

Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

Page 1

Generated on: 5/20/2025 9:51:00 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 Lunch	Total											
Pizza, Selfie 5" Cheese Alpha	5" pizza	390	30	740	2.00	1.80	500.0	2.00	22.0	46.0	13.0	7.00
Pizza, Selfie 5" Pepperoni	5" pizza	400	35	820	2.00	1.80	450.0	2.00	22.0	47.0	15.0	7.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	4.00	28.0	45.0	12.5	2.00
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.70	69.0	4.00	27.0	43.0	8.5	1.00
Grilled Cheese IW	Sandwich	430	30	630	4.00	0.00	350.0	3.00	19.0	27.0	27.0	9.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	18.0	64.0	32.0	7.00
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Corn, frozen steamed	1/2 cup	93	0	41	2.01	0.00	1.0	7.04	3.02	15.6	2.01	0.00
Weighted Daily Average		3669	338	5548	31.01	*19.84	*1665.0	75.54	198.55	380.61	159.57	49.03
% of Calories								8.2%	21.6%	41.5%	39.1%	12.0%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

Tue - 06/03/2025												
Rockwood High Lunch	Total											
Chorizo Nachos w/ Queso	1 each	528	80	1025	4.00	1.92	260.9	2.00	21.17	44.76	30.82	11.15
Salsa Cup, Red Gold 3oz	3 oz cup	25	0	195	1.00	1.00	16.0	3.00	1.0	5.0	0.0	0.00
Refried Beans Southwestern	1/2 cup	191	4	744	10.82	*2.36	*52.5	0.94	12.05	29.59	2.53	1.20
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	4.00	28.0	45.0	12.5	2.00
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.70	69.0	4.00	27.0	43.0	8.5	1.00
Grilled Cheese IW	Sandwich	430	30	630	4.00	0.00	350.0	3.00	19.0	27.0	27.0	9.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	18.0	64.0	32.0	7.00
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Weighted Daily Average		3530	356	5910	40.82	*21.52	*1043.4	70.45	185.75	351.37	162.91	47.38
% of Calories								8.0%	21.0%	39.8%	41.5%	12.1%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

Page 2

Generated on: 5/20/2025 9:51:00 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 - 06/04/2025												
Rockwood High Lunch	Total											
Bosco Breadsticks	2 breadsticks	424	31	559	4.00	4.01	430.9	4.00	24.3	50.14	12.29	6.16
Marinara Cup	1 each	40	0	200	2.00	0.00	19.0	4.00	1.0	7.0	1.0	0.00
Peas, Italian	1/2 cup	69	0	111	4.53	1.31	22.3	*0.18	4.27	12.86	0.23	0.04
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	4.00	28.0	45.0	12.5	2.00
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.70	69.0	4.00	27.0	43.0	8.5	1.00
Grilled Cheese IW	Sandwich	430	30	630	4.00	0.00	350.0	3.00	19.0	27.0	27.0	9.00
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3319	304	4816	35.53	*21.55	*1186.2	*72.69	181.10	342.01	143.08	41.23
% of Calories								*8.8%	21.8%	41.2%	38.8%	11.2%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

Thu - 06/05/2025												
Rockwood High Lunch	Total											
Chicken Tenders Gold Creek	3 tenders	220	65	460	2.00	2.00	21.0	0.00	22.0	14.0	7.0	1.50
Breadstick, WG 1 oz	Breadstick	80	0	160	2.00	0.80	0.0	2.00	3.0	16.0	1.0	0.00
French Fries, CrispToGo Straig	1/2 cup	111	0	364	1.01	0.36	20.2	0.00	1.01	17.17	4.54	0.00
Tater Tots (Golden Nuggets)	1/2 cup	131	0	252	2.01	0.36	5.0	0.00	2.01	17.11	6.54	0.50
French Fries, Seasoned Crinkle	1/2 cup	103	0	175	0.00	0.31	10.3	0.00	1.03	15.44	3.09	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	4.00	28.0	45.0	12.5	2.00
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.70	69.0	4.00	27.0	43.0	8.5	1.00
Grilled Cheese IW	Sandwich	430	30	630	4.00	0.00	350.0	3.00	19.0	27.0	27.0	9.00
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3431	338	5357	32.02	*20.08	*770.5	66.51	180.58	351.73	151.73	37.03
% of Calories								7.8%	21.1%	41.0%	39.8%	9.7%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood High Lunch

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 - 06/06/2025												
Rockwood High Lunch	Total											
Pizza, Alpha Cheese Skinny	Slice	340	30	640	3.00	1.80	500.0	3.00	20.0	31.0	15.0	6.00
Pizza, Alpha Mega Meat Skinny	Slice	390	35	780	3.00	2.00	500.0	3.00	23.0	31.0	19.0	8.00
Pizza, Alpha Pepperoni Skinny	slice	370	35	580	3.00	2.00	450.0	3.00	20.0	31.0	18.0	8.00
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2	54	1.99	0.42	51.7	*0.01	2.65	3.92	3.87	0.78
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	4.00	28.0	45.0	12.5	2.00
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.70	69.0	4.00	27.0	43.0	8.5	1.00
Grilled Cheese IW	Sandwich	430	30	630	4.00	0.00	350.0	3.00	19.0	27.0	27.0	9.00
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3941	374	6001	36.00	*22.46	*2215.7	*73.51	217.18	368.93	185.43	57.81
% of Calories								*7.5%	22.0%	37.4%	42.3%	13.2%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

Mon - 06/09/2025												
Rockwood High Lunch	Total											
Pizza, Selfie 5" Cheese Alpha	5" pizza	390	30	740	2.00	1.80	500.0	2.00	22.0	46.0	13.0	7.00
Pizza, Selfie 5" Pepperoni	5" pizza	400	35	820	2.00	1.80	450.0	2.00	22.0	47.0	15.0	7.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	4.00	28.0	45.0	12.5	2.00
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.70	69.0	4.00	27.0	43.0	8.5	1.00
Grilled Cheese IW	Sandwich	430	30	630	4.00	0.00	350.0	3.00	19.0	27.0	27.0	9.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	18.0	64.0	32.0	7.00
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Corn, frozen steamed	1/2 cup	93	0	41	2.01	0.00	1.0	7.04	3.02	15.6	2.01	0.00
Weighted Daily Average		3669	338	5548	31.01	*19.84	*1665.0	75.54	198.55	380.61	159.57	49.03
% of Calories								8.2%	21.6%	41.5%	39.1%	12.0%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

Page 4

Generated on: 5/20/2025 9:51:01 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 Lunch	Total											
Chicken Fajita Nachos w/Queso	1 each	474	85	1115	4.00	1.35	208.0	1.51	24.61	42.51	25.02	8.01
Salsa Cup, Red Gold 3oz	3 oz cup	25	0	195	1.00	1.00	16.0	3.00	1.0	5.0	0.0	0.00
Refried Beans Southwestern	1/2 cup	191	4	744	10.82	*2.36	*52.5	0.94	12.05	29.59	2.53	1.20
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	4.00	28.0	45.0	12.5	2.00
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.70	69.0	4.00	27.0	43.0	8.5	1.00
Grilled Cheese IW	Sandwich	430	30	630	4.00	0.00	350.0	3.00	19.0	27.0	27.0	9.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	18.0	64.0	32.0	7.00
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Weighted Daily Average		3476	361	6001	40.82	*20.95	*990.5	69.96	189.19	349.11	157.11	44.24
% of Calories								8.1%	21.8%	40.2%	40.7%	11.5%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

Wed - 06/11/2025												
Rockwood High Lunch	Total											
Mozzarella Sticks Breaded	6 sticks	310	15	530	3.00	1.70	520.0	3.00	20.0	32.0	11.0	3.50
Marinara Cup	1 each	40	0	200	2.00	0.00	19.0	4.00	1.0	7.0	1.0	0.00
Peas, Italian	1/2 cup	69	0	111	4.53	1.31	22.3	*0.18	4.27	12.86	0.23	0.04
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	4.00	28.0	45.0	12.5	2.00
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.70	69.0	4.00	27.0	43.0	8.5	1.00
Grilled Cheese IW	Sandwich	430	30	630	4.00	0.00	350.0	3.00	19.0	27.0	27.0	9.00
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3205	288	4787	34.53	*19.25	*1275.3	*71.68	176.80	323.87	141.79	38.57
% of Calories								*8.9%	22.1%	40.4%	39.8%	10.8%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	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)
Thu - 06/12/2025												
Rockwood High 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
French Fries, CrispToGo Straig	1/2 cup	111	0	364	1.01	0.36	20.2	0.00	1.01	17.17	4.54	0.00
Tater Tots (Golden Nuggets)	1/2 cup	131	0	252	2.01	0.36	5.0	0.00	2.01	17.11	6.54	0.50
French Fries, Seasoned Crinkle	1/2 cup	103	0	175	0.00	0.31	10.3	0.00	1.03	15.44	3.09	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	4.00	28.0	45.0	12.5	2.00
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.70	69.0	4.00	27.0	43.0	8.5	1.00
Grilled Cheese IW	Sandwich	430	30	630	4.00	0.00	350.0	3.00	19.0	27.0	27.0	9.00
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3481	343	5377	33.02	*19.51	*769.5	66.51	177.58	356.73	157.73	38.53
% of Calories								7.6%	20.4%	41.0%	40.8%	10.0%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

Fri - 06/13/2025												
Rockwood High Lunch	Total											
Pizza, Alpha Cheese Skinny	Slice	340	30	640	3.00	1.80	500.0	3.00	20.0	31.0	15.0	6.00
Pizza, Alpha Mega Meat Skinny	Slice	390	35	780	3.00	2.00	500.0	3.00	23.0	31.0	19.0	8.00
Pizza, Alpha Pepperoni Skinny	slice	370	35	580	3.00	2.00	450.0	3.00	20.0	31.0	18.0	8.00
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2	54	1.99	0.42	51.7	*0.01	2.65	3.92	3.87	0.78
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	4.00	28.0	45.0	12.5	2.00
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.70	69.0	4.00	27.0	43.0	8.5	1.00
Grilled Cheese IW	Sandwich	430	30	630	4.00	0.00	350.0	3.00	19.0	27.0	27.0	9.00
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3941	374	6001	36.00	*22.46	*2215.7	*73.51	217.18	368.93	185.43	57.81
% of Calories								*7.5%	22.0%	37.4%	42.3%	13.2%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

Page 6

Generated on: 5/20/2025 9:51:01 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 - 06/16/2025												
Rockwood High Lunch	Total											
Pizza, Selfie 5" Cheese Alpha	5" pizza	390	30	740	2.00	1.80	500.0	2.00	22.0	46.0	13.0	7.00
Pizza, Selfie 5" Pepperoni	5" pizza	400	35	820	2.00	1.80	450.0	2.00	22.0	47.0	15.0	7.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	4.00	28.0	45.0	12.5	2.00
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.70	69.0	4.00	27.0	43.0	8.5	1.00
Grilled Cheese IW	Sandwich	430	30	630	4.00	0.00	350.0	3.00	19.0	27.0	27.0	9.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	18.0	64.0	32.0	7.00
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Corn, frozen steamed	1/2 cup	93	0	41	2.01	0.00	1.0	7.04	3.02	15.6	2.01	0.00
Weighted Daily Average		3669	338	5548	31.01	*19.84	*1665.0	75.54	198.55	380.61	159.57	49.03
% of Calories								8.2%	21.6%	41.5%	39.1%	12.0%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

Tue - 06/17/2025												
Rockwood High Lunch	Total											
Chorizo Nachos w/ Queso	1 each	528	80	1025	4.00	1.92	260.9	2.00	21.17	44.76	30.82	11.15
Salsa Cup, Red Gold 3oz	3 oz cup	25	0	195	1.00	1.00	16.0	3.00	1.0	5.0	0.0	0.00
Refried Beans Southwestern	1/2 cup	191	4	744	10.82	*2.36	*52.5	0.94	12.05	29.59	2.53	1.20
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	4.00	28.0	45.0	12.5	2.00
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.70	69.0	4.00	27.0	43.0	8.5	1.00
Grilled Cheese IW	Sandwich	430	30	630	4.00	0.00	350.0	3.00	19.0	27.0	27.0	9.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	18.0	64.0	32.0	7.00
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Weighted Daily Average		3530	356	5910	40.82	*21.52	*1043.4	70.45	185.75	351.37	162.91	47.38
% of Calories								8.0%	21.0%	39.8%	41.5%	12.1%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

Page 7

Generated on: 5/20/2025 9:51:01 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 Lunch	Total											
Bosco Breadsticks	2 breadsticks	424	31	559	4.00	4.01	430.9	4.00	24.3	50.14	12.29	6.16
Marinara Cup	1 each	40	0	200	2.00	0.00	19.0	4.00	1.0	7.0	1.0	0.00
Peas, Italian	1/2 cup	69	0	111	4.53	1.31	22.3	*0.18	4.27	12.86	0.23	0.04
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	4.00	28.0	45.0	12.5	2.00
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.70	69.0	4.00	27.0	43.0	8.5	1.00
Grilled Cheese IW	Sandwich	430	30	630	4.00	0.00	350.0	3.00	19.0	27.0	27.0	9.00
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3319	304	4816	35.53	*21.55	*1186.2	*72.69	181.10	342.01	143.08	41.23
% of Calories								*8.8%	21.8%	41.2%	38.8%	11.2%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

Fri - 06/20/2025												
Rockwood High Lunch	Total											
Pizza, Alpha Cheese Skinny	Slice	340	30	640	3.00	1.80	500.0	3.00	20.0	31.0	15.0	6.00
Pizza, Alpha Mega Meat Skinny	Slice	390	35	780	3.00	2.00	500.0	3.00	23.0	31.0	19.0	8.00
Pizza, Alpha Pepperoni Skinny	slice	370	35	580	3.00	2.00	450.0	3.00	20.0	31.0	18.0	8.00
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2	54	1.99	0.42	51.7	*0.01	2.65	3.92	3.87	0.78
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	4.00	28.0	45.0	12.5	2.00
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.70	69.0	4.00	27.0	43.0	8.5	1.00
Grilled Cheese IW	Sandwich	430	30	630	4.00	0.00	350.0	3.00	19.0	27.0	27.0	9.00
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3941	374	6001	36.00	*22.46	*2215.7	*73.51	217.18	368.93	185.43	57.81
% of Calories								*7.5%	22.0%	37.4%	42.3%	13.2%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

Page 8

Generated on: 5/20/2025 9:51:01 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 - 06/23/2025												
Rockwood High Lunch	Total											
Pizza, Selfie 5" Cheese Alpha	5" pizza	390	30	740	2.00	1.80	500.0	2.00	22.0	46.0	13.0	7.00
Pizza, Selfie 5" Pepperoni	5" pizza	400	35	820	2.00	1.80	450.0	2.00	22.0	47.0	15.0	7.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	4.00	28.0	45.0	12.5	2.00
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.70	69.0	4.00	27.0	43.0	8.5	1.00
Grilled Cheese IW	Sandwich	430	30	630	4.00	0.00	350.0	3.00	19.0	27.0	27.0	9.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	18.0	64.0	32.0	7.00
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Corn, frozen steamed	1/2 cup	93	0	41	2.01	0.00	1.0	7.04	3.02	15.6	2.01	0.00
Weighted Daily Average		3669	338	5548	31.01	*19.84	*1665.0	75.54	198.55	380.61	159.57	49.03
% of Calories								8.2%	21.6%	41.5%	39.1%	12.0%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

Tue - 06/24/2025												
Rockwood High Lunch	Total											
Chicken Fajita Nachos w/Queso	1 each	474	85	1115	4.00	1.35	208.0	1.51	24.61	42.51	25.02	8.01
Salsa Cup, Red Gold 3oz	3 oz cup	25	0	195	1.00	1.00	16.0	3.00	1.0	5.0	0.0	0.00
Refried Beans Southwestern	1/2 cup	191	4	744	10.82	*2.36	*52.5	0.94	12.05	29.59	2.53	1.20
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	4.00	28.0	45.0	12.5	2.00
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.70	69.0	4.00	27.0	43.0	8.5	1.00
Grilled Cheese IW	Sandwich	430	30	630	4.00	0.00	350.0	3.00	19.0	27.0	27.0	9.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	18.0	64.0	32.0	7.00
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Weighted Daily Average		3476	361	6001	40.82	*20.95	*990.5	69.96	189.19	349.11	157.11	44.24
% of Calories								8.1%	21.8%	40.2%	40.7%	11.5%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

Page 9

Generated on: 5/20/2025 9:51:01 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 Lunch	Total											
Mozzarella Sticks Breaded	6 sticks	310	15	530	3.00	1.70	520.0	3.00	20.0	32.0	11.0	3.50
Marinara Cup	1 each	40	0	200	2.00	0.00	19.0	4.00	1.0	7.0	1.0	0.00
Peas, Italian	1/2 cup	69	0	111	4.53	1.31	22.3	*0.18	4.27	12.86	0.23	0.04
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	4.00	28.0	45.0	12.5	2.00
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.70	69.0	4.00	27.0	43.0	8.5	1.00
Grilled Cheese IW	Sandwich	430	30	630	4.00	0.00	350.0	3.00	19.0	27.0	27.0	9.00
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3205	288	4787	34.53	*19.25	*1275.3	*71.68	176.80	323.87	141.79	38.57
% of Calories								*8.9%	22.1%	40.4%	39.8%	10.8%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

Thu - 06/26/2025												
Rockwood High 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
French Fries, CrispToGo Straig	1/2 cup	111	0	364	1.01	0.36	20.2	0.00	1.01	17.17	4.54	0.00
Tater Tots (Golden Nuggets)	1/2 cup	131	0	252	2.01	0.36	5.0	0.00	2.01	17.11	6.54	0.50
French Fries, Seasoned Crinkle	1/2 cup	103	0	175	0.00	0.31	10.3	0.00	1.03	15.44	3.09	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	4.00	28.0	45.0	12.5	2.00
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.70	69.0	4.00	27.0	43.0	8.5	1.00
Grilled Cheese IW	Sandwich	430	30	630	4.00	0.00	350.0	3.00	19.0	27.0	27.0	9.00
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3481	343	5377	33.02	*19.51	*769.5	66.51	177.58	356.73	157.73	38.53
% of Calories								7.6%	20.4%	41.0%	40.8%	10.0%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rockwood School District

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

Rockwood High Lunch

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 Lunch	Total											
Pizza, Alpha Cheese Skinny	Slice	340	30	640	3.00	1.80	500.0	3.00	20.0	31.0	15.0	6.00
Pizza, Alpha Mega Meat Skinny	Slice	390	35	780	3.00	2.00	500.0	3.00	23.0	31.0	19.0	8.00
Pizza, Alpha Pepperoni Skinny	slice	370	35	580	3.00	2.00	450.0	3.00	20.0	31.0	18.0	8.00
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2	54	1.99	0.42	51.7	*0.01	2.65	3.92	3.87	0.78
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	396	73	637	2.00	*3.70	*54.0	4.51	26.53	31.01	19.06	7.53
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	4.00	28.0	45.0	12.5	2.00
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.70	69.0	4.00	27.0	43.0	8.5	1.00
Grilled Cheese IW	Sandwich	430	30	630	4.00	0.00	350.0	3.00	19.0	27.0	27.0	9.00
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	9.0	32.0	16.0	3.50
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3941	374	6001	36.00	*22.46	*2215.7	*73.51	217.18	368.93	185.43	57.81
% of Calories								*7.5%	22.0%	37.4%	42.3%	13.2%
Nutrient Guideline		750-850				4.50	400.00		15.00		<=30.0	<10.00

Weighted Average		3573	341	5544	35.24	*20.78	*1411.8	*71.86	192.86	357.69	160.89	46.54
								*18.1%	21.6%	40.0%	40.5%	11.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	3573		750 - 850	420%			2723	Correction Required - Calories too High
Cholesterol (mg)	341							
Sodium 1a (mg)	5544		1280	433%			4264	Correction Required - Sodium too High
Fiber (g)	35.24							
Iron (mg)	20.78		4.50	462%	Missing			
Calcium (mg)	1411.8		400.00	353%	Missing			
Total Sugars (g)	71.86	8.04%			Missing			
Protein (g)	192.86	21.59%	15.00	1286%				
Carbohydrate (g)	357.69	40.04%						
Total Fat (g)	160.89	40.53%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	46.54	11.72%	<10.00%					Correction Required - Sat. Fat too High

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.