

# Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

## Portion Values - Detailed

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|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Tot Sug (g) | Add Su (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-------------|------------|-----------|----------|-----------|-----------|
| Mon - 08/18/2025               |              |             |             |           |           |           |             |            |           |          |           |           |
| Rockwood Elementary Break      | Total        |             |             |           |           |           |             |            |           |          |           |           |
| Waffle, Sweet Cinnamon Snack'n | Waffle       | 250         | 30          | 290       | 2.00      | 1.44      | 15.00       | *N/A*      | 6.0       | 37.0     | 9.0       | 3.00      |
| Cereal Cinnamon Toast Crunch   | Bowl         | 100         | 0           | 160       | 4.00      | 1.80      | 1.00        | *N/A*      | 1.0       | 22.0     | 2.5       | 0.00      |
| Cereal Cocoa Puffs 1 oz        | 1 Each       | 120         | 0           | 125       | 2.00      | 2.70      | 8.00        | *N/A*      | 2.0       | 25.0     | 1.5       | 0.00      |
| Cereal Honey Cheerios 1 oz     | 1 oz bowl    | 110         | 0           | 170       | 2.00      | 5.40      | 6.00        | *N/A*      | 3.0       | 22.0     | 1.5       | 0.00      |
| Cereal Trix 1 oz               | bowl         | 110         | 0           | 160       | 1.00      | 2.20      | 6.00        | *N/A*      | 2.0       | 23.0     | 1.5       | 0.00      |
| Yogurt, Danimals Strawberry    | 1 Each       | 60          | 5           | 70        | 0.00      | 0.00      | 9.00        | *4.00      | 4.0       | 12.0     | 0.0       | 0.00      |
| Yogurt, Trix Reduced Sugar 4oz | 4 oz cup     | 80          | 5           | 65        | 0.00      | 0.00      | 9.00        | *5.00      | 4.0       | 15.0     | 0.5       | 0.00      |
| Yogurt 4 oz Variety Upst Farms | 4 oz         | 80          | 0           | 75        | 0.00      | 0.00      | 12.00       | 7.00       | 3.0       | 15.0     | 0.0       | 0.00      |
| Bug Bites Graham Crackers      | Package      | 120         | 0           | 100       | 1.00      | 0.72      | 8.00        | *N/A*      | 2.0       | 21.0     | 4.0       | 1.00      |
| Cracker, Mixed Berry Animal    | pkg          | 110         | 0           | 60        | 2.00      | 1.08      | 6.00        | *N/A*      | 2.0       | 18.0     | 3.5       | 0.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| Juice Apple                    | serving      | 15          | 0           | 1         | 0.00      | 0.00      | 3.00        | *0.00      | 0.0       | 3.5      | 0.0       | 0.00      |
| Juice Grape                    | serving      | 20          | 0           | 2         | 0.00      | 0.00      | 4.50        | *0.00      | 0.0       | 4.75     | 0.0       | 0.00      |
| Juice Merry Cherry             | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 13.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Juice Orange Citrus Blend      | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 12.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Milk, 1% Chocolate             | Carton       | 130         | 10          | 190       | 0.00      | 0.36      | 18.00       | 6.00       | 8.0       | 20.0     | 2.5       | 1.50      |
| Milk, 1% White                 | Carton       | 100         | 15          | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 2.5       | 1.50      |
| Milk, 1% Strawberry            | Carton       | 140         | 10          | 105       | 0.00      | 0.00      | 22.00       | *N/A*      | 8.0       | 22.0     | 2.5       | 1.50      |
| Milk, Skim White               | Carton       | 80          | 5           | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 0.0       | 0.00      |
| Weighted Daily Average         |              | 1845        | 85          | 1984      | 15.00     | 17.00     | 174.50      | *22.00     | 63.00     | 324.25   | 35.00     | 10.00     |
| % of Calories                  |              |             |             |           |           |           | 37.8%       | *4.8%      | 13.7%     | 70.3%    | 17.1%     | 4.9%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      |             |            | 5.50      |          | <=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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

## Portion Values - Detailed

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|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Tot Sug (g) | Add Su (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-------------|------------|-----------|----------|-----------|-----------|
| Tue - 08/19/2025               |              |             |             |           |           |           |             |            |           |          |           |           |
| Rockwood Elementary Break      | Total        |             |             |           |           |           |             |            |           |          |           |           |
| Eggs precooked Scrambled       | #16 scoop    | 45          | 95          | 130       | 0.00      | 0.00      | 0.00        | *N/A*      | 3.0       | 1.0      | 3.0       | 1.00      |
| Biscuit                        |              | 220         | 0           | 320       | 1.00      | 2.00      | 3.00        | *2.00      | 4.0       | 29.0     | 9.0       | 4.00      |
| Tater Tots (Golden Nuggets)    | 1/2 cup      | 131         | 0           | 252       | 2.01      | 0.36      | 0.00        | *N/A*      | 2.01      | 17.11    | 6.54      | 0.50      |
| Cereal Cinnamon Toast Crunch   | Bowl         | 100         | 0           | 160       | 4.00      | 1.80      | 1.00        | *N/A*      | 1.0       | 22.0     | 2.5       | 0.00      |
| Cereal Cocoa Puffs 1 oz        | 1 Each       | 120         | 0           | 125       | 2.00      | 2.70      | 8.00        | *N/A*      | 2.0       | 25.0     | 1.5       | 0.00      |
| Cereal Honey Cheerios 1 oz     | 1 oz bowl    | 110         | 0           | 170       | 2.00      | 5.40      | 6.00        | *N/A*      | 3.0       | 22.0     | 1.5       | 0.00      |
| Cereal Trix 1 oz               | bowl         | 110         | 0           | 160       | 1.00      | 2.20      | 6.00        | *N/A*      | 2.0       | 23.0     | 1.5       | 0.00      |
| Yogurt, Danimals Strawberry    | 1 Each       | 60          | 5           | 70        | 0.00      | 0.00      | 9.00        | *4.00      | 4.0       | 12.0     | 0.0       | 0.00      |
| Yogurt, Trix Reduced Sugar 4oz | 4 oz cup     | 80          | 5           | 65        | 0.00      | 0.00      | 9.00        | *5.00      | 4.0       | 15.0     | 0.5       | 0.00      |
| Yogurt 4 oz Variety Upst Farms | 4 oz         | 80          | 0           | 75        | 0.00      | 0.00      | 12.00       | 7.00       | 3.0       | 15.0     | 0.0       | 0.00      |
| Bug Bites Graham Crackers      | Package      | 120         | 0           | 100       | 1.00      | 0.72      | 8.00        | *N/A*      | 2.0       | 21.0     | 4.0       | 1.00      |
| Cracker, Mixed Berry Animal    | pkg          | 110         | 0           | 60        | 2.00      | 1.08      | 6.00        | *N/A*      | 2.0       | 18.0     | 3.5       | 0.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| Juice Apple                    | serving      | 15          | 0           | 1         | 0.00      | 0.00      | 3.00        | *0.00      | 0.0       | 3.5      | 0.0       | 0.00      |
| Juice Grape                    | serving      | 20          | 0           | 2         | 0.00      | 0.00      | 4.50        | *0.00      | 0.0       | 4.75     | 0.0       | 0.00      |
| Juice Merry Cherry             | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 13.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Juice Orange Citrus Blend      | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 12.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Milk, 1% Chocolate             | Carton       | 130         | 10          | 190       | 0.00      | 0.36      | 18.00       | 6.00       | 8.0       | 20.0     | 2.5       | 1.50      |
| Milk, 1% White                 | Carton       | 100         | 15          | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 2.5       | 1.50      |
| Milk, 1% Strawberry            | Carton       | 140         | 10          | 105       | 0.00      | 0.00      | 22.00       | *N/A*      | 8.0       | 22.0     | 2.5       | 1.50      |
| Milk, Skim White               | Carton       | 80          | 5           | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 0.0       | 0.00      |
| Weighted Daily Average         |              | 1991        | 150         | 2395      | 16.01     | 17.92     | 162.50      | *24.00     | 66.01     | 334.35   | 44.54     | 12.50     |
| % of Calories                  |              |             |             |           |           |           | 32.6%       | *4.8%      | 13.3%     | 67.2%    | 20.1%     | 5.7%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      |             |            | 5.50      |          | <=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

Aug 18, 2025 thru Sep 30, 2025

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

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|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Tot Sug (g) | Add Su (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-------------|------------|-----------|----------|-----------|-----------|
| Wed - 08/20/2025               |              |             |             |           |           |           |             |            |           |          |           |           |
| Rockwood Elementary Break      | Total        |             |             |           |           |           |             |            |           |          |           |           |
| Breakfast Flatbread Turkey Sau | 1 each       | 149         | 49          | 301       | 1.00      | 1.00      | 1.00        | *N/A*      | 9.0       | 14.0     | 6.0       | 3.00      |
| Breakfast Pizza, Turkey Sausag | pizza        | 210         | 21          | 360       | 2.00      | 1.50      | 3.00        | *0.50      | 12.0      | 21.0     | 8.0       | 3.50      |
| Cereal Cinnamon Toast Crunch   | Bowl         | 100         | 0           | 160       | 4.00      | 1.80      | 1.00        | *N/A*      | 1.0       | 22.0     | 2.5       | 0.00      |
| Cereal Cocoa Puffs 1 oz        | 1 Each       | 120         | 0           | 125       | 2.00      | 2.70      | 8.00        | *N/A*      | 2.0       | 25.0     | 1.5       | 0.00      |
| Cereal Honey Cheerios 1 oz     | 1 oz bowl    | 110         | 0           | 170       | 2.00      | 5.40      | 6.00        | *N/A*      | 3.0       | 22.0     | 1.5       | 0.00      |
| Cereal Trix 1 oz               | bowl         | 110         | 0           | 160       | 1.00      | 2.20      | 6.00        | *N/A*      | 2.0       | 23.0     | 1.5       | 0.00      |
| Yogurt, Danimals Strawberry    | 1 Each       | 60          | 5           | 70        | 0.00      | 0.00      | 9.00        | *4.00      | 4.0       | 12.0     | 0.0       | 0.00      |
| Yogurt, Trix Reduced Sugar 4oz | 4 oz cup     | 80          | 5           | 65        | 0.00      | 0.00      | 9.00        | *5.00      | 4.0       | 15.0     | 0.5       | 0.00      |
| Yogurt 4 oz Variety Upst Farms | 4 oz         | 80          | 0           | 75        | 0.00      | 0.00      | 12.00       | 7.00       | 3.0       | 15.0     | 0.0       | 0.00      |
| Bug Bites Graham Crackers      | Package      | 120         | 0           | 100       | 1.00      | 0.72      | 8.00        | *N/A*      | 2.0       | 21.0     | 4.0       | 1.00      |
| Cracker, Mixed Berry Animal    | pkg          | 110         | 0           | 60        | 2.00      | 1.08      | 6.00        | *N/A*      | 2.0       | 18.0     | 3.5       | 0.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| Juice Apple                    | serving      | 15          | 0           | 1         | 0.00      | 0.00      | 3.00        | *0.00      | 0.0       | 3.5      | 0.0       | 0.00      |
| Juice Grape                    | serving      | 20          | 0           | 2         | 0.00      | 0.00      | 4.50        | *0.00      | 0.0       | 4.75     | 0.0       | 0.00      |
| Juice Merry Cherry             | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 13.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Juice Orange Citrus Blend      | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 12.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Milk, 1% Chocolate             | Carton       | 130         | 10          | 190       | 0.00      | 0.36      | 18.00       | 6.00       | 8.0       | 20.0     | 2.5       | 1.50      |
| Milk, 1% White                 | Carton       | 100         | 15          | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 2.5       | 1.50      |
| Milk, 1% Strawberry            | Carton       | 140         | 10          | 105       | 0.00      | 0.00      | 22.00       | *N/A*      | 8.0       | 22.0     | 2.5       | 1.50      |
| Milk, Skim White               | Carton       | 80          | 5           | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 0.0       | 0.00      |
| Weighted Daily Average         |              | 1954        | 125         | 2355      | 16.00     | 18.06     | 163.50      | *22.50     | 78.00     | 322.25   | 40.00     | 13.50     |
| % of Calories                  |              |             |             |           |           |           | 33.5%       | *4.6%      | 16.0%     | 66.0%    | 18.4%     | 6.2%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      |             |            | 5.50      |          | <=30.0    | <10.00    |

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

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Aug 18, 2025 thru Sep 30, 2025

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

## Portion Values - Detailed

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|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Tot Sug (g) | Add Su (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-------------|------------|-----------|----------|-----------|-----------|
| Thu - 08/21/2025               |              |             |             |           |           |           |             |            |           |          |           |           |
| Rockwood Elementary Break      | Total        |             |             |           |           |           |             |            |           |          |           |           |
| Smoothie Fruit & Yogurt        | 1 each       | 166         | 6           | 90        | 2.00      | *0.43     | *17.54      | *7.00      | 5.94      | 29.43    | 2.48      | 1.69      |
| Cereal Cinnamon Toast Crunch   | Bowl         | 100         | 0           | 160       | 4.00      | 1.80      | 1.00        | *N/A*      | 1.0       | 22.0     | 2.5       | 0.00      |
| Cereal Cocoa Puffs 1 oz        | 1 Each       | 120         | 0           | 125       | 2.00      | 2.70      | 8.00        | *N/A*      | 2.0       | 25.0     | 1.5       | 0.00      |
| Cereal Honey Cheerios 1 oz     | 1 oz bowl    | 110         | 0           | 170       | 2.00      | 5.40      | 6.00        | *N/A*      | 3.0       | 22.0     | 1.5       | 0.00      |
| Cereal Trix 1 oz               | bowl         | 110         | 0           | 160       | 1.00      | 2.20      | 6.00        | *N/A*      | 2.0       | 23.0     | 1.5       | 0.00      |
| Yogurt, Danimals Strawberry    | 1 Each       | 60          | 5           | 70        | 0.00      | 0.00      | 9.00        | *4.00      | 4.0       | 12.0     | 0.0       | 0.00      |
| Yogurt, Trix Reduced Sugar 4oz | 4 oz cup     | 80          | 5           | 65        | 0.00      | 0.00      | 9.00        | *5.00      | 4.0       | 15.0     | 0.5       | 0.00      |
| Yogurt 4 oz Variety Upst Farms | 4 oz         | 80          | 0           | 75        | 0.00      | 0.00      | 12.00       | 7.00       | 3.0       | 15.0     | 0.0       | 0.00      |
| Bug Bites Graham Crackers      | Package      | 120         | 0           | 100       | 1.00      | 0.72      | 8.00        | *N/A*      | 2.0       | 21.0     | 4.0       | 1.00      |
| Cracker, Mixed Berry Animal    | pkg          | 110         | 0           | 60        | 2.00      | 1.08      | 6.00        | *N/A*      | 2.0       | 18.0     | 3.5       | 0.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| Juice Apple                    | serving      | 15          | 0           | 1         | 0.00      | 0.00      | 3.00        | *0.00      | 0.0       | 3.5      | 0.0       | 0.00      |
| Juice Grape                    | serving      | 20          | 0           | 2         | 0.00      | 0.00      | 4.50        | *0.00      | 0.0       | 4.75     | 0.0       | 0.00      |
| Juice Merry Cherry             | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 13.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Juice Orange Citrus Blend      | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 12.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Milk, 1% Chocolate             | Carton       | 130         | 10          | 190       | 0.00      | 0.36      | 18.00       | 6.00       | 8.0       | 20.0     | 2.5       | 1.50      |
| Milk, 1% White                 | Carton       | 100         | 15          | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 2.5       | 1.50      |
| Milk, 1% Strawberry            | Carton       | 140         | 10          | 105       | 0.00      | 0.00      | 22.00       | *N/A*      | 8.0       | 22.0     | 2.5       | 1.50      |
| Milk, Skim White               | Carton       | 80          | 5           | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 0.0       | 0.00      |
| Weighted Daily Average         |              | 1761        | 61          | 1784      | 15.00     | *15.99    | *177.04     | *29.00     | 62.93     | 316.68   | 28.48     | 8.68      |
| % of Calories                  |              |             |             |           |           |           | *40.2%      | *6.6%      | 14.3%     | 71.9%    | 14.6%     | 4.4%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      |             |            | 5.50      |          | <=30.0    | <10.00    |

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## Base Menu Spreadsheet

Rockwood Elementary Breakfast

## Portion Values - Detailed

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|                                | Portion Size  | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Tot Sug (g) | Add Su (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|---------------|-------------|-------------|-----------|-----------|-----------|-------------|------------|-----------|----------|-----------|-----------|
| Fri - 08/22/2025               |               |             |             |           |           |           |             |            |           |          |           |           |
| Rockwood Elementary Break      | Total         |             |             |           |           |           |             |            |           |          |           |           |
| Donut Holes, Glazed            | 3 donut holes | 140         | 0           | 168       | 1.20      | 0.78      | 10.03       | *3.00      | 2.4       | 22.76    | 4.2       | 1.80      |
| Cereal Cinnamon Toast Crunch   | Bowl          | 100         | 0           | 160       | 4.00      | 1.80      | 1.00        | *N/A*      | 1.0       | 22.0     | 2.5       | 0.00      |
| Cereal Cocoa Puffs 1 oz        | 1 Each        | 120         | 0           | 125       | 2.00      | 2.70      | 8.00        | *N/A*      | 2.0       | 25.0     | 1.5       | 0.00      |
| Cereal Honey Cheerios 1 oz     | 1 oz bowl     | 110         | 0           | 170       | 2.00      | 5.40      | 6.00        | *N/A*      | 3.0       | 22.0     | 1.5       | 0.00      |
| Cereal Trix 1 oz               | bowl          | 110         | 0           | 160       | 1.00      | 2.20      | 6.00        | *N/A*      | 2.0       | 23.0     | 1.5       | 0.00      |
| Yogurt, Danimals Strawberry    | 1 Each        | 60          | 5           | 70        | 0.00      | 0.00      | 9.00        | *4.00      | 4.0       | 12.0     | 0.0       | 0.00      |
| Yogurt, Trix Reduced Sugar 4oz | 4 oz cup      | 80          | 5           | 65        | 0.00      | 0.00      | 9.00        | *5.00      | 4.0       | 15.0     | 0.5       | 0.00      |
| Yogurt 4 oz Variety Upst Farms | 4 oz          | 80          | 0           | 75        | 0.00      | 0.00      | 12.00       | 7.00       | 3.0       | 15.0     | 0.0       | 0.00      |
| Bug Bites Graham Crackers      | Package       | 120         | 0           | 100       | 1.00      | 0.72      | 8.00        | *N/A*      | 2.0       | 21.0     | 4.0       | 1.00      |
| Cracker, Mixed Berry Animal    | pkg           | 110         | 0           | 60        | 2.00      | 1.08      | 6.00        | *N/A*      | 2.0       | 18.0     | 3.5       | 0.50      |
| Crackers Cheez-It Whole Grain  | Package       | 100         | 5           | 150       | 1.00      | 0.90      | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| Juice Apple                    | serving       | 15          | 0           | 1         | 0.00      | 0.00      | 3.00        | *0.00      | 0.0       | 3.5      | 0.0       | 0.00      |
| Juice Grape                    | serving       | 20          | 0           | 2         | 0.00      | 0.00      | 4.50        | *0.00      | 0.0       | 4.75     | 0.0       | 0.00      |
| Juice Merry Cherry             | 4 oz          | 60          | 0           | 10        | 0.00      | 0.20      | 13.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Juice Orange Citrus Blend      | 4 oz          | 60          | 0           | 10        | 0.00      | 0.20      | 12.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Milk, 1% Chocolate             | Carton        | 130         | 10          | 190       | 0.00      | 0.36      | 18.00       | 6.00       | 8.0       | 20.0     | 2.5       | 1.50      |
| Milk, 1% White                 | Carton        | 100         | 15          | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 2.5       | 1.50      |
| Milk, 1% Strawberry            | Carton        | 140         | 10          | 105       | 0.00      | 0.00      | 22.00       | *N/A*      | 8.0       | 22.0     | 2.5       | 1.50      |
| Milk, Skim White               | Carton        | 80          | 5           | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 0.0       | 0.00      |
| Weighted Daily Average         |               | 1735        | 55          | 1862      | 14.20     | 16.34     | 169.53      | *25.00     | 59.40     | 310.00   | 30.20     | 8.80      |
| % of Calories                  |               |             |             |           |           |           | 39.1%       | *5.8%      | 13.7%     | 71.5%    | 15.7%     | 4.6%      |
| Nutrient Guideline             |               | 350-500     |             | 540       |           | 2.50      |             |            | 5.50      |          | <=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

Aug 18, 2025 thru Sep 30, 2025

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

## Portion Values - Detailed

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|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Tot Sug (g) | Add Su (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-------------|------------|-----------|----------|-----------|-----------|
| Mon - 08/25/2025               |              |             |             |           |           |           |             |            |           |          |           |           |
| Rockwood Elementary Break      | Total        |             |             |           |           |           |             |            |           |          |           |           |
| Waffles, Eggo Froot Loops IW   | 2 waffles    | 180         | 0           | 210       | 3.00      | 3.60      | 5.00        | *N/A*      | 4.0       | 32.0     | 6.0       | 1.50      |
| Cereal Cinnamon Toast Crunch   | Bowl         | 100         | 0           | 160       | 4.00      | 1.80      | 1.00        | *N/A*      | 1.0       | 22.0     | 2.5       | 0.00      |
| Cereal Cocoa Puffs 1 oz        | 1 Each       | 120         | 0           | 125       | 2.00      | 2.70      | 8.00        | *N/A*      | 2.0       | 25.0     | 1.5       | 0.00      |
| Cereal Honey Cheerios 1 oz     | 1 oz bowl    | 110         | 0           | 170       | 2.00      | 5.40      | 6.00        | *N/A*      | 3.0       | 22.0     | 1.5       | 0.00      |
| Cereal Trix 1 oz               | bowl         | 110         | 0           | 160       | 1.00      | 2.20      | 6.00        | *N/A*      | 2.0       | 23.0     | 1.5       | 0.00      |
| Yogurt, Danimals Strawberry    | 1 Each       | 60          | 5           | 70        | 0.00      | 0.00      | 9.00        | *4.00      | 4.0       | 12.0     | 0.0       | 0.00      |
| Yogurt, Trix Reduced Sugar 4oz | 4 oz cup     | 80          | 5           | 65        | 0.00      | 0.00      | 9.00        | *5.00      | 4.0       | 15.0     | 0.5       | 0.00      |
| Yogurt 4 oz Variety Upst Farms | 4 oz         | 80          | 0           | 75        | 0.00      | 0.00      | 12.00       | 7.00       | 3.0       | 15.0     | 0.0       | 0.00      |
| Bug Bites Graham Crackers      | Package      | 120         | 0           | 100       | 1.00      | 0.72      | 8.00        | *N/A*      | 2.0       | 21.0     | 4.0       | 1.00      |
| Cracker, Mixed Berry Animal    | pkg          | 110         | 0           | 60        | 2.00      | 1.08      | 6.00        | *N/A*      | 2.0       | 18.0     | 3.5       | 0.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| Juice Apple                    | serving      | 15          | 0           | 1         | 0.00      | 0.00      | 3.00        | *0.00      | 0.0       | 3.5      | 0.0       | 0.00      |
| Juice Grape                    | serving      | 20          | 0           | 2         | 0.00      | 0.00      | 4.50        | *0.00      | 0.0       | 4.75     | 0.0       | 0.00      |
| Juice Merry Cherry             | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 13.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Juice Orange Citrus Blend      | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 12.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Milk, 1% Chocolate             | Carton       | 130         | 10          | 190       | 0.00      | 0.36      | 18.00       | 6.00       | 8.0       | 20.0     | 2.5       | 1.50      |
| Milk, 1% White                 | Carton       | 100         | 15          | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 2.5       | 1.50      |
| Milk, 1% Strawberry            | Carton       | 140         | 10          | 105       | 0.00      | 0.00      | 22.00       | *N/A*      | 8.0       | 22.0     | 2.5       | 1.50      |
| Milk, Skim White               | Carton       | 80          | 5           | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 0.0       | 0.00      |
| Weighted Daily Average         |              | 1775        | 55          | 1904      | 16.00     | 19.16     | 164.50      | *22.00     | 61.00     | 319.25   | 32.00     | 8.50      |
| % of Calories                  |              |             |             |           |           |           | 37.1%       | *5.0%      | 13.7%     | 71.9%    | 16.2%     | 4.3%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      |             |            | 5.50      |          | <=30.0    | <10.00    |

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# Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

## Portion Values - Detailed

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|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Tot Sug (g) | Add Su (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-------------|------------|-----------|----------|-----------|-----------|
| Tue - 08/26/2025               |              |             |             |           |           |           |             |            |           |          |           |           |
| Rockwood Elementary Break      | Total        |             |             |           |           |           |             |            |           |          |           |           |
| Biscuit, Egg and Cheese        | Sandwich     | 326         | 113         | 582       | 0.50      | *9.36     | 3.51        | *N/A*      | 9.53      | 30.01    | 17.06     | 8.03      |
| Cereal Cinnamon Toast Crunch   | Bowl         | 100         | 0           | 160       | 4.00      | 1.80      | 1.00        | *N/A*      | 1.0       | 22.0     | 2.5       | 0.00      |
| Cereal Cocoa Puffs 1 oz        | 1 Each       | 120         | 0           | 125       | 2.00      | 2.70      | 8.00        | *N/A*      | 2.0       | 25.0     | 1.5       | 0.00      |
| Cereal Honey Cheerios 1 oz     | 1 oz bowl    | 110         | 0           | 170       | 2.00      | 5.40      | 6.00        | *N/A*      | 3.0       | 22.0     | 1.5       | 0.00      |
| Cereal Trix 1 oz               | bowl         | 110         | 0           | 160       | 1.00      | 2.20      | 6.00        | *N/A*      | 2.0       | 23.0     | 1.5       | 0.00      |
| Yogurt, Danimals Strawberry    | 1 Each       | 60          | 5           | 70        | 0.00      | 0.00      | 9.00        | *4.00      | 4.0       | 12.0     | 0.0       | 0.00      |
| Yogurt, Trix Reduced Sugar 4oz | 4 oz cup     | 80          | 5           | 65        | 0.00      | 0.00      | 9.00        | *5.00      | 4.0       | 15.0     | 0.5       | 0.00      |
| Yogurt 4 oz Variety Upst Farms | 4 oz         | 80          | 0           | 75        | 0.00      | 0.00      | 12.00       | 7.00       | 3.0       | 15.0     | 0.0       | 0.00      |
| Bug Bites Graham Crackers      | Package      | 120         | 0           | 100       | 1.00      | 0.72      | 8.00        | *N/A*      | 2.0       | 21.0     | 4.0       | 1.00      |
| Cracker, Mixed Berry Animal    | pkg          | 110         | 0           | 60        | 2.00      | 1.08      | 6.00        | *N/A*      | 2.0       | 18.0     | 3.5       | 0.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| Juice Apple                    | serving      | 15          | 0           | 1         | 0.00      | 0.00      | 3.00        | *0.00      | 0.0       | 3.5      | 0.0       | 0.00      |
| Juice Grape                    | serving      | 20          | 0           | 2         | 0.00      | 0.00      | 4.50        | *0.00      | 0.0       | 4.75     | 0.0       | 0.00      |
| Juice Merry Cherry             | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 13.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Juice Orange Citrus Blend      | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 12.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Milk, 1% Chocolate             | Carton       | 130         | 10          | 190       | 0.00      | 0.36      | 18.00       | 6.00       | 8.0       | 20.0     | 2.5       | 1.50      |
| Milk, 1% White                 | Carton       | 100         | 15          | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 2.5       | 1.50      |
| Milk, 1% Strawberry            | Carton       | 140         | 10          | 105       | 0.00      | 0.00      | 22.00       | *N/A*      | 8.0       | 22.0     | 2.5       | 1.50      |
| Milk, Skim White               | Carton       | 80          | 5           | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 0.0       | 0.00      |
| Weighted Daily Average         |              | 1921        | 168         | 2275      | 13.50     | *24.92    | 163.00      | *22.00     | 66.53     | 317.26   | 43.05     | 15.03     |
| % of Calories                  |              |             |             |           |           |           | 33.9%       | *4.6%      | 13.9%     | 66.1%    | 20.2%     | 7.0%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      |             |            | 5.50      |          | <=30.0    | <10.00    |

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# Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

## Portion Values - Detailed

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|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Tot Sug (g) | Add Su (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-------------|------------|-----------|----------|-----------|-----------|
| Wed - 08/27/2025               |              |             |             |           |           |           |             |            |           |          |           |           |
| Rockwood Elementary Break      | Total        |             |             |           |           |           |             |            |           |          |           |           |
| Peaches & Cream Yogurt Parfait | 1 each       | 182         | 4           | 80        | 1.00      | 0.20      | 26.16       | *13.66     | 4.5       | 33.49    | 2.33      | 2.33      |
| Cereal Cinnamon Toast Crunch   | Bowl         | 100         | 0           | 160       | 4.00      | 1.80      | 1.00        | *N/A*      | 1.0       | 22.0     | 2.5       | 0.00      |
| Cereal Cocoa Puffs 1 oz        | 1 Each       | 120         | 0           | 125       | 2.00      | 2.70      | 8.00        | *N/A*      | 2.0       | 25.0     | 1.5       | 0.00      |
| Cereal Honey Cheerios 1 oz     | 1 oz bowl    | 110         | 0           | 170       | 2.00      | 5.40      | 6.00        | *N/A*      | 3.0       | 22.0     | 1.5       | 0.00      |
| Cereal Trix 1 oz               | bowl         | 110         | 0           | 160       | 1.00      | 2.20      | 6.00        | *N/A*      | 2.0       | 23.0     | 1.5       | 0.00      |
| Yogurt, Danimals Strawberry    | 1 Each       | 60          | 5           | 70        | 0.00      | 0.00      | 9.00        | *4.00      | 4.0       | 12.0     | 0.0       | 0.00      |
| Yogurt, Trix Reduced Sugar 4oz | 4 oz cup     | 80          | 5           | 65        | 0.00      | 0.00      | 9.00        | *5.00      | 4.0       | 15.0     | 0.5       | 0.00      |
| Yogurt 4 oz Variety Upst Farms | 4 oz         | 80          | 0           | 75        | 0.00      | 0.00      | 12.00       | 7.00       | 3.0       | 15.0     | 0.0       | 0.00      |
| Bug Bites Graham Crackers      | Package      | 120         | 0           | 100       | 1.00      | 0.72      | 8.00        | *N/A*      | 2.0       | 21.0     | 4.0       | 1.00      |
| Cracker, Mixed Berry Animal    | pkg          | 110         | 0           | 60        | 2.00      | 1.08      | 6.00        | *N/A*      | 2.0       | 18.0     | 3.5       | 0.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| Juice Apple                    | serving      | 15          | 0           | 1         | 0.00      | 0.00      | 3.00        | *0.00      | 0.0       | 3.5      | 0.0       | 0.00      |
| Juice Grape                    | serving      | 20          | 0           | 2         | 0.00      | 0.00      | 4.50        | *0.00      | 0.0       | 4.75     | 0.0       | 0.00      |
| Juice Merry Cherry             | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 13.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Juice Orange Citrus Blend      | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 12.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Milk, 1% Chocolate             | Carton       | 130         | 10          | 190       | 0.00      | 0.36      | 18.00       | 6.00       | 8.0       | 20.0     | 2.5       | 1.50      |
| Milk, 1% White                 | Carton       | 100         | 15          | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 2.5       | 1.50      |
| Milk, 1% Strawberry            | Carton       | 140         | 10          | 105       | 0.00      | 0.00      | 22.00       | *N/A*      | 8.0       | 22.0     | 2.5       | 1.50      |
| Milk, Skim White               | Carton       | 80          | 5           | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 0.0       | 0.00      |
| Weighted Daily Average         |              | 1777        | 59          | 1774      | 14.00     | 15.76     | 185.66      | *35.66     | 61.50     | 320.74   | 28.33     | 9.33      |
| % of Calories                  |              |             |             |           |           |           | 41.8%       | *8.0%      | 13.8%     | 72.2%    | 14.4%     | 4.7%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      |             |            | 5.50      |          | <=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

Aug 18, 2025 thru Sep 30, 2025

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

## Portion Values - Detailed

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|                                | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Tot Sug<br>(g) | Add Su<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) |
|--------------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|----------------|---------------|--------------|-------------|--------------|--------------|
| Thu - 08/28/2025               |                 |                |                |              |              |              |                |               |              |             |              |              |
| Rockwood Elementary Break      | Total           |                |                |              |              |              |                |               |              |             |              |              |
| Pancake & Sausage Patty Breakf | serving         | 243            | 33             | 407          | 1.00         | 0.90         | 3.00           | *N/A*         | 8.0          | 12.0        | 18.0         | 6.00         |
| Syrup, Pancake 1.5 oz          | 1.5 oz          | 120            | 0              | 40           | 0.00         | 0.00         | 17.00          | *N/A*         | 0.0          | 31.0        | 0.0          | 0.00         |
| Cereal Cinnamon Toast Crunch   | Bowl            | 100            | 0              | 160          | 4.00         | 1.80         | 1.00           | *N/A*         | 1.0          | 22.0        | 2.5          | 0.00         |
| Cereal Cocoa Puffs 1 oz        | 1 Each          | 120            | 0              | 125          | 2.00         | 2.70         | 8.00           | *N/A*         | 2.0          | 25.0        | 1.5          | 0.00         |
| Cereal Honey Cheerios 1 oz     | 1 oz bowl       | 110            | 0              | 170          | 2.00         | 5.40         | 6.00           | *N/A*         | 3.0          | 22.0        | 1.5          | 0.00         |
| Cereal Trix 1 oz               | bowl            | 110            | 0              | 160          | 1.00         | 2.20         | 6.00           | *N/A*         | 2.0          | 23.0        | 1.5          | 0.00         |
| Yogurt, Danimals Strawberry    | 1 Each          | 60             | 5              | 70           | 0.00         | 0.00         | 9.00           | *4.00         | 4.0          | 12.0        | 0.0          | 0.00         |
| Yogurt, Trix Reduced Sugar 4oz | 4 oz cup        | 80             | 5              | 65           | 0.00         | 0.00         | 9.00           | *5.00         | 4.0          | 15.0        | 0.5          | 0.00         |
| Yogurt 4 oz Variety Upst Farms | 4 oz            | 80             | 0              | 75           | 0.00         | 0.00         | 12.00          | 7.00          | 3.0          | 15.0        | 0.0          | 0.00         |
| Bug Bites Graham Crackers      | Package         | 120            | 0              | 100          | 1.00         | 0.72         | 8.00           | *N/A*         | 2.0          | 21.0        | 4.0          | 1.00         |
| Cracker, Mixed Berry Animal    | pkg             | 110            | 0              | 60           | 2.00         | 1.08         | 6.00           | *N/A*         | 2.0          | 18.0        | 3.5          | 0.50         |
| Crackers Cheez-It Whole Grain  | Package         | 100            | 5              | 150          | 1.00         | 0.90         | 0.00           | *N/A*         | 2.0          | 14.0        | 3.5          | 1.00         |
| Juice Apple                    | serving         | 15             | 0              | 1            | 0.00         | 0.00         | 3.00           | *0.00         | 0.0          | 3.5         | 0.0          | 0.00         |
| Juice Grape                    | serving         | 20             | 0              | 2            | 0.00         | 0.00         | 4.50           | *0.00         | 0.0          | 4.75        | 0.0          | 0.00         |
| Juice Merry Cherry             | 4 oz            | 60             | 0              | 10           | 0.00         | 0.20         | 13.00          | *0.00         | 0.0          | 14.0        | 0.0          | 0.00         |
| Juice Orange Citrus Blend      | 4 oz            | 60             | 0              | 10           | 0.00         | 0.20         | 12.00          | *0.00         | 0.0          | 14.0        | 0.0          | 0.00         |
| Milk, 1% Chocolate             | Carton          | 130            | 10             | 190          | 0.00         | 0.36         | 18.00          | 6.00          | 8.0          | 20.0        | 2.5          | 1.50         |
| Milk, 1% White                 | Carton          | 100            | 15             | 120          | 0.00         | 0.00         | 11.00          | 0.00          | 8.0          | 11.0        | 2.5          | 1.50         |
| Milk, 1% Strawberry            | Carton          | 140            | 10             | 105          | 0.00         | 0.00         | 22.00          | *N/A*         | 8.0          | 22.0        | 2.5          | 1.50         |
| Milk, Skim White               | Carton          | 80             | 5              | 120          | 0.00         | 0.00         | 11.00          | 0.00          | 8.0          | 11.0        | 0.0          | 0.00         |
| Weighted Daily Average         |                 | 1958           | 88             | 2141         | 14.00        | 16.46        | 179.50         | *22.00        | 65.00        | 330.25      | 44.00        | 13.00        |
| % of Calories                  |                 |                |                |              |              |              | 36.7%          | *4.5%         | 13.3%        | 67.5%       | 20.2%        | 6.0%         |
| Nutrient Guideline             |                 | 350-500        |                | 540          |              | 2.50         |                |               | 5.50         |             | <=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

Aug 18, 2025 thru Sep 30, 2025

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

## Portion Values - Detailed

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|                                | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Tot Sug<br>(g) | Add Su<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) |
|--------------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|----------------|---------------|--------------|-------------|--------------|--------------|
| Fri - 08/29/2025               |                 |                |                |              |              |              |                |               |              |             |              |              |
| Rockwood Elementary Break      | Total           |                |                |              |              |              |                |               |              |             |              |              |
| Cinnamon Roll                  | 1 each          | 241            | 5              | 210          | 1.00         | 1.81         | 20.85          | *N/A*         | 5.0          | 49.11       | 3.5          | 1.00         |
| Cereal Cinnamon Toast Crunch   | Bowl            | 100            | 0              | 160          | 4.00         | 1.80         | 1.00           | *N/A*         | 1.0          | 22.0        | 2.5          | 0.00         |
| Cereal Cocoa Puffs 1 oz        | 1 Each          | 120            | 0              | 125          | 2.00         | 2.70         | 8.00           | *N/A*         | 2.0          | 25.0        | 1.5          | 0.00         |
| Cereal Honey Cheerios 1 oz     | 1 oz bowl       | 110            | 0              | 170          | 2.00         | 5.40         | 6.00           | *N/A*         | 3.0          | 22.0        | 1.5          | 0.00         |
| Cereal Trix 1 oz               | bowl            | 110            | 0              | 160          | 1.00         | 2.20         | 6.00           | *N/A*         | 2.0          | 23.0        | 1.5          | 0.00         |
| Yogurt, Danimals Strawberry    | 1 Each          | 60             | 5              | 70           | 0.00         | 0.00         | 9.00           | *4.00         | 4.0          | 12.0        | 0.0          | 0.00         |
| Yogurt, Trix Reduced Sugar 4oz | 4 oz cup        | 80             | 5              | 65           | 0.00         | 0.00         | 9.00           | *5.00         | 4.0          | 15.0        | 0.5          | 0.00         |
| Yogurt 4 oz Variety Upst Farms | 4 oz            | 80             | 0              | 75           | 0.00         | 0.00         | 12.00          | 7.00          | 3.0          | 15.0        | 0.0          | 0.00         |
| Bug Bites Graham Crackers      | Package         | 120            | 0              | 100          | 1.00         | 0.72         | 8.00           | *N/A*         | 2.0          | 21.0        | 4.0          | 1.00         |
| Cracker, Mixed Berry Animal    | pkg             | 110            | 0              | 60           | 2.00         | 1.08         | 6.00           | *N/A*         | 2.0          | 18.0        | 3.5          | 0.50         |
| Crackers Cheez-It Whole Grain  | Package         | 100            | 5              | 150          | 1.00         | 0.90         | 0.00           | *N/A*         | 2.0          | 14.0        | 3.5          | 1.00         |
| Juice Apple                    | serving         | 15             | 0              | 1            | 0.00         | 0.00         | 3.00           | *0.00         | 0.0          | 3.5         | 0.0          | 0.00         |
| Juice Grape                    | serving         | 20             | 0              | 2            | 0.00         | 0.00         | 4.50           | *0.00         | 0.0          | 4.75        | 0.0          | 0.00         |
| Juice Merry Cherry             | 4 oz            | 60             | 0              | 10           | 0.00         | 0.20         | 13.00          | *0.00         | 0.0          | 14.0        | 0.0          | 0.00         |
| Juice Orange Citrus Blend      | 4 oz            | 60             | 0              | 10           | 0.00         | 0.20         | 12.00          | *0.00         | 0.0          | 14.0        | 0.0          | 0.00         |
| Milk, 1% Chocolate             | Carton          | 130            | 10             | 190          | 0.00         | 0.36         | 18.00          | 6.00          | 8.0          | 20.0        | 2.5          | 1.50         |
| Milk, 1% White                 | Carton          | 100            | 15             | 120          | 0.00         | 0.00         | 11.00          | 0.00          | 8.0          | 11.0        | 2.5          | 1.50         |
| Milk, 1% Strawberry            | Carton          | 140            | 10             | 105          | 0.00         | 0.00         | 22.00          | *N/A*         | 8.0          | 22.0        | 2.5          | 1.50         |
| Milk, Skim White               | Carton          | 80             | 5              | 120          | 0.00         | 0.00         | 11.00          | 0.00          | 8.0          | 11.0        | 0.0          | 0.00         |
| Weighted Daily Average         |                 | 1836           | 60             | 1904         | 14.00        | 17.37        | 180.35         | *22.00        | 62.00        | 336.36      | 29.50        | 8.00         |
| % of Calories                  |                 |                |                |              |              |              | 39.3%          | *4.8%         | 13.5%        | 73.3%       | 14.5%        | 3.9%         |
| Nutrient Guideline             |                 | 350-500        |                | 540          |              | 2.50         |                |               | 5.50         |             | <=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

## Base Menu Spreadsheet

### Portion Values - Detailed

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Aug 18, 2025 thru Sep 30, 2025

Rockwood Elementary Breakfast

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|                                | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Tot Sug<br>(g) | Add Su<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) |
|--------------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|----------------|---------------|--------------|-------------|--------------|--------------|
| Tue - 09/02/2025               |                 |                |                |              |              |              |                |               |              |             |              |              |
| Rockwood Elementary Break      | Total           |                |                |              |              |              |                |               |              |             |              |              |
| French Toast Sticks, Cinn Glzd | 3 stick         | 210            | 105            | 300          | 2.00         | 1.80         | 8.00           | *N/A*         | 8.0          | 28.0        | 7.0          | 2.50         |
| Syrup, Pancake 1.5 oz          | 1.5 oz          | 120            | 0              | 40           | 0.00         | 0.00         | 17.00          | *N/A*         | 0.0          | 31.0        | 0.0          | 0.00         |
| Cereal Cinnamon Toast Crunch   | Bowl            | 100            | 0              | 160          | 4.00         | 1.80         | 1.00           | *N/A*         | 1.0          | 22.0        | 2.5          | 0.00         |
| Cereal Cocoa Puffs 1 oz        | 1 Each          | 120            | 0              | 125          | 2.00         | 2.70         | 8.00           | *N/A*         | 2.0          | 25.0        | 1.5          | 0.00         |
| Cereal Honey Cheerios 1 oz     | 1 oz bowl       | 110            | 0              | 170          | 2.00         | 5.40         | 6.00           | *N/A*         | 3.0          | 22.0        | 1.5          | 0.00         |
| Cereal Trix 1 oz               | bowl            | 110            | 0              | 160          | 1.00         | 2.20         | 6.00           | *N/A*         | 2.0          | 23.0        | 1.5          | 0.00         |
| Yogurt, Danimals Strawberry    | 1 Each          | 60             | 5              | 70           | 0.00         | 0.00         | 9.00           | *4.00         | 4.0          | 12.0        | 0.0          | 0.00         |
| Yogurt, Trix Reduced Sugar 4oz | 4 oz cup        | 80             | 5              | 65           | 0.00         | 0.00         | 9.00           | *5.00         | 4.0          | 15.0        | 0.5          | 0.00         |
| Yogurt 4 oz Variety Upst Farms | 4 oz            | 80             | 0              | 75           | 0.00         | 0.00         | 12.00          | 7.00          | 3.0          | 15.0        | 0.0          | 0.00         |
| Bug Bites Graham Crackers      | Package         | 120            | 0              | 100          | 1.00         | 0.72         | 8.00           | *N/A*         | 2.0          | 21.0        | 4.0          | 1.00         |
| Cracker, Mixed Berry Animal    | pkg             | 110            | 0              | 60           | 2.00         | 1.08         | 6.00           | *N/A*         | 2.0          | 18.0        | 3.5          | 0.50         |
| Crackers Cheez-It Whole Grain  | Package         | 100            | 5              | 150          | 1.00         | 0.90         | 0.00           | *N/A*         | 2.0          | 14.0        | 3.5          | 1.00         |
| Juice Apple                    | serving         | 15             | 0              | 1            | 0.00         | 0.00         | 3.00           | *0.00         | 0.0          | 3.5         | 0.0          | 0.00         |
| Juice Grape                    | serving         | 20             | 0              | 2            | 0.00         | 0.00         | 4.50           | *0.00         | 0.0          | 4.75        | 0.0          | 0.00         |
| Juice Merry Cherry             | 4 oz            | 60             | 0              | 10           | 0.00         | 0.20         | 13.00          | *0.00         | 0.0          | 14.0        | 0.0          | 0.00         |
| Juice Orange Citrus Blend      | 4 oz            | 60             | 0              | 10           | 0.00         | 0.20         | 12.00          | *0.00         | 0.0          | 14.0        | 0.0          | 0.00         |
| Milk, 1% Chocolate             | Carton          | 130            | 10             | 190          | 0.00         | 0.36         | 18.00          | 6.00          | 8.0          | 20.0        | 2.5          | 1.50         |
| Milk, 1% White                 | Carton          | 100            | 15             | 120          | 0.00         | 0.00         | 11.00          | 0.00          | 8.0          | 11.0        | 2.5          | 1.50         |
| Milk, 1% Strawberry            | Carton          | 140            | 10             | 105          | 0.00         | 0.00         | 22.00          | *N/A*         | 8.0          | 22.0        | 2.5          | 1.50         |
| Milk, Skim White               | Carton          | 80             | 5              | 120          | 0.00         | 0.00         | 11.00          | 0.00          | 8.0          | 11.0        | 0.0          | 0.00         |
| Weighted Daily Average         |                 | 1925           | 160            | 2034         | 15.00        | 17.36        | 184.50         | *22.00        | 65.00        | 346.25      | 33.00        | 9.50         |
| % of Calories                  |                 |                |                |              |              |              | 38.3%          | *4.6%         | 13.5%        | 71.9%       | 15.4%        | 4.4%         |
| Nutrient Guideline             |                 | 350-500        |                | 540          |              | 2.50         |                |               | 5.50         |             | <=30.0       | <10.00       |

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# Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

## Portion Values - Detailed

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|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Tot Sug (g) | Add Su (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-------------|------------|-----------|----------|-----------|-----------|
| Wed - 09/03/2025               |              |             |             |           |           |           |             |            |           |          |           |           |
| Rockwood Elementary Break      | Total        |             |             |           |           |           |             |            |           |          |           |           |
| Breakfast Nachos Egg&Cheese    | #16 scoop    | 231         | 104         | 373       | 1.00      | 0.36      | 0.00        | *0.00      | 7.29      | 18.37    | 13.2      | 3.56      |
| Cereal Cinnamon Toast Crunch   | Bowl         | 100         | 0           | 160       | 4.00      | 1.80      | 1.00        | *N/A*      | 1.0       | 22.0     | 2.5       | 0.00      |
| Cereal Cocoa Puffs 1 oz        | 1 Each       | 120         | 0           | 125       | 2.00      | 2.70      | 8.00        | *N/A*      | 2.0       | 25.0     | 1.5       | 0.00      |
| Cereal Honey Cheerios 1 oz     | 1 oz bowl    | 110         | 0           | 170       | 2.00      | 5.40      | 6.00        | *N/A*      | 3.0       | 22.0     | 1.5       | 0.00      |
| Cereal Trix 1 oz               | bowl         | 110         | 0           | 160       | 1.00      | 2.20      | 6.00        | *N/A*      | 2.0       | 23.0     | 1.5       | 0.00      |
| Yogurt, Danimals Strawberry    | 1 Each       | 60          | 5           | 70        | 0.00      | 0.00      | 9.00        | *4.00      | 4.0       | 12.0     | 0.0       | 0.00      |
| Yogurt, Trix Reduced Sugar 4oz | 4 oz cup     | 80          | 5           | 65        | 0.00      | 0.00      | 9.00        | *5.00      | 4.0       | 15.0     | 0.5       | 0.00      |
| Yogurt 4 oz Variety Upst Farms | 4 oz         | 80          | 0           | 75        | 0.00      | 0.00      | 12.00       | 7.00       | 3.0       | 15.0     | 0.0       | 0.00      |
| Bug Bites Graham Crackers      | Package      | 120         | 0           | 100       | 1.00      | 0.72      | 8.00        | *N/A*      | 2.0       | 21.0     | 4.0       | 1.00      |
| Cracker, Mixed Berry Animal    | pkg          | 110         | 0           | 60        | 2.00      | 1.08      | 6.00        | *N/A*      | 2.0       | 18.0     | 3.5       | 0.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| Juice Apple                    | serving      | 15          | 0           | 1         | 0.00      | 0.00      | 3.00        | *0.00      | 0.0       | 3.5      | 0.0       | 0.00      |
| Juice Grape                    | serving      | 20          | 0           | 2         | 0.00      | 0.00      | 4.50        | *0.00      | 0.0       | 4.75     | 0.0       | 0.00      |
| Juice Merry Cherry             | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 13.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Juice Orange Citrus Blend      | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 12.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Milk, 1% Chocolate             | Carton       | 130         | 10          | 190       | 0.00      | 0.36      | 18.00       | 6.00       | 8.0       | 20.0     | 2.5       | 1.50      |
| Milk, 1% White                 | Carton       | 100         | 15          | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 2.5       | 1.50      |
| Milk, 1% Strawberry            | Carton       | 140         | 10          | 105       | 0.00      | 0.00      | 22.00       | *N/A*      | 8.0       | 22.0     | 2.5       | 1.50      |
| Milk, Skim White               | Carton       | 80          | 5           | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 0.0       | 0.00      |
| Weighted Daily Average         |              | 1826        | 159         | 2066      | 14.00     | 15.92     | 159.50      | *22.00     | 64.28     | 305.62   | 39.20     | 10.55     |
| % of Calories                  |              |             |             |           |           |           | 34.9%       | *4.8%      | 14.1%     | 67.0%    | 19.3%     | 5.2%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      |             |            | 5.50      |          | <=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

Aug 18, 2025 thru Sep 30, 2025

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

## Portion Values - Detailed

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|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Tot Sug (g) | Add Su (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-------------|------------|-----------|----------|-----------|-----------|
| Thu - 09/04/2025               |              |             |             |           |           |           |             |            |           |          |           |           |
| Rockwood Elementary Break      | Total        |             |             |           |           |           |             |            |           |          |           |           |
| Bagel, White WG                | 1 each       | 140         | 0           | 170       | 4.00      | 1.40      | 5.00        | *5.00      | 7.0       | 29.0     | 1.0       | 0.00      |
| Bagel, Blueberry WG Toasted    | bagel        | 170         | 0           | 170       | 4.00      | 1.40      | 7.00        | *6.00      | 7.0       | 32.0     | 1.5       | 0.00      |
| Cream Cheese Indiv. Cup        | Packet       | 70          | 20          | 110       | 0.00      | 0.00      | 2.00        | *N/A*      | 1.0       | 2.0      | 7.0       | 4.00      |
| Cereal Cinnamon Toast Crunch   | Bowl         | 100         | 0           | 160       | 4.00      | 1.80      | 1.00        | *N/A*      | 1.0       | 22.0     | 2.5       | 0.00      |
| Cereal Cocoa Puffs 1 oz        | 1 Each       | 120         | 0           | 125       | 2.00      | 2.70      | 8.00        | *N/A*      | 2.0       | 25.0     | 1.5       | 0.00      |
| Cereal Honey Cheerios 1 oz     | 1 oz bowl    | 110         | 0           | 170       | 2.00      | 5.40      | 6.00        | *N/A*      | 3.0       | 22.0     | 1.5       | 0.00      |
| Cereal Trix 1 oz               | bowl         | 110         | 0           | 160       | 1.00      | 2.20      | 6.00        | *N/A*      | 2.0       | 23.0     | 1.5       | 0.00      |
| Yogurt, Danimals Strawberry    | 1 Each       | 60          | 5           | 70        | 0.00      | 0.00      | 9.00        | *4.00      | 4.0       | 12.0     | 0.0       | 0.00      |
| Yogurt, Trix Reduced Sugar 4oz | 4 oz cup     | 80          | 5           | 65        | 0.00      | 0.00      | 9.00        | *5.00      | 4.0       | 15.0     | 0.5       | 0.00      |
| Yogurt 4 oz Variety Upst Farms | 4 oz         | 80          | 0           | 75        | 0.00      | 0.00      | 12.00       | 7.00       | 3.0       | 15.0     | 0.0       | 0.00      |
| Bug Bites Graham Crackers      | Package      | 120         | 0           | 100       | 1.00      | 0.72      | 8.00        | *N/A*      | 2.0       | 21.0     | 4.0       | 1.00      |
| Cracker, Mixed Berry Animal    | pkg          | 110         | 0           | 60        | 2.00      | 1.08      | 6.00        | *N/A*      | 2.0       | 18.0     | 3.5       | 0.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| Juice Apple                    | serving      | 15          | 0           | 1         | 0.00      | 0.00      | 3.00        | *0.00      | 0.0       | 3.5      | 0.0       | 0.00      |
| Juice Grape                    | serving      | 20          | 0           | 2         | 0.00      | 0.00      | 4.50        | *0.00      | 0.0       | 4.75     | 0.0       | 0.00      |
| Juice Merry Cherry             | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 13.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Juice Orange Citrus Blend      | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 12.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Milk, 1% Chocolate             | Carton       | 130         | 10          | 190       | 0.00      | 0.36      | 18.00       | 6.00       | 8.0       | 20.0     | 2.5       | 1.50      |
| Milk, 1% White                 | Carton       | 100         | 15          | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 2.5       | 1.50      |
| Milk, 1% Strawberry            | Carton       | 140         | 10          | 105       | 0.00      | 0.00      | 22.00       | *N/A*      | 8.0       | 22.0     | 2.5       | 1.50      |
| Milk, Skim White               | Carton       | 80          | 5           | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 0.0       | 0.00      |
| Weighted Daily Average         |              | 1975        | 75          | 2144      | 21.00     | 18.36     | 173.50      | *33.00     | 72.00     | 350.25   | 35.50     | 11.00     |
| % of Calories                  |              |             |             |           |           |           | 35.1%       | *6.7%      | 14.6%     | 70.9%    | 16.2%     | 5.0%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      |             |            | 5.50      |          | <=30.0    | <10.00    |

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# Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

## Portion Values - Detailed

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|                                | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Tot Sug<br>(g) | Add Su<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) |
|--------------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|----------------|---------------|--------------|-------------|--------------|--------------|
| Fri - 09/05/2025               |                 |                |                |              |              |              |                |               |              |             |              |              |
| Rockwood Elementary Break      | Total           |                |                |              |              |              |                |               |              |             |              |              |
| Dutch Waffle                   | Waffle          | 334            | 15             | 330          | 3.00         | 1.80         | 13.02          | *11.00        | 4.0          | 39.04       | 19.0         | 3.00         |
| Cereal Cinnamon Toast Crunch   | Bowl            | 100            | 0              | 160          | 4.00         | 1.80         | 1.00           | *N/A*         | 1.0          | 22.0        | 2.5          | 0.00         |
| Cereal Cocoa Puffs 1 oz        | 1 Each          | 120            | 0              | 125          | 2.00         | 2.70         | 8.00           | *N/A*         | 2.0          | 25.0        | 1.5          | 0.00         |
| Cereal Honey Cheerios 1 oz     | 1 oz bowl       | 110            | 0              | 170          | 2.00         | 5.40         | 6.00           | *N/A*         | 3.0          | 22.0        | 1.5          | 0.00         |
| Cereal Trix 1 oz               | bowl            | 110            | 0              | 160          | 1.00         | 2.20         | 6.00           | *N/A*         | 2.0          | 23.0        | 1.5          | 0.00         |
| Yogurt, Danimals Strawberry    | 1 Each          | 60             | 5              | 70           | 0.00         | 0.00         | 9.00           | *4.00         | 4.0          | 12.0        | 0.0          | 0.00         |
| Yogurt, Trix Reduced Sugar 4oz | 4 oz cup        | 80             | 5              | 65           | 0.00         | 0.00         | 9.00           | *5.00         | 4.0          | 15.0        | 0.5          | 0.00         |
| Yogurt 4 oz Variety Upst Farms | 4 oz            | 80             | 0              | 75           | 0.00         | 0.00         | 12.00          | 7.00          | 3.0          | 15.0        | 0.0          | 0.00         |
| Bug Bites Graham Crackers      | Package         | 120            | 0              | 100          | 1.00         | 0.72         | 8.00           | *N/A*         | 2.0          | 21.0        | 4.0          | 1.00         |
| Cracker, Mixed Berry Animal    | pkg             | 110            | 0              | 60           | 2.00         | 1.08         | 6.00           | *N/A*         | 2.0          | 18.0        | 3.5          | 0.50         |
| Crackers Cheez-It Whole Grain  | Package         | 100            | 5              | 150          | 1.00         | 0.90         | 0.00           | *N/A*         | 2.0          | 14.0        | 3.5          | 1.00         |
| Juice Apple                    | serving         | 15             | 0              | 1            | 0.00         | 0.00         | 3.00           | *0.00         | 0.0          | 3.5         | 0.0          | 0.00         |
| Juice Grape                    | serving         | 20             | 0              | 2            | 0.00         | 0.00         | 4.50           | *0.00         | 0.0          | 4.75        | 0.0          | 0.00         |
| Juice Merry Cherry             | 4 oz            | 60             | 0              | 10           | 0.00         | 0.20         | 13.00          | *0.00         | 0.0          | 14.0        | 0.0          | 0.00         |
| Juice Orange Citrus Blend      | 4 oz            | 60             | 0              | 10           | 0.00         | 0.20         | 12.00          | *0.00         | 0.0          | 14.0        | 0.0          | 0.00         |
| Milk, 1% Chocolate             | Carton          | 130            | 10             | 190          | 0.00         | 0.36         | 18.00          | 6.00          | 8.0          | 20.0        | 2.5          | 1.50         |
| Milk, 1% White                 | Carton          | 100            | 15             | 120          | 0.00         | 0.00         | 11.00          | 0.00          | 8.0          | 11.0        | 2.5          | 1.50         |
| Milk, 1% Strawberry            | Carton          | 140            | 10             | 105          | 0.00         | 0.00         | 22.00          | *N/A*         | 8.0          | 22.0        | 2.5          | 1.50         |
| Milk, Skim White               | Carton          | 80             | 5              | 120          | 0.00         | 0.00         | 11.00          | 0.00          | 8.0          | 11.0        | 0.0          | 0.00         |
| Weighted Daily Average         |                 | 1929           | 70             | 2024         | 16.00        | 17.36        | 172.52         | *33.00        | 61.00        | 326.29      | 45.00        | 10.00        |
| % of Calories                  |                 |                |                |              |              |              | 35.8%          | *6.8%         | 12.6%        | 67.7%       | 21.0%        | 4.7%         |
| Nutrient Guideline             |                 | 350-500        |                | 540          |              | 2.50         |                |               | 5.50         |             | <=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

Aug 18, 2025 thru Sep 30, 2025

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

## Portion Values - Detailed

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|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Tot Sug (g) | Add Su (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-------------|------------|-----------|----------|-----------|-----------|
| Mon - 09/08/2025               |              |             |             |           |           |           |             |            |           |          |           |           |
| Rockwood Elementary Break      | Total        |             |             |           |           |           |             |            |           |          |           |           |
| UBR, Choc Chip Nut Free IW     | Round        | 270         | 5           | 180       | 5.00      | 1.80      | 19.00       | *N/A*      | 5.0       | 44.0     | 8.0       | 3.00      |
| Cereal Cinnamon Toast Crunch   | Bowl         | 100         | 0           | 160       | 4.00      | 1.80      | 1.00        | *N/A*      | 1.0       | 22.0     | 2.5       | 0.00      |
| Cereal Cocoa Puffs 1 oz        | 1 Each       | 120         | 0           | 125       | 2.00      | 2.70      | 8.00        | *N/A*      | 2.0       | 25.0     | 1.5       | 0.00      |
| Cereal Honey Cheerios 1 oz     | 1 oz bowl    | 110         | 0           | 170       | 2.00      | 5.40      | 6.00        | *N/A*      | 3.0       | 22.0     | 1.5       | 0.00      |
| Cereal Trix 1 oz               | bowl         | 110         | 0           | 160       | 1.00      | 2.20      | 6.00        | *N/A*      | 2.0       | 23.0     | 1.5       | 0.00      |
| Yogurt, Danimals Strawberry    | 1 Each       | 60          | 5           | 70        | 0.00      | 0.00      | 9.00        | *4.00      | 4.0       | 12.0     | 0.0       | 0.00      |
| Yogurt, Trix Reduced Sugar 4oz | 4 oz cup     | 80          | 5           | 65        | 0.00      | 0.00      | 9.00        | *5.00      | 4.0       | 15.0     | 0.5       | 0.00      |
| Yogurt 4 oz Variety Upst Farms | 4 oz         | 80          | 0           | 75        | 0.00      | 0.00      | 12.00       | 7.00       | 3.0       | 15.0     | 0.0       | 0.00      |
| Bug Bites Graham Crackers      | Package      | 120         | 0           | 100       | 1.00      | 0.72      | 8.00        | *N/A*      | 2.0       | 21.0     | 4.0       | 1.00      |
| Cracker, Mixed Berry Animal    | pkg          | 110         | 0           | 60        | 2.00      | 1.08      | 6.00        | *N/A*      | 2.0       | 18.0     | 3.5       | 0.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| Juice Apple                    | serving      | 15          | 0           | 1         | 0.00      | 0.00      | 3.00        | *0.00      | 0.0       | 3.5      | 0.0       | 0.00      |
| Juice Grape                    | serving      | 20          | 0           | 2         | 0.00      | 0.00      | 4.50        | *0.00      | 0.0       | 4.75     | 0.0       | 0.00      |
| Juice Merry Cherry             | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 13.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Juice Orange Citrus Blend      | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 12.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Milk, 1% Chocolate             | Carton       | 130         | 10          | 190       | 0.00      | 0.36      | 18.00       | 6.00       | 8.0       | 20.0     | 2.5       | 1.50      |
| Milk, 1% White                 | Carton       | 100         | 15          | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 2.5       | 1.50      |
| Milk, 1% Strawberry            | Carton       | 140         | 10          | 105       | 0.00      | 0.00      | 22.00       | *N/A*      | 8.0       | 22.0     | 2.5       | 1.50      |
| Milk, Skim White               | Carton       | 80          | 5           | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 0.0       | 0.00      |
| Weighted Daily Average         |              | 1865        | 60          | 1874      | 18.00     | 17.36     | 178.50      | *22.00     | 62.00     | 331.25   | 34.00     | 10.00     |
| % of Calories                  |              |             |             |           |           |           | 38.3%       | *4.7%      | 13.3%     | 71.0%    | 16.4%     | 4.8%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      |             |            | 5.50      |          | <=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

Aug 18, 2025 thru Sep 30, 2025

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

## Portion Values - Detailed

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|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Tot Sug (g) | Add Su (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-------------|------------|-----------|----------|-----------|-----------|
| Tue - 09/09/2025               |              |             |             |           |           |           |             |            |           |          |           |           |
| Rockwood Elementary Break      | Total        |             |             |           |           |           |             |            |           |          |           |           |
| Biscuit, Egg and Cheese        | Sandwich     | 326         | 113         | 582       | 0.50      | *9.36     | 3.51        | *N/A*      | 9.53      | 30.01    | 17.06     | 8.03      |
| Cereal Cinnamon Toast Crunch   | Bowl         | 100         | 0           | 160       | 4.00      | 1.80      | 1.00        | *N/A*      | 1.0       | 22.0     | 2.5       | 0.00      |
| Cereal Cocoa Puffs 1 oz        | 1 Each       | 120         | 0           | 125       | 2.00      | 2.70      | 8.00        | *N/A*      | 2.0       | 25.0     | 1.5       | 0.00      |
| Cereal Honey Cheerios 1 oz     | 1 oz bowl    | 110         | 0           | 170       | 2.00      | 5.40      | 6.00        | *N/A*      | 3.0       | 22.0     | 1.5       | 0.00      |
| Cereal Trix 1 oz               | bowl         | 110         | 0           | 160       | 1.00      | 2.20      | 6.00        | *N/A*      | 2.0       | 23.0     | 1.5       | 0.00      |
| Yogurt, Danimals Strawberry    | 1 Each       | 60          | 5           | 70        | 0.00      | 0.00      | 9.00        | *4.00      | 4.0       | 12.0     | 0.0       | 0.00      |
| Yogurt, Trix Reduced Sugar 4oz | 4 oz cup     | 80          | 5           | 65        | 0.00      | 0.00      | 9.00        | *5.00      | 4.0       | 15.0     | 0.5       | 0.00      |
| Yogurt 4 oz Variety Upst Farms | 4 oz         | 80          | 0           | 75        | 0.00      | 0.00      | 12.00       | 7.00       | 3.0       | 15.0     | 0.0       | 0.00      |
| Bug Bites Graham Crackers      | Package      | 120         | 0           | 100       | 1.00      | 0.72      | 8.00        | *N/A*      | 2.0       | 21.0     | 4.0       | 1.00      |
| Cracker, Mixed Berry Animal    | pkg          | 110         | 0           | 60        | 2.00      | 1.08      | 6.00        | *N/A*      | 2.0       | 18.0     | 3.5       | 0.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| Juice Apple                    | serving      | 15          | 0           | 1         | 0.00      | 0.00      | 3.00        | *0.00      | 0.0       | 3.5      | 0.0       | 0.00      |
| Juice Grape                    | serving      | 20          | 0           | 2         | 0.00      | 0.00      | 4.50        | *0.00      | 0.0       | 4.75     | 0.0       | 0.00      |
| Juice Merry Cherry             | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 13.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Juice Orange Citrus Blend      | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 12.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Milk, 1% Chocolate             | Carton       | 130         | 10          | 190       | 0.00      | 0.36      | 18.00       | 6.00       | 8.0       | 20.0     | 2.5       | 1.50      |
| Milk, 1% White                 | Carton       | 100         | 15          | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 2.5       | 1.50      |
| Milk, 1% Strawberry            | Carton       | 140         | 10          | 105       | 0.00      | 0.00      | 22.00       | *N/A*      | 8.0       | 22.0     | 2.5       | 1.50      |
| Milk, Skim White               | Carton       | 80          | 5           | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 0.0       | 0.00      |
| Weighted Daily Average         |              | 1921        | 168         | 2275      | 13.50     | *24.92    | 163.00      | *22.00     | 66.53     | 317.26   | 43.05     | 15.03     |
| % of Calories                  |              |             |             |           |           |           | 33.9%       | *4.6%      | 13.9%     | 66.1%    | 20.2%     | 7.0%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      |             |            | 5.50      |          | <=30.0    | <10.00    |

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# Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

## Portion Values - Detailed

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|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Tot Sug (g) | Add Su (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-------------|------------|-----------|----------|-----------|-----------|
| Wed - 09/10/2025               |              |             |             |           |           |           |             |            |           |          |           |           |
| Rockwood Elementary Break      | Total        |             |             |           |           |           |             |            |           |          |           |           |
| Cinnamon Breakfast Cake        | 1 Each       | 192         | 10          | 191       | 1.00      | 2.71      | 25.86       | *N/A*      | 2.0       | 39.13    | 3.0       | 1.00      |
| Cereal Cinnamon Toast Crunch   | Bowl         | 100         | 0           | 160       | 4.00      | 1.80      | 1.00        | *N/A*      | 1.0       | 22.0     | 2.5       | 0.00      |
| Cereal Cocoa Puffs 1 oz        | 1 Each       | 120         | 0           | 125       | 2.00      | 2.70      | 8.00        | *N/A*      | 2.0       | 25.0     | 1.5       | 0.00      |
| Cereal Honey Cheerios 1 oz     | 1 oz bowl    | 110         | 0           | 170       | 2.00      | 5.40      | 6.00        | *N/A*      | 3.0       | 22.0     | 1.5       | 0.00      |
| Cereal Trix 1 oz               | bowl         | 110         | 0           | 160       | 1.00      | 2.20      | 6.00        | *N/A*      | 2.0       | 23.0     | 1.5       | 0.00      |
| Yogurt, Danimals Strawberry    | 1 Each       | 60          | 5           | 70        | 0.00      | 0.00      | 9.00        | *4.00      | 4.0       | 12.0     | 0.0       | 0.00      |
| Yogurt, Trix Reduced Sugar 4oz | 4 oz cup     | 80          | 5           | 65        | 0.00      | 0.00      | 9.00        | *5.00      | 4.0       | 15.0     | 0.5       | 0.00      |
| Yogurt 4 oz Variety Upst Farms | 4 oz         | 80          | 0           | 75        | 0.00      | 0.00      | 12.00       | 7.00       | 3.0       | 15.0     | 0.0       | 0.00      |
| Bug Bites Graham Crackers      | Package      | 120         | 0           | 100       | 1.00      | 0.72      | 8.00        | *N/A*      | 2.0       | 21.0     | 4.0       | 1.00      |
| Cracker, Mixed Berry Animal    | pkg          | 110         | 0           | 60        | 2.00      | 1.08      | 6.00        | *N/A*      | 2.0       | 18.0     | 3.5       | 0.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| Juice Apple                    | serving      | 15          | 0           | 1         | 0.00      | 0.00      | 3.00        | *0.00      | 0.0       | 3.5      | 0.0       | 0.00      |
| Juice Grape                    | serving      | 20          | 0           | 2         | 0.00      | 0.00      | 4.50        | *0.00      | 0.0       | 4.75     | 0.0       | 0.00      |
| Juice Merry Cherry             | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 13.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Juice Orange Citrus Blend      | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 12.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Milk, 1% Chocolate             | Carton       | 130         | 10          | 190       | 0.00      | 0.36      | 18.00       | 6.00       | 8.0       | 20.0     | 2.5       | 1.50      |
| Milk, 1% White                 | Carton       | 100         | 15          | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 2.5       | 1.50      |
| Milk, 1% Strawberry            | Carton       | 140         | 10          | 105       | 0.00      | 0.00      | 22.00       | *N/A*      | 8.0       | 22.0     | 2.5       | 1.50      |
| Milk, Skim White               | Carton       | 80          | 5           | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 0.0       | 0.00      |
| Weighted Daily Average         |              | 1787        | 65          | 1885      | 14.00     | 18.27     | 185.36      | *22.00     | 59.00     | 326.37   | 29.00     | 8.00      |
| % of Calories                  |              |             |             |           |           |           | 41.5%       | *4.9%      | 13.2%     | 73.1%    | 14.6%     | 4.0%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      |             |            | 5.50      |          | <=30.0    | <10.00    |

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# Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

## Portion Values - Detailed

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|                                | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Tot Sug<br>(g) | Add Su<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) |
|--------------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|----------------|---------------|--------------|-------------|--------------|--------------|
| Thu - 09/11/2025               |                 |                |                |              |              |              |                |               |              |             |              |              |
| Rockwood Elementary Break      | Total           |                |                |              |              |              |                |               |              |             |              |              |
| Egg Hard Boiled/Egg Pop        | 1 Each          | 78             | 187            | 62           | 0.00         | 0.60         | 0.56           | *N/A*         | 6.29         | 0.56        | 5.31         | 1.63         |
| Cereal Cinnamon Toast Crunch   | Bowl            | 100            | 0              | 160          | 4.00         | 1.80         | 1.00           | *N/A*         | 1.0          | 22.0        | 2.5          | 0.00         |
| Cereal Cocoa Puffs 1 oz        | 1 Each          | 120            | 0              | 125          | 2.00         | 2.70         | 8.00           | *N/A*         | 2.0          | 25.0        | 1.5          | 0.00         |
| Cereal Honey Cheerios 1 oz     | 1 oz bowl       | 110            | 0              | 170          | 2.00         | 5.40         | 6.00           | *N/A*         | 3.0          | 22.0        | 1.5          | 0.00         |
| Cereal Trix 1 oz               | bowl            | 110            | 0              | 160          | 1.00         | 2.20         | 6.00           | *N/A*         | 2.0          | 23.0        | 1.5          | 0.00         |
| Yogurt, Danimals Strawberry    | 1 Each          | 60             | 5              | 70           | 0.00         | 0.00         | 9.00           | *4.00         | 4.0          | 12.0        | 0.0          | 0.00         |
| Yogurt, Trix Reduced Sugar 4oz | 4 oz cup        | 80             | 5              | 65           | 0.00         | 0.00         | 9.00           | *5.00         | 4.0          | 15.0        | 0.5          | 0.00         |
| Yogurt 4 oz Variety Upst Farms | 4 oz            | 80             | 0              | 75           | 0.00         | 0.00         | 12.00          | 7.00          | 3.0          | 15.0        | 0.0          | 0.00         |
| Bug Bites Graham Crackers      | Package         | 120            | 0              | 100          | 1.00         | 0.72         | 8.00           | *N/A*         | 2.0          | 21.0        | 4.0          | 1.00         |
| Cracker, Mixed Berry Animal    | pkg             | 110            | 0              | 60           | 2.00         | 1.08         | 6.00           | *N/A*         | 2.0          | 18.0        | 3.5          | 0.50         |
| Crackers Cheez-It Whole Grain  | Package         | 100            | 5              | 150          | 1.00         | 0.90         | 0.00           | *N/A*         | 2.0          | 14.0        | 3.5          | 1.00         |
| Juice Apple                    | serving         | 15             | 0              | 1            | 0.00         | 0.00         | 3.00           | *0.00         | 0.0          | 3.5         | 0.0          | 0.00         |
| Juice Grape                    | serving         | 20             | 0              | 2            | 0.00         | 0.00         | 4.50           | *0.00         | 0.0          | 4.75        | 0.0          | 0.00         |
| Juice Merry Cherry             | 4 oz            | 60             | 0              | 10           | 0.00         | 0.20         | 13.00          | *0.00         | 0.0          | 14.0        | 0.0          | 0.00         |
| Juice Orange Citrus Blend      | 4 oz            | 60             | 0              | 10           | 0.00         | 0.20         | 12.00          | *0.00         | 0.0          | 14.0        | 0.0          | 0.00         |
| Milk, 1% Chocolate             | Carton          | 130            | 10             | 190          | 0.00         | 0.36         | 18.00          | 6.00          | 8.0          | 20.0        | 2.5          | 1.50         |
| Milk, 1% White                 | Carton          | 100            | 15             | 120          | 0.00         | 0.00         | 11.00          | 0.00          | 8.0          | 11.0        | 2.5          | 1.50         |
| Milk, 1% Strawberry            | Carton          | 140            | 10             | 105          | 0.00         | 0.00         | 22.00          | *N/A*         | 8.0          | 22.0        | 2.5          | 1.50         |
| Milk, Skim White               | Carton          | 80             | 5              | 120          | 0.00         | 0.00         | 11.00          | 0.00          | 8.0          | 11.0        | 0.0          | 0.00         |
| Weighted Daily Average         |                 | 1672           | 242            | 1756         | 13.00        | 16.15        | 160.06         | *22.00        | 63.29        | 287.81      | 31.30        | 8.63         |
| % of Calories                  |                 |                |                |              |              |              | 38.3%          | *5.3%         | 15.1%        | 68.8%       | 16.8%        | 4.6%         |
| Nutrient Guideline             |                 | 350-500        |                | 540          |              | 2.50         |                |               | 5.50         |             | <=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

Aug 18, 2025 thru Sep 30, 2025

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

## Portion Values - Detailed

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|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Tot Sug (g) | Add Su (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-------------|------------|-----------|----------|-----------|-----------|
| Fri - 09/12/2025               |              |             |             |           |           |           |             |            |           |          |           |           |
| Rockwood Elementary Break      | Total        |             |             |           |           |           |             |            |           |          |           |           |
| Oatmeal Combi                  | 1 CUP        | 213         | 0           | 11        | 4.34      | 1.89      | *0.14       | *N/A*      | 6.78      | 37.56    | 2.66      | 0.47      |
| Cereal Cinnamon Toast Crunch   | Bowl         | 100         | 0           | 160       | 4.00      | 1.80      | 1.00        | *N/A*      | 1.0       | 22.0     | 2.5       | 0.00      |
| Cereal Cocoa Puffs 1 oz        | 1 Each       | 120         | 0           | 125       | 2.00      | 2.70      | 8.00        | *N/A*      | 2.0       | 25.0     | 1.5       | 0.00      |
| Cereal Honey Cheerios 1 oz     | 1 oz bowl    | 110         | 0           | 170       | 2.00      | 5.40      | 6.00        | *N/A*      | 3.0       | 22.0     | 1.5       | 0.00      |
| Cereal Trix 1 oz               | bowl         | 110         | 0           | 160       | 1.00      | 2.20      | 6.00        | *N/A*      | 2.0       | 23.0     | 1.5       | 0.00      |
| Yogurt, Danimals Strawberry    | 1 Each       | 60          | 5           | 70        | 0.00      | 0.00      | 9.00        | *4.00      | 4.0       | 12.0     | 0.0       | 0.00      |
| Yogurt, Trix Reduced Sugar 4oz | 4 oz cup     | 80          | 5           | 65        | 0.00      | 0.00      | 9.00        | *5.00      | 4.0       | 15.0     | 0.5       | 0.00      |
| Yogurt 4 oz Variety Upst Farms | 4 oz         | 80          | 0           | 75        | 0.00      | 0.00      | 12.00       | 7.00       | 3.0       | 15.0     | 0.0       | 0.00      |
| Bug Bites Graham Crackers      | Package      | 120         | 0           | 100       | 1.00      | 0.72      | 8.00        | *N/A*      | 2.0       | 21.0     | 4.0       | 1.00      |
| Cracker, Mixed Berry Animal    | pkg          | 110         | 0           | 60        | 2.00      | 1.08      | 6.00        | *N/A*      | 2.0       | 18.0     | 3.5       | 0.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| Juice Apple                    | serving      | 15          | 0           | 1         | 0.00      | 0.00      | 3.00        | *0.00      | 0.0       | 3.5      | 0.0       | 0.00      |
| Juice Grape                    | serving      | 20          | 0           | 2         | 0.00      | 0.00      | 4.50        | *0.00      | 0.0       | 4.75     | 0.0       | 0.00      |
| Juice Merry Cherry             | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 13.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Juice Orange Citrus Blend      | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 12.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Milk, 1% Chocolate             | Carton       | 130         | 10          | 190       | 0.00      | 0.36      | 18.00       | 6.00       | 8.0       | 20.0     | 2.5       | 1.50      |
| Milk, 1% White                 | Carton       | 100         | 15          | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 2.5       | 1.50      |
| Milk, 1% Strawberry            | Carton       | 140         | 10          | 105       | 0.00      | 0.00      | 22.00       | *N/A*      | 8.0       | 22.0     | 2.5       | 1.50      |
| Milk, Skim White               | Carton       | 80          | 5           | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 0.0       | 0.00      |
| Weighted Daily Average         |              | 1808        | 55          | 1705      | 17.34     | 17.45     | *159.64     | *22.00     | 63.77     | 324.81   | 28.66     | 7.47      |
| % of Calories                  |              |             |             |           |           |           | *35.3%      | *4.9%      | 14.1%     | 71.9%    | 14.3%     | 3.7%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      |             |            | 5.50      |          | <=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

Aug 18, 2025 thru Sep 30, 2025

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

## Portion Values - Detailed

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|                                | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Tot Sug<br>(g) | Add Su<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) |
|--------------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|----------------|---------------|--------------|-------------|--------------|--------------|
| Mon - 09/15/2025               |                 |                |                |              |              |              |                |               |              |             |              |              |
| Rockwood Elementary Break      | Total           |                |                |              |              |              |                |               |              |             |              |              |
| Mini Cinnis Pillsbury          | 1 Each          | 230            | 0              | 280          | 3.00         | 2.00         | 14.00          | *13.00        | 5.0          | 41.0        | 7.0          | 2.00         |
| Cereal Cinnamon Toast Crunch   | Bowl            | 100            | 0              | 160          | 4.00         | 1.80         | 1.00           | *N/A*         | 1.0          | 22.0        | 2.5          | 0.00         |
| Cereal Cocoa Puffs 1 oz        | 1 Each          | 120            | 0              | 125          | 2.00         | 2.70         | 8.00           | *N/A*         | 2.0          | 25.0        | 1.5          | 0.00         |
| Cereal Honey Cheerios 1 oz     | 1 oz bowl       | 110            | 0              | 170          | 2.00         | 5.40         | 6.00           | *N/A*         | 3.0          | 22.0        | 1.5          | 0.00         |
| Cereal Trix 1 oz               | bowl            | 110            | 0              | 160          | 1.00         | 2.20         | 6.00           | *N/A*         | 2.0          | 23.0        | 1.5          | 0.00         |
| Yogurt, Danimals Strawberry    | 1 Each          | 60             | 5              | 70           | 0.00         | 0.00         | 9.00           | *4.00         | 4.0          | 12.0        | 0.0          | 0.00         |
| Yogurt, Trix Reduced Sugar 4oz | 4 oz cup        | 80             | 5              | 65           | 0.00         | 0.00         | 9.00           | *5.00         | 4.0          | 15.0        | 0.5          | 0.00         |
| Yogurt 4 oz Variety Upst Farms | 4 oz            | 80             | 0              | 75           | 0.00         | 0.00         | 12.00          | 7.00          | 3.0          | 15.0        | 0.0          | 0.00         |
| Bug Bites Graham Crackers      | Package         | 120            | 0              | 100          | 1.00         | 0.72         | 8.00           | *N/A*         | 2.0          | 21.0        | 4.0          | 1.00         |
| Cracker, Mixed Berry Animal    | pkg             | 110            | 0              | 60           | 2.00         | 1.08         | 6.00           | *N/A*         | 2.0          | 18.0        | 3.5          | 0.50         |
| Crackers Cheez-It Whole Grain  | Package         | 100            | 5              | 150          | 1.00         | 0.90         | 0.00           | *N/A*         | 2.0          | 14.0        | 3.5          | 1.00         |
| Juice Apple                    | serving         | 15             | 0              | 1            | 0.00         | 0.00         | 3.00           | *0.00         | 0.0          | 3.5         | 0.0          | 0.00         |
| Juice Grape                    | serving         | 20             | 0              | 2            | 0.00         | 0.00         | 4.50           | *0.00         | 0.0          | 4.75        | 0.0          | 0.00         |
| Juice Merry Cherry             | 4 oz            | 60             | 0              | 10           | 0.00         | 0.20         | 13.00          | *0.00         | 0.0          | 14.0        | 0.0          | 0.00         |
| Juice Orange Citrus Blend      | 4 oz            | 60             | 0              | 10           | 0.00         | 0.20         | 12.00          | *0.00         | 0.0          | 14.0        | 0.0          | 0.00         |
| Milk, 1% Chocolate             | Carton          | 130            | 10             | 190          | 0.00         | 0.36         | 18.00          | 6.00          | 8.0          | 20.0        | 2.5          | 1.50         |
| Milk, 1% White                 | Carton          | 100            | 15             | 120          | 0.00         | 0.00         | 11.00          | 0.00          | 8.0          | 11.0        | 2.5          | 1.50         |
| Milk, 1% Strawberry            | Carton          | 140            | 10             | 105          | 0.00         | 0.00         | 22.00          | *N/A*         | 8.0          | 22.0        | 2.5          | 1.50         |
| Milk, Skim White               | Carton          | 80             | 5              | 120          | 0.00         | 0.00         | 11.00          | 0.00          | 8.0          | 11.0        | 0.0          | 0.00         |
| Weighted Daily Average         |                 | 1825           | 55             | 1974         | 16.00        | 17.56        | 173.50         | *35.00        | 62.00        | 328.25      | 33.00        | 9.00         |
| % of Calories                  |                 |                |                |              |              |              | 38.0%          | *7.7%         | 13.6%        | 71.9%       | 16.3%        | 4.4%         |
| Nutrient Guideline             |                 | 350-500        |                | 540          |              | 2.50         |                |               | 5.50         |             | <=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

Aug 18, 2025 thru Sep 30, 2025

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

## Portion Values - Detailed

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|                                | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Tot Sug<br>(g) | Add Su<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) |
|--------------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|----------------|---------------|--------------|-------------|--------------|--------------|
| Tue - 09/16/2025               |                 |                |                |              |              |              |                |               |              |             |              |              |
| Rockwood Elementary Break      | Total           |                |                |              |              |              |                |               |              |             |              |              |
| Sausage Egg Cheese Taco        | 1 Each          | 240            | 110            | 370          | 2.00         | *1.26        | 1.00           | *N/A*         | 9.75         | 20.25       | 14.0         | 5.00         |
| Guacamole, Simplot Bulk        | 1.5 oz          | 85             | 0              | 184          | 1.42         | 0.00         | 0.00           | *N/A*         | 1.42         | 2.84        | 7.09         | 1.42         |
| Cereal Cinnamon Toast Crunch   | Bowl            | 100            | 0              | 160          | 4.00         | 1.80         | 1.00           | *N/A*         | 1.0          | 22.0        | 2.5          | 0.00         |
| Cereal Cocoa Puffs 1 oz        | 1 Each          | 120            | 0              | 125          | 2.00         | 2.70         | 8.00           | *N/A*         | 2.0          | 25.0        | 1.5          | 0.00         |
| Cereal Honey Cheerios 1 oz     | 1 oz bowl       | 110            | 0              | 170          | 2.00         | 5.40         | 6.00           | *N/A*         | 3.0          | 22.0        | 1.5          | 0.00         |
| Cereal Trix 1 oz               | bowl            | 110            | 0              | 160          | 1.00         | 2.20         | 6.00           | *N/A*         | 2.0          | 23.0        | 1.5          | 0.00         |
| Yogurt, Danimals Strawberry    | 1 Each          | 60             | 5              | 70           | 0.00         | 0.00         | 9.00           | *4.00         | 4.0          | 12.0        | 0.0          | 0.00         |
| Yogurt, Trix Reduced Sugar 4oz | 4 oz cup        | 80             | 5              | 65           | 0.00         | 0.00         | 9.00           | *5.00         | 4.0          | 15.0        | 0.5          | 0.00         |
| Yogurt 4 oz Variety Upst Farms | 4 oz            | 80             | 0              | 75           | 0.00         | 0.00         | 12.00          | 7.00          | 3.0          | 15.0        | 0.0          | 0.00         |
| Bug Bites Graham Crackers      | Package         | 120            | 0              | 100          | 1.00         | 0.72         | 8.00           | *N/A*         | 2.0          | 21.0        | 4.0          | 1.00         |
| Cracker, Mixed Berry Animal    | pkg             | 110            | 0              | 60           | 2.00         | 1.08         | 6.00           | *N/A*         | 2.0          | 18.0        | 3.5          | 0.50         |
| Crackers Cheez-It Whole Grain  | Package         | 100            | 5              | 150          | 1.00         | 0.90         | 0.00           | *N/A*         | 2.0          | 14.0        | 3.5          | 1.00         |
| Juice Apple                    | serving         | 15             | 0              | 1            | 0.00         | 0.00         | 3.00           | *0.00         | 0.0          | 3.5         | 0.0          | 0.00         |
| Juice Grape                    | serving         | 20             | 0              | 2            | 0.00         | 0.00         | 4.50           | *0.00         | 0.0          | 4.75        | 0.0          | 0.00         |
| Juice Merry Cherry             | 4 oz            | 60             | 0              | 10           | 0.00         | 0.20         | 13.00          | *0.00         | 0.0          | 14.0        | 0.0          | 0.00         |
| Juice Orange Citrus Blend      | 4 oz            | 60             | 0              | 10           | 0.00         | 0.20         | 12.00          | *0.00         | 0.0          | 14.0        | 0.0          | 0.00         |
| Milk, 1% Chocolate             | Carton          | 130            | 10             | 190          | 0.00         | 0.36         | 18.00          | 6.00          | 8.0          | 20.0        | 2.5          | 1.50         |
| Milk, 1% White                 | Carton          | 100            | 15             | 120          | 0.00         | 0.00         | 11.00          | 0.00          | 8.0          | 11.0        | 2.5          | 1.50         |
| Milk, 1% Strawberry            | Carton          | 140            | 10             | 105          | 0.00         | 0.00         | 22.00          | *N/A*         | 8.0          | 22.0        | 2.5          | 1.50         |
| Milk, Skim White               | Carton          | 80             | 5              | 120          | 0.00         | 0.00         | 11.00          | 0.00          | 8.0          | 11.0        | 0.0          | 0.00         |
| Weighted Daily Average         |                 | 1920           | 165            | 2248         | 16.42        | *16.82       | 160.50         | *22.00        | 68.16        | 310.33      | 47.09        | 13.41        |
| % of Calories                  |                 |                |                |              |              |              | 33.4%          | *4.6%         | 14.2%        | 64.7%       | 22.1%        | 6.3%         |
| Nutrient Guideline             |                 | 350-500        |                | 540          |              | 2.50         |                |               | 5.50         |             | <=30.0       | <10.00       |

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# Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

## Portion Values - Detailed

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|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Tot Sug (g) | Add Su (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-------------|------------|-----------|----------|-----------|-----------|
| Wed - 09/17/2025               |              |             |             |           |           |           |             |            |           |          |           |           |
| Rockwood Elementary Break      | Total        |             |             |           |           |           |             |            |           |          |           |           |
| Breakfast Flatbread Turkey Sau | 1 each       | 149         | 49          | 301       | 1.00      | 1.00      | 1.00        | *N/A*      | 9.0       | 14.0     | 6.0       | 3.00      |
| Breakfast Pizza, Turkey Sausag | pizza        | 210         | 21          | 360       | 2.00      | 1.50      | 3.00        | *0.50      | 12.0      | 21.0     | 8.0       | 3.50      |
| Cereal Cinnamon Toast Crunch   | Bowl         | 100         | 0           | 160       | 4.00      | 1.80      | 1.00        | *N/A*      | 1.0       | 22.0     | 2.5       | 0.00      |
| Cereal Cocoa Puffs 1 oz        | 1 Each       | 120         | 0           | 125       | 2.00      | 2.70      | 8.00        | *N/A*      | 2.0       | 25.0     | 1.5       | 0.00      |
| Cereal Honey Cheerios 1 oz     | 1 oz bowl    | 110         | 0           | 170       | 2.00      | 5.40      | 6.00        | *N/A*      | 3.0       | 22.0     | 1.5       | 0.00      |
| Cereal Trix 1 oz               | bowl         | 110         | 0           | 160       | 1.00      | 2.20      | 6.00        | *N/A*      | 2.0       | 23.0     | 1.5       | 0.00      |
| Yogurt, Danimals Strawberry    | 1 Each       | 60          | 5           | 70        | 0.00      | 0.00      | 9.00        | *4.00      | 4.0       | 12.0     | 0.0       | 0.00      |
| Yogurt, Trix Reduced Sugar 4oz | 4 oz cup     | 80          | 5           | 65        | 0.00      | 0.00      | 9.00        | *5.00      | 4.0       | 15.0     | 0.5       | 0.00      |
| Yogurt 4 oz Variety Upst Farms | 4 oz         | 80          | 0           | 75        | 0.00      | 0.00      | 12.00       | 7.00       | 3.0       | 15.0     | 0.0       | 0.00      |
| Bug Bites Graham Crackers      | Package      | 120         | 0           | 100       | 1.00      | 0.72      | 8.00        | *N/A*      | 2.0       | 21.0     | 4.0       | 1.00      |
| Cracker, Mixed Berry Animal    | pkg          | 110         | 0           | 60        | 2.00      | 1.08      | 6.00        | *N/A*      | 2.0       | 18.0     | 3.5       | 0.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| Juice Apple                    | serving      | 15          | 0           | 1         | 0.00      | 0.00      | 3.00        | *0.00      | 0.0       | 3.5      | 0.0       | 0.00      |
| Juice Grape                    | serving      | 20          | 0           | 2         | 0.00      | 0.00      | 4.50        | *0.00      | 0.0       | 4.75     | 0.0       | 0.00      |
| Juice Merry Cherry             | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 13.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Juice Orange Citrus Blend      | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 12.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Milk, 1% Chocolate             | Carton       | 130         | 10          | 190       | 0.00      | 0.36      | 18.00       | 6.00       | 8.0       | 20.0     | 2.5       | 1.50      |
| Milk, 1% White                 | Carton       | 100         | 15          | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 2.5       | 1.50      |
| Milk, 1% Strawberry            | Carton       | 140         | 10          | 105       | 0.00      | 0.00      | 22.00       | *N/A*      | 8.0       | 22.0     | 2.5       | 1.50      |
| Milk, Skim White               | Carton       | 80          | 5           | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 0.0       | 0.00      |
| Weighted Daily Average         |              | 1954        | 125         | 2355      | 16.00     | 18.06     | 163.50      | *22.50     | 78.00     | 322.25   | 40.00     | 13.50     |
| % of Calories                  |              |             |             |           |           |           | 33.5%       | *4.6%      | 16.0%     | 66.0%    | 18.4%     | 6.2%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      |             |            | 5.50      |          | <=30.0    | <10.00    |

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# Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

## Portion Values - Detailed

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|                                | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Tot Sug<br>(g) | Add Su<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) |
|--------------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|----------------|---------------|--------------|-------------|--------------|--------------|
| Thu - 09/18/2025               |                 |                |                |              |              |              |                |               |              |             |              |              |
| Rockwood Elementary Break      | Total           |                |                |              |              |              |                |               |              |             |              |              |
| Smoothie Fruit & Yogurt        | 1 each          | 166            | 6              | 90           | 2.00         | *0.43        | *17.54         | *7.00         | 5.94         | 29.43       | 2.48         | 1.69         |
| Cereal Cinnamon Toast Crunch   | Bowl            | 100            | 0              | 160          | 4.00         | 1.80         | 1.00           | *N/A*         | 1.0          | 22.0        | 2.5          | 0.00         |
| Cereal Cocoa Puffs 1 oz        | 1 Each          | 120            | 0              | 125          | 2.00         | 2.70         | 8.00           | *N/A*         | 2.0          | 25.0        | 1.5          | 0.00         |
| Cereal Honey Cheerios 1 oz     | 1 oz bowl       | 110            | 0              | 170          | 2.00         | 5.40         | 6.00           | *N/A*         | 3.0          | 22.0        | 1.5          | 0.00         |
| Cereal Trix 1 oz               | bowl            | 110            | 0              | 160          | 1.00         | 2.20         | 6.00           | *N/A*         | 2.0          | 23.0        | 1.5          | 0.00         |
| Yogurt, Danimals Strawberry    | 1 Each          | 60             | 5              | 70           | 0.00         | 0.00         | 9.00           | *4.00         | 4.0          | 12.0        | 0.0          | 0.00         |
| Yogurt, Trix Reduced Sugar 4oz | 4 oz cup        | 80             | 5              | 65           | 0.00         | 0.00         | 9.00           | *5.00         | 4.0          | 15.0        | 0.5          | 0.00         |
| Yogurt 4 oz Variety Upst Farms | 4 oz            | 80             | 0              | 75           | 0.00         | 0.00         | 12.00          | 7.00          | 3.0          | 15.0        | 0.0          | 0.00         |
| Bug Bites Graham Crackers      | Package         | 120            | 0              | 100          | 1.00         | 0.72         | 8.00           | *N/A*         | 2.0          | 21.0        | 4.0          | 1.00         |
| Cracker, Mixed Berry Animal    | pkg             | 110            | 0              | 60           | 2.00         | 1.08         | 6.00           | *N/A*         | 2.0          | 18.0        | 3.5          | 0.50         |
| Crackers Cheez-It Whole Grain  | Package         | 100            | 5              | 150          | 1.00         | 0.90         | 0.00           | *N/A*         | 2.0          | 14.0        | 3.5          | 1.00         |
| Juice Apple                    | serving         | 15             | 0              | 1            | 0.00         | 0.00         | 3.00           | *0.00         | 0.0          | 3.5         | 0.0          | 0.00         |
| Juice Grape                    | serving         | 20             | 0              | 2            | 0.00         | 0.00         | 4.50           | *0.00         | 0.0          | 4.75        | 0.0          | 0.00         |
| Juice Merry Cherry             | 4 oz            | 60             | 0              | 10           | 0.00         | 0.20         | 13.00          | *0.00         | 0.0          | 14.0        | 0.0          | 0.00         |
| Juice Orange Citrus Blend      | 4 oz            | 60             | 0              | 10           | 0.00         | 0.20         | 12.00          | *0.00         | 0.0          | 14.0        | 0.0          | 0.00         |
| Milk, 1% Chocolate             | Carton          | 130            | 10             | 190          | 0.00         | 0.36         | 18.00          | 6.00          | 8.0          | 20.0        | 2.5          | 1.50         |
| Milk, 1% White                 | Carton          | 100            | 15             | 120          | 0.00         | 0.00         | 11.00          | 0.00          | 8.0          | 11.0        | 2.5          | 1.50         |
| Milk, 1% Strawberry            | Carton          | 140            | 10             | 105          | 0.00         | 0.00         | 22.00          | *N/A*         | 8.0          | 22.0        | 2.5          | 1.50         |
| Milk, Skim White               | Carton          | 80             | 5              | 120          | 0.00         | 0.00         | 11.00          | 0.00          | 8.0          | 11.0        | 0.0          | 0.00         |
| Weighted Daily Average         |                 | 1761           | 61             | 1784         | 15.00        | *15.99       | *177.04        | *29.00        | 62.93        | 316.68      | 28.48        | 8.68         |
| % of Calories                  |                 |                |                |              |              |              | *40.2%         | *6.6%         | 14.3%        | 71.9%       | 14.6%        | 4.4%         |
| Nutrient Guideline             |                 | 350-500        |                | 540          |              | 2.50         |                |               | 5.50         |             | <=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

## Base Menu Spreadsheet

### Portion Values - Detailed

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Aug 18, 2025 thru Sep 30, 2025

Rockwood Elementary Breakfast

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|                                | Portion Size  | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Tot Sug (g) | Add Su (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|---------------|-------------|-------------|-----------|-----------|-----------|-------------|------------|-----------|----------|-----------|-----------|
| Fri - 09/19/2025               |               |             |             |           |           |           |             |            |           |          |           |           |
| Rockwood Elementary Break      | Total         |             |             |           |           |           |             |            |           |          |           |           |
| Donut Holes, Glazed            | 3 donut holes | 140         | 0           | 168       | 1.20      | 0.78      | 10.03       | *3.00      | 2.4       | 22.76    | 4.2       | 1.80      |
| Cereal Cinnamon Toast Crunch   | Bowl          | 100         | 0           | 160       | 4.00      | 1.80      | 1.00        | *N/A*      | 1.0       | 22.0     | 2.5       | 0.00      |
| Cereal Cocoa Puffs 1 oz        | 1 Each        | 120         | 0           | 125       | 2.00      | 2.70      | 8.00        | *N/A*      | 2.0       | 25.0     | 1.5       | 0.00      |
| Cereal Honey Cheerios 1 oz     | 1 oz bowl     | 110         | 0           | 170       | 2.00      | 5.40      | 6.00        | *N/A*      | 3.0       | 22.0     | 1.5       | 0.00      |
| Cereal Trix 1 oz               | bowl          | 110         | 0           | 160       | 1.00      | 2.20      | 6.00        | *N/A*      | 2.0       | 23.0     | 1.5       | 0.00      |
| Yogurt, Danimals Strawberry    | 1 Each        | 60          | 5           | 70        | 0.00      | 0.00      | 9.00        | *4.00      | 4.0       | 12.0     | 0.0       | 0.00      |
| Yogurt, Trix Reduced Sugar 4oz | 4 oz cup      | 80          | 5           | 65        | 0.00      | 0.00      | 9.00        | *5.00      | 4.0       | 15.0     | 0.5       | 0.00      |
| Yogurt 4 oz Variety Upst Farms | 4 oz          | 80          | 0           | 75        | 0.00      | 0.00      | 12.00       | 7.00       | 3.0       | 15.0     | 0.0       | 0.00      |
| Bug Bites Graham Crackers      | Package       | 120         | 0           | 100       | 1.00      | 0.72      | 8.00        | *N/A*      | 2.0       | 21.0     | 4.0       | 1.00      |
| Cracker, Mixed Berry Animal    | pkg           | 110         | 0           | 60        | 2.00      | 1.08      | 6.00        | *N/A*      | 2.0       | 18.0     | 3.5       | 0.50      |
| Crackers Cheez-It Whole Grain  | Package       | 100         | 5           | 150       | 1.00      | 0.90      | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| Juice Apple                    | serving       | 15          | 0           | 1         | 0.00      | 0.00      | 3.00        | *0.00      | 0.0       | 3.5      | 0.0       | 0.00      |
| Juice Grape                    | serving       | 20          | 0           | 2         | 0.00      | 0.00      | 4.50        | *0.00      | 0.0       | 4.75     | 0.0       | 0.00      |
| Juice Merry Cherry             | 4 oz          | 60          | 0           | 10        | 0.00      | 0.20      | 13.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Juice Orange Citrus Blend      | 4 oz          | 60          | 0           | 10        | 0.00      | 0.20      | 12.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Milk, 1% Chocolate             | Carton        | 130         | 10          | 190       | 0.00      | 0.36      | 18.00       | 6.00       | 8.0       | 20.0     | 2.5       | 1.50      |
| Milk, 1% White                 | Carton        | 100         | 15          | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 2.5       | 1.50      |
| Milk, 1% Strawberry            | Carton        | 140         | 10          | 105       | 0.00      | 0.00      | 22.00       | *N/A*      | 8.0       | 22.0     | 2.5       | 1.50      |
| Milk, Skim White               | Carton        | 80          | 5           | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 0.0       | 0.00      |
| Weighted Daily Average         |               | 1735        | 55          | 1862      | 14.20     | 16.34     | 169.53      | *25.00     | 59.40     | 310.00   | 30.20     | 8.80      |
| % of Calories                  |               |             |             |           |           |           | 39.1%       | *5.8%      | 13.7%     | 71.5%    | 15.7%     | 4.6%      |
| Nutrient Guideline             |               | 350-500     |             | 540       |           | 2.50      |             |            | 5.50      |          | <=30.0    | <10.00    |

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# Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

## Portion Values - Detailed

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|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Tot Sug (g) | Add Su (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-------------|------------|-----------|----------|-----------|-----------|
| Mon - 09/22/2025               |              |             |             |           |           |           |             |            |           |          |           |           |
| Rockwood Elementary Break      | Total        |             |             |           |           |           |             |            |           |          |           |           |
| Waffles, Eggo Froot Loops IW   | 2 waffles    | 180         | 0           | 210       | 3.00      | 3.60      | 5.00        | *N/A*      | 4.0       | 32.0     | 6.0       | 1.50      |
| Cereal Cinnamon Toast Crunch   | Bowl         | 100         | 0           | 160       | 4.00      | 1.80      | 1.00        | *N/A*      | 1.0       | 22.0     | 2.5       | 0.00      |
| Cereal Cocoa Puffs 1 oz        | 1 Each       | 120         | 0           | 125       | 2.00      | 2.70      | 8.00        | *N/A*      | 2.0       | 25.0     | 1.5       | 0.00      |
| Cereal Honey Cheerios 1 oz     | 1 oz bowl    | 110         | 0           | 170       | 2.00      | 5.40      | 6.00        | *N/A*      | 3.0       | 22.0     | 1.5       | 0.00      |
| Cereal Trix 1 oz               | bowl         | 110         | 0           | 160       | 1.00      | 2.20      | 6.00        | *N/A*      | 2.0       | 23.0     | 1.5       | 0.00      |
| Yogurt, Danimals Strawberry    | 1 Each       | 60          | 5           | 70        | 0.00      | 0.00      | 9.00        | *4.00      | 4.0       | 12.0     | 0.0       | 0.00      |
| Yogurt, Trix Reduced Sugar 4oz | 4 oz cup     | 80          | 5           | 65        | 0.00      | 0.00      | 9.00        | *5.00      | 4.0       | 15.0     | 0.5       | 0.00      |
| Yogurt 4 oz Variety Upst Farms | 4 oz         | 80          | 0           | 75        | 0.00      | 0.00      | 12.00       | 7.00       | 3.0       | 15.0     | 0.0       | 0.00      |
| Bug Bites Graham Crackers      | Package      | 120         | 0           | 100       | 1.00      | 0.72      | 8.00        | *N/A*      | 2.0       | 21.0     | 4.0       | 1.00      |
| Cracker, Mixed Berry Animal    | pkg          | 110         | 0           | 60        | 2.00      | 1.08      | 6.00        | *N/A*      | 2.0       | 18.0     | 3.5       | 0.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| Juice Apple                    | serving      | 15          | 0           | 1         | 0.00      | 0.00      | 3.00        | *0.00      | 0.0       | 3.5      | 0.0       | 0.00      |
| Juice Grape                    | serving      | 20          | 0           | 2         | 0.00      | 0.00      | 4.50        | *0.00      | 0.0       | 4.75     | 0.0       | 0.00      |
| Juice Merry Cherry             | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 13.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Juice Orange Citrus Blend      | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 12.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Milk, 1% Chocolate             | Carton       | 130         | 10          | 190       | 0.00      | 0.36      | 18.00       | 6.00       | 8.0       | 20.0     | 2.5       | 1.50      |
| Milk, 1% White                 | Carton       | 100         | 15          | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 2.5       | 1.50      |
| Milk, 1% Strawberry            | Carton       | 140         | 10          | 105       | 0.00      | 0.00      | 22.00       | *N/A*      | 8.0       | 22.0     | 2.5       | 1.50      |
| Milk, Skim White               | Carton       | 80          | 5           | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 0.0       | 0.00      |
| Weighted Daily Average         |              | 1775        | 55          | 1904      | 16.00     | 19.16     | 164.50      | *22.00     | 61.00     | 319.25   | 32.00     | 8.50      |
| % of Calories                  |              |             |             |           |           |           | 37.1%       | *5.0%      | 13.7%     | 71.9%    | 16.2%     | 4.3%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      |             |            | 5.50      |          | <=30.0    | <10.00    |

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# Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

## Portion Values - Detailed

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|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Tot Sug (g) | Add Su (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-------------|------------|-----------|----------|-----------|-----------|
| Tue - 09/23/2025               |              |             |             |           |           |           |             |            |           |          |           |           |
| Rockwood Elementary Break      | Total        |             |             |           |           |           |             |            |           |          |           |           |
| Biscuit, Egg and Cheese        | Sandwich     | 326         | 113         | 582       | 0.50      | *9.36     | 3.51        | *N/A*      | 9.53      | 30.01    | 17.06     | 8.03      |
| Cereal Cinnamon Toast Crunch   | Bowl         | 100         | 0           | 160       | 4.00      | 1.80      | 1.00        | *N/A*      | 1.0       | 22.0     | 2.5       | 0.00      |
| Cereal Cocoa Puffs 1 oz        | 1 Each       | 120         | 0           | 125       | 2.00      | 2.70      | 8.00        | *N/A*      | 2.0       | 25.0     | 1.5       | 0.00      |
| Cereal Honey Cheerios 1 oz     | 1 oz bowl    | 110         | 0           | 170       | 2.00      | 5.40      | 6.00        | *N/A*      | 3.0       | 22.0     | 1.5       | 0.00      |
| Cereal Trix 1 oz               | bowl         | 110         | 0           | 160       | 1.00      | 2.20      | 6.00        | *N/A*      | 2.0       | 23.0     | 1.5       | 0.00      |
| Yogurt, Danimals Strawberry    | 1 Each       | 60          | 5           | 70        | 0.00      | 0.00      | 9.00        | *4.00      | 4.0       | 12.0     | 0.0       | 0.00      |
| Yogurt, Trix Reduced Sugar 4oz | 4 oz cup     | 80          | 5           | 65        | 0.00      | 0.00      | 9.00        | *5.00      | 4.0       | 15.0     | 0.5       | 0.00      |
| Yogurt 4 oz Variety Upst Farms | 4 oz         | 80          | 0           | 75        | 0.00      | 0.00      | 12.00       | 7.00       | 3.0       | 15.0     | 0.0       | 0.00      |
| Bug Bites Graham Crackers      | Package      | 120         | 0           | 100       | 1.00      | 0.72      | 8.00        | *N/A*      | 2.0       | 21.0     | 4.0       | 1.00      |
| Cracker, Mixed Berry Animal    | pkg          | 110         | 0           | 60        | 2.00      | 1.08      | 6.00        | *N/A*      | 2.0       | 18.0     | 3.5       | 0.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| Juice Apple                    | serving      | 15          | 0           | 1         | 0.00      | 0.00      | 3.00        | *0.00      | 0.0       | 3.5      | 0.0       | 0.00      |
| Juice Grape                    | serving      | 20          | 0           | 2         | 0.00      | 0.00      | 4.50        | *0.00      | 0.0       | 4.75     | 0.0       | 0.00      |
| Juice Merry Cherry             | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 13.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Juice Orange Citrus Blend      | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 12.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Milk, 1% Chocolate             | Carton       | 130         | 10          | 190       | 0.00      | 0.36      | 18.00       | 6.00       | 8.0       | 20.0     | 2.5       | 1.50      |
| Milk, 1% White                 | Carton       | 100         | 15          | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 2.5       | 1.50      |
| Milk, 1% Strawberry            | Carton       | 140         | 10          | 105       | 0.00      | 0.00      | 22.00       | *N/A*      | 8.0       | 22.0     | 2.5       | 1.50      |
| Milk, Skim White               | Carton       | 80          | 5           | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 0.0       | 0.00      |
| Weighted Daily Average         |              | 1921        | 168         | 2275      | 13.50     | *24.92    | 163.00      | *22.00     | 66.53     | 317.26   | 43.05     | 15.03     |
| % of Calories                  |              |             |             |           |           |           | 33.9%       | *4.6%      | 13.9%     | 66.1%    | 20.2%     | 7.0%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      |             |            | 5.50      |          | <=30.0    | <10.00    |

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# Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

## Portion Values - Detailed

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|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Tot Sug (g) | Add Su (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-------------|------------|-----------|----------|-----------|-----------|
| Wed - 09/24/2025               |              |             |             |           |           |           |             |            |           |          |           |           |
| Rockwood Elementary Break      | Total        |             |             |           |           |           |             |            |           |          |           |           |
| Yogurt Banana Split            | 1 Each       | 200         | 4           | 76        | 2.27      | *0.27     | *22.30      | *9.33      | 5.58      | 39.76    | 2.56      | 2.07      |
| Cereal Cinnamon Toast Crunch   | Bowl         | 100         | 0           | 160       | 4.00      | 1.80      | 1.00        | *N/A*      | 1.0       | 22.0     | 2.5       | 0.00      |
| Cereal Cocoa Puffs 1 oz        | 1 Each       | 120         | 0           | 125       | 2.00      | 2.70      | 8.00        | *N/A*      | 2.0       | 25.0     | 1.5       | 0.00      |
| Cereal Honey Cheerios 1 oz     | 1 oz bowl    | 110         | 0           | 170       | 2.00      | 5.40      | 6.00        | *N/A*      | 3.0       | 22.0     | 1.5       | 0.00      |
| Cereal Trix 1 oz               | bowl         | 110         | 0           | 160       | 1.00      | 2.20      | 6.00        | *N/A*      | 2.0       | 23.0     | 1.5       | 0.00      |
| Yogurt, Danimals Strawberry    | 1 Each       | 60          | 5           | 70        | 0.00      | 0.00      | 9.00        | *4.00      | 4.0       | 12.0     | 0.0       | 0.00      |
| Yogurt, Trix Reduced Sugar 4oz | 4 oz cup     | 80          | 5           | 65        | 0.00      | 0.00      | 9.00        | *5.00      | 4.0       | 15.0     | 0.5       | 0.00      |
| Yogurt 4 oz Variety Upst Farms | 4 oz         | 80          | 0           | 75        | 0.00      | 0.00      | 12.00       | 7.00       | 3.0       | 15.0     | 0.0       | 0.00      |
| Bug Bites Graham Crackers      | Package      | 120         | 0           | 100       | 1.00      | 0.72      | 8.00        | *N/A*      | 2.0       | 21.0     | 4.0       | 1.00      |
| Cracker, Mixed Berry Animal    | pkg          | 110         | 0           | 60        | 2.00      | 1.08      | 6.00        | *N/A*      | 2.0       | 18.0     | 3.5       | 0.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| Juice Apple                    | serving      | 15          | 0           | 1         | 0.00      | 0.00      | 3.00        | *0.00      | 0.0       | 3.5      | 0.0       | 0.00      |
| Juice Grape                    | serving      | 20          | 0           | 2         | 0.00      | 0.00      | 4.50        | *0.00      | 0.0       | 4.75     | 0.0       | 0.00      |
| Juice Merry Cherry             | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 13.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Juice Orange Citrus Blend      | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 12.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Milk, 1% Chocolate             | Carton       | 130         | 10          | 190       | 0.00      | 0.36      | 18.00       | 6.00       | 8.0       | 20.0     | 2.5       | 1.50      |
| Milk, 1% White                 | Carton       | 100         | 15          | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 2.5       | 1.50      |
| Milk, 1% Strawberry            | Carton       | 140         | 10          | 105       | 0.00      | 0.00      | 22.00       | *N/A*      | 8.0       | 22.0     | 2.5       | 1.50      |
| Milk, Skim White               | Carton       | 80          | 5           | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 0.0       | 0.00      |
| Weighted Daily Average         |              | 1795        | 59          | 1770      | 15.27     | *15.83    | *181.80     | *31.33     | 62.58     | 327.01   | 28.56     | 9.07      |
| % of Calories                  |              |             |             |           |           |           | *40.5%      | *7.0%      | 13.9%     | 72.9%    | 14.3%     | 4.5%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      |             |            | 5.50      |          | <=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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

## Portion Values - Detailed

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|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Tot Sug (g) | Add Su (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-------------|------------|-----------|----------|-----------|-----------|
| Thu - 09/25/2025               |              |             |             |           |           |           |             |            |           |          |           |           |
| Rockwood Elementary Break      | Total        |             |             |           |           |           |             |            |           |          |           |           |
| Pancake & Sausage Patty Breakf | serving      | 243         | 33          | 407       | 1.00      | 0.90      | 3.00        | *N/A*      | 8.0       | 12.0     | 18.0      | 6.00      |
| Cereal Cinnamon Toast Crunch   | Bowl         | 100         | 0           | 160       | 4.00      | 1.80      | 1.00        | *N/A*      | 1.0       | 22.0     | 2.5       | 0.00      |
| Cereal Cocoa Puffs 1 oz        | 1 Each       | 120         | 0           | 125       | 2.00      | 2.70      | 8.00        | *N/A*      | 2.0       | 25.0     | 1.5       | 0.00      |
| Cereal Honey Cheerios 1 oz     | 1 oz bowl    | 110         | 0           | 170       | 2.00      | 5.40      | 6.00        | *N/A*      | 3.0       | 22.0     | 1.5       | 0.00      |
| Cereal Trix 1 oz               | bowl         | 110         | 0           | 160       | 1.00      | 2.20      | 6.00        | *N/A*      | 2.0       | 23.0     | 1.5       | 0.00      |
| Yogurt, Danimals Strawberry    | 1 Each       | 60          | 5           | 70        | 0.00      | 0.00      | 9.00        | *4.00      | 4.0       | 12.0     | 0.0       | 0.00      |
| Yogurt, Trix Reduced Sugar 4oz | 4 oz cup     | 80          | 5           | 65        | 0.00      | 0.00      | 9.00        | *5.00      | 4.0       | 15.0     | 0.5       | 0.00      |
| Yogurt 4 oz Variety Upst Farms | 4 oz         | 80          | 0           | 75        | 0.00      | 0.00      | 12.00       | 7.00       | 3.0       | 15.0     | 0.0       | 0.00      |
| Bug Bites Graham Crackers      | Package      | 120         | 0           | 100       | 1.00      | 0.72      | 8.00        | *N/A*      | 2.0       | 21.0     | 4.0       | 1.00      |
| Cracker, Mixed Berry Animal    | pkg          | 110         | 0           | 60        | 2.00      | 1.08      | 6.00        | *N/A*      | 2.0       | 18.0     | 3.5       | 0.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| Juice Apple                    | serving      | 15          | 0           | 1         | 0.00      | 0.00      | 3.00        | *0.00      | 0.0       | 3.5      | 0.0       | 0.00      |
| Juice Grape                    | serving      | 20          | 0           | 2         | 0.00      | 0.00      | 4.50        | *0.00      | 0.0       | 4.75     | 0.0       | 0.00      |
| Juice Merry Cherry             | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 13.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Juice Orange Citrus Blend      | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 12.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Milk, 1% Chocolate             | Carton       | 130         | 10          | 190       | 0.00      | 0.36      | 18.00       | 6.00       | 8.0       | 20.0     | 2.5       | 1.50      |
| Milk, 1% White                 | Carton       | 100         | 15          | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 2.5       | 1.50      |
| Milk, 1% Strawberry            | Carton       | 140         | 10          | 105       | 0.00      | 0.00      | 22.00       | *N/A*      | 8.0       | 22.0     | 2.5       | 1.50      |
| Milk, Skim White               | Carton       | 80          | 5           | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 0.0       | 0.00      |
| Weighted Daily Average         |              | 1838        | 88          | 2101      | 14.00     | 16.46     | 162.50      | *22.00     | 65.00     | 299.25   | 44.00     | 13.00     |
| % of Calories                  |              |             |             |           |           |           | 35.4%       | *4.8%      | 14.1%     | 65.1%    | 21.5%     | 6.4%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      |             |            | 5.50      |          | <=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

Aug 18, 2025 thru Sep 30, 2025

## Base Menu Spreadsheet

Rockwood Elementary Breakfast

## Portion Values - Detailed

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|                                | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Tot Sug<br>(g) | Add Su<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) |
|--------------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|----------------|---------------|--------------|-------------|--------------|--------------|
| Fri - 09/26/2025               |                 |                |                |              |              |              |                |               |              |             |              |              |
| Rockwood Elementary Break      | Total           |                |                |              |              |              |                |               |              |             |              |              |
| Cinnamon Roll                  | 1 each          | 241            | 5              | 210          | 1.00         | 1.81         | 20.85          | *N/A*         | 5.0          | 49.11       | 3.5          | 1.00         |
| Cereal Cinnamon Toast Crunch   | Bowl            | 100            | 0              | 160          | 4.00         | 1.80         | 1.00           | *N/A*         | 1.0          | 22.0        | 2.5          | 0.00         |
| Cereal Cocoa Puffs 1 oz        | 1 Each          | 120            | 0              | 125          | 2.00         | 2.70         | 8.00           | *N/A*         | 2.0          | 25.0        | 1.5          | 0.00         |
| Cereal Honey Cheerios 1 oz     | 1 oz bowl       | 110            | 0              | 170          | 2.00         | 5.40         | 6.00           | *N/A*         | 3.0          | 22.0        | 1.5          | 0.00         |
| Cereal Trix 1 oz               | bowl            | 110            | 0              | 160          | 1.00         | 2.20         | 6.00           | *N/A*         | 2.0          | 23.0        | 1.5          | 0.00         |
| Yogurt, Danimals Strawberry    | 1 Each          | 60             | 5              | 70           | 0.00         | 0.00         | 9.00           | *4.00         | 4.0          | 12.0        | 0.0          | 0.00         |
| Yogurt, Trix Reduced Sugar 4oz | 4 oz cup        | 80             | 5              | 65           | 0.00         | 0.00         | 9.00           | *5.00         | 4.0          | 15.0        | 0.5          | 0.00         |
| Yogurt 4 oz Variety Upst Farms | 4 oz            | 80             | 0              | 75           | 0.00         | 0.00         | 12.00          | 7.00          | 3.0          | 15.0        | 0.0          | 0.00         |
| Bug Bites Graham Crackers      | Package         | 120            | 0              | 100          | 1.00         | 0.72         | 8.00           | *N/A*         | 2.0          | 21.0        | 4.0          | 1.00         |
| Cracker, Mixed Berry Animal    | pkg             | 110            | 0              | 60           | 2.00         | 1.08         | 6.00           | *N/A*         | 2.0          | 18.0        | 3.5          | 0.50         |
| Crackers Cheez-It Whole Grain  | Package         | 100            | 5              | 150          | 1.00         | 0.90         | 0.00           | *N/A*         | 2.0          | 14.0        | 3.5          | 1.00         |
| Juice Apple                    | serving         | 15             | 0              | 1            | 0.00         | 0.00         | 3.00           | *0.00         | 0.0          | 3.5         | 0.0          | 0.00         |
| Juice Grape                    | serving         | 20             | 0              | 2            | 0.00         | 0.00         | 4.50           | *0.00         | 0.0          | 4.75        | 0.0          | 0.00         |
| Juice Merry Cherry             | 4 oz            | 60             | 0              | 10           | 0.00         | 0.20         | 13.00          | *0.00         | 0.0          | 14.0        | 0.0          | 0.00         |
| Juice Orange Citrus Blend      | 4 oz            | 60             | 0              | 10           | 0.00         | 0.20         | 12.00          | *0.00         | 0.0          | 14.0        | 0.0          | 0.00         |
| Milk, 1% Chocolate             | Carton          | 130            | 10             | 190          | 0.00         | 0.36         | 18.00          | 6.00          | 8.0          | 20.0        | 2.5          | 1.50         |
| Milk, 1% White                 | Carton          | 100            | 15             | 120          | 0.00         | 0.00         | 11.00          | 0.00          | 8.0          | 11.0        | 2.5          | 1.50         |
| Milk, 1% Strawberry            | Carton          | 140            | 10             | 105          | 0.00         | 0.00         | 22.00          | *N/A*         | 8.0          | 22.0        | 2.5          | 1.50         |
| Milk, Skim White               | Carton          | 80             | 5              | 120          | 0.00         | 0.00         | 11.00          | 0.00          | 8.0          | 11.0        | 0.0          | 0.00         |
| Weighted Daily Average         |                 | 1836           | 60             | 1904         | 14.00        | 17.37        | 180.35         | *22.00        | 62.00        | 336.36      | 29.50        | 8.00         |
| % of Calories                  |                 |                |                |              |              |              | 39.3%          | *4.8%         | 13.5%        | 73.3%       | 14.5%        | 3.9%         |
| Nutrient Guideline             |                 | 350-500        |                | 540          |              | 2.50         |                |               | 5.50         |             | <=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

## Base Menu Spreadsheet

### Portion Values - Detailed

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Aug 18, 2025 thru Sep 30, 2025

Rockwood Elementary Breakfast

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|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Tot Sug (g) | Add Su (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-------------|------------|-----------|----------|-----------|-----------|
| Mon - 09/29/2025               |              |             |             |           |           |           |             |            |           |          |           |           |
| Rockwood Elementary Break      | Total        |             |             |           |           |           |             |            |           |          |           |           |
| French Toast Sticks, Cinn Glzd | 3 stick      | 210         | 105         | 300       | 2.00      | 1.80      | 8.00        | *N/A*      | 8.0       | 28.0     | 7.0       | 2.50      |
| Syrup, Pancake 1.5 oz          | 1.5 oz       | 120         | 0           | 40        | 0.00      | 0.00      | 17.00       | *N/A*      | 0.0       | 31.0     | 0.0       | 0.00      |
| Cereal Cinnamon Toast Crunch   | Bowl         | 100         | 0           | 160       | 4.00      | 1.80      | 1.00        | *N/A*      | 1.0       | 22.0     | 2.5       | 0.00      |
| Cereal Cocoa Puffs 1 oz        | 1 Each       | 120         | 0           | 125       | 2.00      | 2.70      | 8.00        | *N/A*      | 2.0       | 25.0     | 1.5       | 0.00      |
| Cereal Honey Cheerios 1 oz     | 1 oz bowl    | 110         | 0           | 170       | 2.00      | 5.40      | 6.00        | *N/A*      | 3.0       | 22.0     | 1.5       | 0.00      |
| Cereal Trix 1 oz               | bowl         | 110         | 0           | 160       | 1.00      | 2.20      | 6.00        | *N/A*      | 2.0       | 23.0     | 1.5       | 0.00      |
| Yogurt, Danimals Strawberry    | 1 Each       | 60          | 5           | 70        | 0.00      | 0.00      | 9.00        | *4.00      | 4.0       | 12.0     | 0.0       | 0.00      |
| Yogurt, Trix Reduced Sugar 4oz | 4 oz cup     | 80          | 5           | 65        | 0.00      | 0.00      | 9.00        | *5.00      | 4.0       | 15.0     | 0.5       | 0.00      |
| Yogurt 4 oz Variety Upst Farms | 4 oz         | 80          | 0           | 75        | 0.00      | 0.00      | 12.00       | 7.00       | 3.0       | 15.0     | 0.0       | 0.00      |
| Bug Bites Graham Crackers      | Package      | 120         | 0           | 100       | 1.00      | 0.72      | 8.00        | *N/A*      | 2.0       | 21.0     | 4.0       | 1.00      |
| Cracker, Mixed Berry Animal    | pkg          | 110         | 0           | 60        | 2.00      | 1.08      | 6.00        | *N/A*      | 2.0       | 18.0     | 3.5       | 0.50      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| Juice Apple                    | serving      | 15          | 0           | 1         | 0.00      | 0.00      | 3.00        | *0.00      | 0.0       | 3.5      | 0.0       | 0.00      |
| Juice Grape                    | serving      | 20          | 0           | 2         | 0.00      | 0.00      | 4.50        | *0.00      | 0.0       | 4.75     | 0.0       | 0.00      |
| Juice Merry Cherry             | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 13.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Juice Orange Citrus Blend      | 4 oz         | 60          | 0           | 10        | 0.00      | 0.20      | 12.00       | *0.00      | 0.0       | 14.0     | 0.0       | 0.00      |
| Milk, 1% Chocolate             | Carton       | 130         | 10          | 190       | 0.00      | 0.36      | 18.00       | 6.00       | 8.0       | 20.0     | 2.5       | 1.50      |
| Milk, 1% White                 | Carton       | 100         | 15          | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 2.5       | 1.50      |
| Milk, 1% Strawberry            | Carton       | 140         | 10          | 105       | 0.00      | 0.00      | 22.00       | *N/A*      | 8.0       | 22.0     | 2.5       | 1.50      |
| Milk, Skim White               | Carton       | 80          | 5           | 120       | 0.00      | 0.00      | 11.00       | 0.00       | 8.0       | 11.0     | 0.0       | 0.00      |
| Weighted Daily Average         |              | 1925        | 160         | 2034      | 15.00     | 17.36     | 184.50      | *22.00     | 65.00     | 346.25   | 33.00     | 9.50      |
| % of Calories                  |              |             |             |           |           |           | 38.3%       | *4.6%      | 13.5%     | 71.9%    | 15.4%     | 4.4%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      |             |            | 5.50      |          | <=30.0    | <10.00    |

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

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|                                | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Tot Sug<br>(g) | Add Su<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) |
|--------------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|----------------|---------------|--------------|-------------|--------------|--------------|
| Tue - 09/30/2025               |                 |                |                |              |              |              |                |               |              |             |              |              |
| Rockwood Elementary Break      | Total           |                |                |              |              |              |                |               |              |             |              |              |
| Smoothie Fruit & Yogurt        | 1 each          | 166            | 6              | 90           | 2.00         | *0.43        | *17.54         | *7.00         | 5.94         | 29.43       | 2.48         | 1.69         |
| Cereal Cinnamon Toast Crunch   | Bowl            | 100            | 0              | 160          | 4.00         | 1.80         | 1.00           | *N/A*         | 1.0          | 22.0        | 2.5          | 0.00         |
| Cereal Cocoa Puffs 1 oz        | 1 Each          | 120            | 0              | 125          | 2.00         | 2.70         | 8.00           | *N/A*         | 2.0          | 25.0        | 1.5          | 0.00         |
| Cereal Honey Cheerios 1 oz     | 1 oz bowl       | 110            | 0              | 170          | 2.00         | 5.40         | 6.00           | *N/A*         | 3.0          | 22.0        | 1.5          | 0.00         |
| Cereal Trix 1 oz               | bowl            | 110            | 0              | 160          | 1.00         | 2.20         | 6.00           | *N/A*         | 2.0          | 23.0        | 1.5          | 0.00         |
| Yogurt, Danimals Strawberry    | 1 Each          | 60             | 5              | 70           | 0.00         | 0.00         | 9.00           | *4.00         | 4.0          | 12.0        | 0.0          | 0.00         |
| Yogurt, Trix Reduced Sugar 4oz | 4 oz cup        | 80             | 5              | 65           | 0.00         | 0.00         | 9.00           | *5.00         | 4.0          | 15.0        | 0.5          | 0.00         |
| Yogurt 4 oz Variety Upst Farms | 4 oz            | 80             | 0              | 75           | 0.00         | 0.00         | 12.00          | 7.00          | 3.0          | 15.0        | 0.0          | 0.00         |
| Bug Bites Graham Crackers      | Package         | 120            | 0              | 100          | 1.00         | 0.72         | 8.00           | *N/A*         | 2.0          | 21.0        | 4.0          | 1.00         |
| Cracker, Mixed Berry Animal    | pkg             | 110            | 0              | 60           | 2.00         | 1.08         | 6.00           | *N/A*         | 2.0          | 18.0        | 3.5          | 0.50         |
| Crackers Cheez-It Whole Grain  | Package         | 100            | 5              | 150          | 1.00         | 0.90         | 0.00           | *N/A*         | 2.0          | 14.0        | 3.5          | 1.00         |
| Juice Apple                    | serving         | 15             | 0              | 1            | 0.00         | 0.00         | 3.00           | *0.00         | 0.0          | 3.5         | 0.0          | 0.00         |
| Juice Grape                    | serving         | 20             | 0              | 2            | 0.00         | 0.00         | 4.50           | *0.00         | 0.0          | 4.75        | 0.0          | 0.00         |
| Juice Merry Cherry             | 4 oz            | 60             | 0              | 10           | 0.00         | 0.20         | 13.00          | *0.00         | 0.0          | 14.0        | 0.0          | 0.00         |
| Juice Orange Citrus Blend      | 4 oz            | 60             | 0              | 10           | 0.00         | 0.20         | 12.00          | *0.00         | 0.0          | 14.0        | 0.0          | 0.00         |
| Milk, 1% Chocolate             | Carton          | 130            | 10             | 190          | 0.00         | 0.36         | 18.00          | 6.00          | 8.0          | 20.0        | 2.5          | 1.50         |
| Milk, 1% White                 | Carton          | 100            | 15             | 120          | 0.00         | 0.00         | 11.00          | 0.00          | 8.0          | 11.0        | 2.5          | 1.50         |
| Milk, 1% Strawberry            | Carton          | 140            | 10             | 105          | 0.00         | 0.00         | 22.00          | *N/A*         | 8.0          | 22.0        | 2.5          | 1.50         |
| Milk, Skim White               | Carton          | 80             | 5              | 120          | 0.00         | 0.00         | 11.00          | 0.00          | 8.0          | 11.0        | 0.0          | 0.00         |
| Weighted Daily Average         |                 | 1761           | 61             | 1784         | 15.00        | *15.99       | *177.04        | *29.00        | 62.93        | 316.68      | 28.48        | 8.68         |
| % of Calories                  |                 |                |                |              |              |              | *40.2%         | *6.6%         | 14.3%        | 71.9%       | 14.6%        | 4.4%         |
| Nutrient Guideline             |                 | 350-500        |                | 540          |              | 2.50         |                |               | 5.50         |             | <=30.0       | <10.00       |

|                  |  |      |    |      |       |        |         |        |       |        |       |       |
|------------------|--|------|----|------|-------|--------|---------|--------|-------|--------|-------|-------|
| Weighted Average |  | 1849 | 99 | 2004 | 15.16 | *17.87 | *171.43 | *24.84 | 64.44 | 322.48 | 35.20 | 10.41 |
|                  |  |      |    |      |       |        | *83.5%  | *12.1% | 13.9% | 69.8%  | 17.1% | 5.1%  |

\*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.