.78
% of Calories								*27.3%	16.7%	51.3%	32.2%	8.7%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood Elementary 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 - 06/05/2025												
Rockwood Elementary Lunch	Total											
Chicken Popcorn Smackers	10 pieces	270	70	480	3.00	1.44	20.0	0.00	19.0	19.0	13.0	3.00
Breadstick, WG 1 oz	Breadstick	80	0	160	2.00	0.80	0.0	2.00	3.0	16.0	1.0	0.00
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
Strawberry Frozen Cup	4.5 oz	90	0	0	1.99	0.36	0.0	17.94	1.0	21.92	0.0	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
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
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
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	23.0	30.0	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
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
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14.00	3.0	19.0	0.0	0.00
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
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	5.0	15.0	10.0	1.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3267	200	3373	31.47	*15.44	*2534.6	232.91	143.31	421.95	116.00	26.00
% of Calories								28.5%	17.5%	51.7%	32.0%	7.2%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Base Menu Spreadsheet

Rockwood Elementary 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 - 06/06/2025												
Rockwood Elementary Lunch	Total											
Pizza, 4x6 Cheese Nardone	piece	321	31	476	3.00	2.00	433.0	3.00	20.0	29.0	14.0	7.00
Pizza, Wild Mike Cheese 10-Cut	slice	390	35	520	1.00	2.00	404.0	6.00	19.0	37.0	15.0	7.00
Peas, Italian	1/2 cup	69	0	111	4.53	1.31	22.3	*0.18	4.27	12.86	0.23	0.04
Papaya Mango, Diced Cups Dole	4 oz cup	60	0	5	1.00	0.00	0.0	13.00	0.5	15.0	0.0	0.00
Pancakes Mini Confetti Eggo	Pouch	200	0	210	6.00	3.60	40.0	11.00	4.0	36.0	6.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	23.0	30.0	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
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
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14.00	3.0	19.0	0.0	0.00
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
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	5.0	15.0	10.0	1.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3415	191	3655	32.52	19.55	3148.6	*225.68	158.77	420.35	123.73	35.54
% of Calories								*26.4%	18.6%	49.2%	32.6%	9.4%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Base Menu Spreadsheet

Rockwood Elementary Lunch

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)
Mon - 06/09/2025												
Rockwood Elementary Lunch	Total											
Grilled Cheese IW	Sandwich	430	30	630	4.00	0.00	350.0	3.00	19.0	27.0	27.0	9.00
Carrots, Baby Raw	1/2 cup	25	0	57	2.10	0.65	23.2	3.45	0.46	5.98	0.09	0.02
Hummus Cup, Original ZZ	3 oz cup	110	0	100	5.00	2.00	34.0	3.00	6.0	18.0	2.0	0.00
Peaches, Sliced Extra Lt Syrup	1/2 CUP	58	0	10	0.00	0.00	0.0	10.56	0.0	13.44	0.0	0.00
Pancakes Mini Confetti Eggo	Pouch	200	0	210	6.00	3.60	40.0	11.00	4.0	36.0	6.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	23.0	30.0	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
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
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14.00	3.0	19.0	0.0	0.00
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
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	5.0	15.0	10.0	1.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3198	155	3340	34.11	16.89	2696.6	223.51	140.46	390.92	123.59	30.51
% of Calories								28.0%	17.6%	48.9%	34.8%	8.6%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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

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Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood Elementary 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)
Tue - 06/10/2025												
Rockwood Elementary Lunch	Total											
Chicken Brd Patty on Bun Elem	Sandwich	430	65	750	3.00	3.30	60.0	4.00	25.0	45.0	17.5	4.00
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
Blueberries, Frozen	1/2 Cup	40	0	1	2.20	0.14	6.0	*N/A*	0.32	9.5	0.5	0.04
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 Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	2.0	23.0	1.5	0.00
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
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
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	23.0	30.0	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
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
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14.00	3.0	19.0	0.0	0.00
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
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	5.0	15.0	10.0	1.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3668	190	4029	34.20	27.79	3019.6	*234.50	150.34	498.44	126.58	26.04
% of Calories								*25.6%	16.4%	54.4%	31.1%	6.4%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood Elementary 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)
Wed - 06/11/2025												
Rockwood Elementary Lunch	Total											
Wild Mike's Cheese Pocket	Pocket	280	35	460	0.00	2.00	453.0	2.00	19.0	28.0	10.0	6.00
Wild Mike's Cheese Bites	4 pieces	280	35	460	2.00	2.00	453.0	2.00	19.0	28.0	10.0	6.00
Marinara Sauce	1/4 Cup	30	0	70	1.00	0.50	14.0	4.00	1.0	6.0	0.5	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
Mixed Fruit, Cocktail	1/2 CUP	60	0	5	0.99	0.00	0.0	11.92	0.0	14.9	0.0	0.00
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
Goldfish Pretzels	package	90	0	200	1.00	0.72	10.0	0.00	2.0	16.0	1.5	0.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	23.0	30.0	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
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
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14.00	3.0	19.0	0.0	0.00
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
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	5.0	15.0	10.0	1.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3920	242	4103	29.98	20.78	3286.0	*267.42	163.64	502.32	140.37	37.78
% of Calories								*27.3%	16.7%	51.3%	32.2%	8.7%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood Elementary 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 - 06/12/2025												
Rockwood Elementary Lunch	Total											
Chicken Popcorn Smackers	10 pieces	270	70	480	3.00	1.44	20.0	0.00	19.0	19.0	13.0	3.00
Breadstick, WG 1 oz	Breadstick	80	0	160	2.00	0.80	0.0	2.00	3.0	16.0	1.0	0.00
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
Strawberry Frozen Cup	4.5 oz	90	0	0	1.99	0.36	0.0	17.94	1.0	21.92	0.0	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
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
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
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	23.0	30.0	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
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
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14.00	3.0	19.0	0.0	0.00
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
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	5.0	15.0	10.0	1.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3267	200	3373	31.47	*15.44	*2534.6	232.91	143.31	421.95	116.00	26.00
% of Calories								28.5%	17.5%	51.7%	32.0%	7.2%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood Elementary 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 - 06/13/2025												
Rockwood Elementary Lunch	Total											
Pizza, 4x6 Cheese Nardone	piece	321	31	476	3.00	2.00	433.0	3.00	20.0	29.0	14.0	7.00
Pizza, Wild Mike Cheese 10-Cut	slice	390	35	520	1.00	2.00	404.0	6.00	19.0	37.0	15.0	7.00
Peas, Italian	1/2 cup	69	0	111	4.53	1.31	22.3	*0.18	4.27	12.86	0.23	0.04
Mango, Diced Cups Dole	4 oz cup	70	0	0	1.00	0.00	0.0	16.00	0.5	17.0	0.0	0.00
Pancakes Mini Confetti Eggo	Pouch	200	0	210	6.00	3.60	40.0	11.00	4.0	36.0	6.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	23.0	30.0	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
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
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14.00	3.0	19.0	0.0	0.00
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
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	5.0	15.0	10.0	1.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3425	191	3650	32.52	19.55	3148.6	*228.68	158.77	422.35	123.73	35.54
% of Calories								*26.7%	18.5%	49.3%	32.5%	9.3%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

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)
Mon - 06/16/2025												
Rockwood Elementary Lunch	Total											
Grilled Cheese IW	Sandwich	430	30	630	4.00	0.00	350.0	3.00	19.0	27.0	27.0	9.00
Carrots, Baby Raw	1/2 cup	25	0	57	2.10	0.65	23.2	3.45	0.46	5.98	0.09	0.02
Hummus Cup, Original ZZ	3 oz cup	110	0	100	5.00	2.00	34.0	3.00	6.0	18.0	2.0	0.00
Pears, Canned Extra Lt Syrup	1/2 CUP	61	0	5	2.02	0.00	0.0	12.11	0.0	16.15	0.0	0.00
Pancakes Mini Confetti Eggo	Pouch	200	0	210	6.00	3.60	40.0	11.00	4.0	36.0	6.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	23.0	30.0	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
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
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14.00	3.0	19.0	0.0	0.00
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
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	5.0	15.0	10.0	1.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3201	155	3335	36.12	16.89	2696.6	225.06	140.46	393.63	123.59	30.51
% of Calories								28.1%	17.6%	49.2%	34.7%	8.6%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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

* - 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 Elementary Lunch

Portion Values - Detailed

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Generated on: 5/20/2025 9:48:08 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 Elementary Lunch	Total											
Chicken Brd Patty on Bun Elem	Sandwich	430	65	750	3.00	3.30	60.0	4.00	25.0	45.0	17.5	4.00
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
Blueberries, Frozen	1/2 Cup	40	0	1	2.20	0.14	6.0	*N/A*	0.32	9.5	0.5	0.04
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 Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	2.0	23.0	1.5	0.00
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
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
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	23.0	30.0	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
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
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14.00	3.0	19.0	0.0	0.00
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
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	5.0	15.0	10.0	1.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3668	190	4029	34.20	27.79	3019.6	*234.50	150.34	498.44	126.58	26.04
% of Calories								*25.6%	16.4%	54.4%	31.1%	6.4%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood Elementary 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)
Wed - 06/18/2025												
Rockwood Elementary Lunch	Total											
Wild Mike's Cheese Pocket	Pocket	280	35	460	0.00	2.00	453.0	2.00	19.0	28.0	10.0	6.00
Wild Mike's Cheese Bites	4 pieces	280	35	460	2.00	2.00	453.0	2.00	19.0	28.0	10.0	6.00
Marinara Sauce	1/4 Cup	30	0	70	1.00	0.50	14.0	4.00	1.0	6.0	0.5	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
Mixed Fruit, Cocktail	1/2 CUP	60	0	5	0.99	0.00	0.0	11.92	0.0	14.9	0.0	0.00
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
Goldfish Pretzels	package	90	0	200	1.00	0.72	10.0	0.00	2.0	16.0	1.5	0.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	23.0	30.0	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
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
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14.00	3.0	19.0	0.0	0.00
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
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	5.0	15.0	10.0	1.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3920	242	4103	29.98	20.78	3286.0	*267.42	163.64	502.32	140.37	37.78
% of Calories								*27.3%	16.7%	51.3%	32.2%	8.7%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood Elementary 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 - 06/20/2025												
Rockwood Elementary Lunch	Total											
Pizza, 4x6 Cheese Nardone	piece	321	31	476	3.00	2.00	433.0	3.00	20.0	29.0	14.0	7.00
Pizza, Wild Mike Cheese 10-Cut	slice	390	35	520	1.00	2.00	404.0	6.00	19.0	37.0	15.0	7.00
Peas, Italian	1/2 cup	69	0	111	4.53	1.31	22.3	*0.18	4.27	12.86	0.23	0.04
Papaya Mango, Diced Cups Dole	4 oz cup	60	0	5	1.00	0.00	0.0	13.00	0.5	15.0	0.0	0.00
Pancakes Mini Confetti Eggo	Pouch	200	0	210	6.00	3.60	40.0	11.00	4.0	36.0	6.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	23.0	30.0	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
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
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14.00	3.0	19.0	0.0	0.00
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
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	5.0	15.0	10.0	1.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3415	191	3655	32.52	19.55	3148.6	*225.68	158.77	420.35	123.73	35.54
% of Calories								*26.4%	18.6%	49.2%	32.6%	9.4%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

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)
Mon - 06/23/2025												
Rockwood Elementary Lunch	Total											
Grilled Cheese IW	Sandwich	430	30	630	4.00	0.00	350.0	3.00	19.0	27.0	27.0	9.00
Carrots, Baby Raw	1/2 cup	25	0	57	2.10	0.65	23.2	3.45	0.46	5.98	0.09	0.02
Hummus Cup, Original ZZ	3 oz cup	110	0	100	5.00	2.00	34.0	3.00	6.0	18.0	2.0	0.00
Peaches, Sliced Extra Lt Syrup	1/2 CUP	58	0	10	0.00	0.00	0.0	10.56	0.0	13.44	0.0	0.00
Pancakes Mini Confetti Eggo	Pouch	200	0	210	6.00	3.60	40.0	11.00	4.0	36.0	6.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	23.0	30.0	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
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
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14.00	3.0	19.0	0.0	0.00
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
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	5.0	15.0	10.0	1.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3198	155	3340	34.11	16.89	2696.6	223.51	140.46	390.92	123.59	30.51
% of Calories								28.0%	17.6%	48.9%	34.8%	8.6%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood Elementary 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)
Tue - 06/24/2025												
Rockwood Elementary Lunch	Total											
Chicken Brd Patty on Bun Elem	Sandwich	430	65	750	3.00	3.30	60.0	4.00	25.0	45.0	17.5	4.00
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
Blueberries, Frozen	1/2 Cup	40	0	1	2.20	0.14	6.0	*N/A*	0.32	9.5	0.5	0.04
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 Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	2.0	23.0	1.5	0.00
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
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
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	23.0	30.0	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
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
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14.00	3.0	19.0	0.0	0.00
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
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	5.0	15.0	10.0	1.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3668	190	4029	34.20	27.79	3019.6	*234.50	150.34	498.44	126.58	26.04
% of Calories								*25.6%	16.4%	54.4%	31.1%	6.4%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood Elementary 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)
Wed - 06/25/2025												
Rockwood Elementary Lunch	Total											
Wild Mike's Cheese Pocket	Pocket	280	35	460	0.00	2.00	453.0	2.00	19.0	28.0	10.0	6.00
Wild Mike's Cheese Bites	4 pieces	280	35	460	2.00	2.00	453.0	2.00	19.0	28.0	10.0	6.00
Marinara Sauce	1/4 Cup	30	0	70	1.00	0.50	14.0	4.00	1.0	6.0	0.5	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
Mixed Fruit, Cocktail	1/2 CUP	60	0	5	0.99	0.00	0.0	11.92	0.0	14.9	0.0	0.00
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
Goldfish Pretzels	package	90	0	200	1.00	0.72	10.0	0.00	2.0	16.0	1.5	0.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	23.0	30.0	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
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
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14.00	3.0	19.0	0.0	0.00
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
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	5.0	15.0	10.0	1.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3920	242	4103	29.98	20.78	3286.0	*267.42	163.64	502.32	140.37	37.78
% of Calories								*27.3%	16.7%	51.3%	32.2%	8.7%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

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Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood Elementary 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 - 06/26/2025												
Rockwood Elementary Lunch	Total											
Chicken Popcorn Smackers	10 pieces	270	70	480	3.00	1.44	20.0	0.00	19.0	19.0	13.0	3.00
Breadstick, WG 1 oz	Breadstick	80	0	160	2.00	0.80	0.0	2.00	3.0	16.0	1.0	0.00
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
Strawberry Frozen Cup	4.5 oz	90	0	0	1.99	0.36	0.0	17.94	1.0	21.92	0.0	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
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
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
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	23.0	30.0	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
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
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14.00	3.0	19.0	0.0	0.00
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
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	5.0	15.0	10.0	1.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3267	200	3373	31.47	*15.44	*2534.6	232.91	143.31	421.95	116.00	26.00
% of Calories								28.5%	17.5%	51.7%	32.0%	7.2%
Nutrient Guideline		550-650				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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 06/27/2025												
Rockwood Elementary Lunch	Total											
Pizza, 4x6 Cheese Nardone	piece	321	31	476	3.00	2.00	433.0	3.00	20.0	29.0	14.0	7.00
Pizza, Wild Mike Cheese 10-Cut	slice	390	35	520	1.00	2.00	404.0	6.00	19.0	37.0	15.0	7.00
Peas, Italian	1/2 cup	69	0	111	4.53	1.31	22.3	*0.18	4.27	12.86	0.23	0.04
Pancakes Mini Confetti Eggo	Pouch	200	0	210	6.00	3.60	40.0	11.00	4.0	36.0	6.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	23.0	30.0	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
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
Yogurt 4 oz Variety Upst Farms	4 oz	90	0	53	0.00	0.00	293.3	14.00	3.0	19.0	0.0	0.00
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
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	5.0	15.0	10.0	1.50
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 Orange	4 oz	60	0	0	0.00	0.00	0.0	12.00	0.0	13.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3355	191	3650	31.52	19.55	3148.6	*212.68	158.27	405.35	123.73	35.54
% of Calories								*25.4%	18.9%	48.3%	33.2%	9.5%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

Weighted Average		3503	195	3716	32.67	*20.33	*2958.3	*236.65	151.70	447.70	126.58	31.45
								*60.8%	17.3%	51.1%	32.5%	8.1%

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