

Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 1

Generated on: 7/25/2025 7:33:05 AM

	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 Lunch	Total											
Pizza, 4x6 Cheese Nardone	piece	310	40	470	3.00	1.70	5.00	*1.00	18.0	29.0	14.0	7.00
Pizza, 4x6 Cheese w/Pepperoni	piece	322	45	534	3.00	1.84	5.19	*1.19	19.17	29.19	14.58	7.19
Green Beans, Italian	1/2 cup	28	0	263	3.40	0.61	*1.74	*N/A*	1.7	5.22	0.0	0.00
Strawberry Frozen Cup	4.5 oz	90	0	0	1.99	0.36	17.94	*N/A*	1.0	21.92	0.0	0.00
Soft Pretzel	1 each	150	0	140	3.00	1.80	1.00	*N/A*	5.0	30.0	1.0	0.00
Cheddar Cheese Sauce	3 oz	130	30	400	0.00	0.00	0.00	*N/A*	7.0	5.0	9.0	6.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	21.98	*19.98	20.0	62.52	34.0	4.00
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
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	0.00	*N/A*	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	0.99	*0.00	5.93	1.98	5.93	3.46
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	5.00	*4.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	8.00	*7.00	5.0	15.0	10.0	1.50
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 Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	22.00	*N/A*	8.0	22.0	2.5	1.50
Weighted Daily Average		3264	250	4141	27.39	15.54	*195.33	*59.17	161.78	383.08	125.01	40.65
% of Calories							*23.9%	*7.3%	19.8%	46.9%	34.5%	11.2%
Nutrient Guideline		550-650				3.30			8.65		<=30.0	<10.00

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

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

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

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

Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 2

Generated on: 7/25/2025 7:33:05 AM

	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 Lunch	Total											
Chicken Brd Patty on Bun Elem	Sandwich	430	65	750	3.00	3.30	4.00	*N/A*	25.0	45.0	17.5	4.00
Potato Smiles	4 smiles	130	0	180	2.00	0.40	0.00	*N/A*	2.0	20.0	4.5	0.50
Apricots, Canned Diced	1/2 cup	62	0	3	2.00	0.38	*N/A*	*N/A*	0.76	15.76	0.14	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
Cracker, Mixed Berry Animal	pkg	110	0	60	2.00	1.08	6.00	*N/A*	2.0	18.0	3.5	0.50
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	21.98	*19.98	20.0	62.52	34.0	4.00
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
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	0.00	*N/A*	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	0.99	*0.00	5.93	1.98	5.93	3.46
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	5.00	*4.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	8.00	*7.00	5.0	15.0	10.0	1.50
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 Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	22.00	*N/A*	8.0	22.0	2.5	1.50
Weighted Daily Average		3407	200	3941	31.00	26.50	*195.46	*56.98	147.68	453.51	119.06	25.45
% of Calories							*22.9%	*6.7%	17.3%	53.2%	31.4%	6.7%
Nutrient Guideline		550-650				3.30			8.65		<=30.0	<10.00

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

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

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

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

Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 3

Generated on: 7/25/2025 7:33:05 AM

	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 Lunch	Total											
Wild Mike's Cheese Pocket	Pocket	280	35	460	0.00	2.00	2.00	*N/A*	19.0	28.0	10.0	6.00
Marinara Sauce	1/4 Cup	30	0	70	1.00	0.50	4.00	*N/A*	1.0	6.0	0.5	0.00
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2	54	1.99	0.42	*0.01	*N/A*	2.65	3.92	3.87	0.78
Blueberries, Frozen	1/2 Cup	40	0	1	2.20	0.14	*N/A*	*N/A*	0.32	9.5	0.5	0.04
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	12.00	*N/A*	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	15.00	*N/A*	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	14.00	*N/A*	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	14.00	*N/A*	3.0	29.0	6.0	1.50
Muffin Apple Cinnamon Otis	Muffin	190	40	130	2.00	0.00	16.00	*N/A*	3.0	30.0	6.0	2.00
Muffin Banana Otis	Muffin	190	31	130	2.00	0.72	*N/A*	*N/A*	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	200	40	130	2.00	0.00	17.00	*N/A*	4.0	32.0	6.0	2.00
Goldfish Pretzels	package	90	0	200	1.00	0.72	0.00	*N/A*	2.0	16.0	1.5	0.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	21.98	*19.98	20.0	62.52	34.0	4.00
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
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	0.00	*N/A*	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	0.99	*0.00	5.93	1.98	5.93	3.46
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	5.00	*4.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	8.00	*7.00	5.0	15.0	10.0	1.50
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 Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	22.00	*N/A*	8.0	22.0	2.5	1.50
Weighted Daily Average		4250	358	4159	33.19	19.14	*274.47	*72.98	156.89	564.17	152.79	39.77
% of Calories							*25.8%	*6.9%	14.8%	53.1%	32.4%	8.4%
Nutrient Guideline		550-650				3.30			8.65		<=30.0	<10.00

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

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

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

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

Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 4

Generated on: 7/25/2025 7:33:06 AM

	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 Lunch	Total											
French Tst Cinn Glz w/ Sausage	3 stick/2 link	340	125	490	2.00	2.16	8.00	*8.00	12.0	28.0	20.0	6.50
Syrup, Pancake 1.5 oz	1.5 oz	120	0	40	0.00	0.00	17.00	*N/A*	0.0	31.0	0.0	0.00
Sweet Potato Battered Seasoned	3 oz	173	0	205	1.08	0.54	7.55	*N/A*	1.08	26.97	7.55	1.08
Pears, Diced Cinnamon	1/2 CUP	61	0	5	2.19	0.03	12.11	*N/A*	0.01	16.41	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
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
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	21.98	*19.98	20.0	62.52	34.0	4.00
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
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	0.00	*N/A*	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	0.99	*0.00	5.93	1.98	5.93	3.46
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	5.00	*4.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	8.00	*7.00	5.0	15.0	10.0	1.50
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 Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	22.00	*N/A*	8.0	22.0	2.5	1.50
Weighted Daily Average		3149	265	3323	20.27	13.59	217.13	*64.98	127.01	400.13	121.48	30.03
% of Calories							27.6%	*8.3%	16.1%	50.8%	34.7%	8.6%
Nutrient Guideline		550-650				3.30			8.65		<=30.0	<10.00

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

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

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

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

Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 5

Generated on: 7/25/2025 7:33:06 AM

	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 Lunch	Total											
Hamburger on Bun Elem	1 each	270	40	340	2.00	2.78	4.00	*N/A*	17.0	30.0	9.5	3.50
Cheeseburger on Bun Elem	1 EACH	326	53	477	2.00	*2.78	4.51	*N/A*	19.53	31.01	14.06	6.03
Baked Beans Bush's Best	1/2 Cup	140	0	371	5.02	1.81	12.04	*N/A*	5.02	30.09	0.0	0.00
Watermelon, Fresh	1/2 Cup	23	0	1	0.30	0.18	4.71	*N/A*	0.46	5.74	0.11	0.01
Pancakes Mini Confetti Eggo	Pouch	200	0	210	6.00	3.60	11.00	*N/A*	4.0	36.0	6.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	21.98	*19.98	20.0	62.52	34.0	4.00
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
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	0.00	*N/A*	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	0.99	*0.00	5.93	1.98	5.93	3.46
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	5.00	*4.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	8.00	*7.00	5.0	15.0	10.0	1.50
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 Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	22.00	*N/A*	8.0	22.0	2.5	1.50
Weighted Daily Average		3194	227	3732	28.32	*20.39	200.72	*56.98	155.93	395.59	116.09	31.00
% of Calories							25.1%	*7.1%	19.5%	49.5%	32.7%	8.7%
Nutrient Guideline		550-650				3.30			8.65		<=30.0	<10.00

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

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

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

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

Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 6

Generated on: 7/25/2025 7:33:06 AM

	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 Lunch	Total											
Corn Dog Minis Chicken FF	6 pieces	260	15	470	1.00	2.20	7.00	*N/A*	9.0	30.0	12.0	3.50
Corn, Canned	1/2 CUP	102	0	70	3.04	0.54	4.57	*N/A*	3.04	23.49	1.52	0.00
Mixed Berries Frozen Cup	4 oz cup	90	0	0	2.00	*N/A*	16.00	*N/A*	0.0	20.0	0.0	0.00
Soft Pretzel	1 each	150	0	140	3.00	1.80	1.00	*N/A*	5.0	30.0	1.0	0.00
Cheddar Cheese Sauce	3 oz	130	30	400	0.00	0.00	0.00	*N/A*	7.0	5.0	9.0	6.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	21.98	*19.98	20.0	62.52	34.0	4.00
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
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	0.00	*N/A*	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	0.99	*0.00	5.93	1.98	5.93	3.46
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	5.00	*4.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	8.00	*7.00	5.0	15.0	10.0	1.50
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 Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	22.00	*N/A*	8.0	22.0	2.5	1.50
Weighted Daily Average		2967	180	3414	22.04	*13.78	193.03	*56.98	133.97	371.24	109.94	29.95
% of Calories							26.0%	*7.7%	18.1%	50.0%	33.3%	9.1%
Nutrient Guideline		550-650				3.30			8.65		<=30.0	<10.00

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

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

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

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

Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 7

Generated on: 7/25/2025 7:33:06 AM

	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 Lunch	Total											
Spaghetti w/Meatballs(Chicken)	3/4 cup/3me atba	405	55	391	7.74	3.82	*9.95	*N/A*	24.86	53.39	12.88	2.62
Garlic Toast Mini WG Baker Boy	piece	80	0	95	1.00	0.72	0.00	*0.00	2.0	12.0	2.5	0.50
Broccoli, Roast/Steamed	1/2 Cup	26	0	22	2.76	0.55	*N/A*	*N/A*	2.81	4.86	0.1	0.02
Whole Fruit 100% Juice Icy	4.4 oz cup	70	0	7	3.00	0.36	16.00	*N/A*	0.0	19.0	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
Cracker, Mixed Berry Animal	pkg	110	0	60	2.00	1.08	6.00	*N/A*	2.0	18.0	3.5	0.50
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	21.98	*19.98	20.0	62.52	34.0	4.00
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
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	0.00	*N/A*	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	0.99	*0.00	5.93	1.98	5.93	3.46
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	5.00	*4.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	8.00	*7.00	5.0	15.0	10.0	1.50
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 Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	22.00	*N/A*	8.0	22.0	2.5	1.50
Weighted Daily Average		3366	190	3524	38.49	27.87	*217.41	*56.98	149.59	462.00	112.40	24.09
% of Calories							*25.8%	*6.8%	17.8%	54.9%	30.1%	6.4%
Nutrient Guideline		550-650				3.30			8.65		<=30.0	<10.00

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

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

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

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

Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 8

Generated on: 7/25/2025 7:33:06 AM

	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 Lunch	Total											
BBQ Pulled Pork Sand Brookwood	#12 scoop	271	35	548	2.00	1.70	7.50	*5.00	18.0	33.75	8.5	2.50
Baked Beans Bush's Best	1/2 Cup	140	0	371	5.02	1.81	12.04	*N/A*	5.02	30.09	0.0	0.00
Peaches, Fresh	1 EACH	59	0	0	2.25	0.38	12.59	*N/A*	1.37	14.31	0.38	0.03
Muffin, Apple Cinnamon Chef P	Muffin	180	15	160	2.00	1.00	12.00	*N/A*	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10	115	1.00	1.00	15.00	*N/A*	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10	120	1.00	1.00	14.00	*N/A*	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10	125	2.00	1.50	14.00	*N/A*	3.0	29.0	6.0	1.50
Muffin Apple Cinnamon Otis	Muffin	190	40	130	2.00	0.00	16.00	*N/A*	3.0	30.0	6.0	2.00
Muffin Banana Otis	Muffin	190	31	130	2.00	0.72	*N/A*	*N/A*	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	200	40	130	2.00	0.00	17.00	*N/A*	4.0	32.0	6.0	2.00
Goldfish Pretzels	package	90	0	200	1.00	0.72	0.00	*N/A*	2.0	16.0	1.5	0.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	21.98	*19.98	20.0	62.52	34.0	4.00
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
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	0.00	*N/A*	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	0.99	*0.00	5.93	1.98	5.93	3.46
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	5.00	*4.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	8.00	*7.00	5.0	15.0	10.0	1.50
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 Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	22.00	*N/A*	8.0	22.0	2.5	1.50
Weighted Daily Average		4315	356	4492	37.27	19.96	*300.59	*77.98	158.30	594.90	146.80	35.48
% of Calories							*27.9%	*7.2%	14.7%	55.1%	30.6%	7.4%
Nutrient Guideline		550-650				3.30			8.65		<=30.0	<10.00

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

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

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

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

Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 9

Generated on: 7/25/2025 7:33:06 AM

	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 - 08/28/2025												
Rockwood Elementary Lunch	Total											
Chicken Popcorn Smackers	10 pieces	270	70	480	3.00	1.44	0.00	*N/A*	19.0	19.0	13.0	3.00
Breadstick, WG 1 oz	Breadstick	80	0	160	2.00	0.80	2.00	*N/A*	3.0	16.0	1.0	0.00
Potatoes Mashed w/Gravy	1/2 CUP	92	0	351	1.00	0.30	1.00	*N/A*	0.0	17.35	1.5	0.00
Tropical Fruit Salad	1/2 CUP	70	0	0	1.00	0.00	15.00	*N/A*	0.5	16.0	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
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
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	21.98	*19.98	20.0	62.52	34.0	4.00
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
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	0.00	*N/A*	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	0.99	*0.00	5.93	1.98	5.93	3.46
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	5.00	*4.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	8.00	*7.00	5.0	15.0	10.0	1.50
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 Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	22.00	*N/A*	8.0	22.0	2.5	1.50
Weighted Daily Average		2967	210	3575	22.00	13.40	190.46	*56.98	136.42	366.10	109.42	25.45
% of Calories							25.7%	*7.7%	18.4%	49.4%	33.2%	7.7%
Nutrient Guideline		550-650				3.30			8.65		<=30.0	<10.00

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

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

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

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

Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 10

Generated on: 7/25/2025 7:33:06 AM

	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 - 08/29/2025												
Rockwood Elementary Lunch	Total											
Grilled Cheese IW	Sandwich	430	30	630	4.00	0.00	3.00	*N/A*	19.0	27.0	27.0	9.00
Doritos Wild White Nacho	bag	130	0	170	2.00	0.30	0.50	*N/A*	2.0	20.0	5.0	1.00
Carrots, Baby Raw	1/2 cup	25	0	57	2.10	0.65	3.45	*N/A*	0.46	5.98	0.09	0.02
Sour Berries	Package	120	0	0	2.00	1.00	24.00	*N/A*	0.0	30.0	0.0	0.00
Pancakes Mini Confetti Eggo	Pouch	200	0	210	6.00	3.60	11.00	*N/A*	4.0	36.0	6.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	21.98	*19.98	20.0	62.52	34.0	4.00
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
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	0.00	*N/A*	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	0.99	*0.00	5.93	1.98	5.93	3.46
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	5.00	*4.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	8.00	*7.00	5.0	15.0	10.0	1.50
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 Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	22.00	*N/A*	8.0	22.0	2.5	1.50
Weighted Daily Average		3141	165	3400	29.11	14.79	206.42	*56.98	135.39	381.73	124.52	31.47
% of Calories							26.3%	*7.3%	17.2%	48.6%	35.7%	9.0%
Nutrient Guideline		550-650				3.30			8.65		<=30.0	<10.00

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

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

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

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

Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 11

Generated on: 7/25/2025 7:33:06 AM

	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 - 09/02/2025												
Rockwood Elementary Lunch	Total											
Hot Dog on Bun	1 each	270	50	500	2.00	2.42	5.00	*N/A*	14.0	31.0	10.5	3.00
Baked Beans Bush's Best	1/2 Cup	140	0	371	5.02	1.81	12.04	*N/A*	5.02	30.09	0.0	0.00
Mixed Fruit, Cocktail	1/2 CUP	60	0	5	0.99	0.00	11.92	*N/A*	0.0	14.9	0.0	0.00
Zucchini, Roasted	1/2 cup	42	0	51	1.53	0.57	*3.78	*N/A*	1.85	4.8	2.3	0.41
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
Cracker, Mixed Berry Animal	pkg	110	0	60	2.00	1.08	6.00	*N/A*	2.0	18.0	3.5	0.50
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	21.98	*19.98	20.0	62.52	34.0	4.00
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
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	0.00	*N/A*	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	0.99	*0.00	5.93	1.98	5.93	3.46
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	5.00	*4.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	8.00	*7.00	5.0	15.0	10.0	1.50
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 Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	22.00	*N/A*	8.0	22.0	2.5	1.50
Weighted Daily Average		3297	185	3935	33.54	27.22	*224.20	*56.98	140.79	453.54	109.72	24.37
% of Calories							*27.2%	*6.9%	17.1%	55.0%	29.9%	6.7%
Nutrient Guideline		550-650				3.30			8.65		<=30.0	<10.00

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

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

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

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

Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 12

Generated on: 7/25/2025 7:33:06 AM

	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 Lunch	Total											
Pancake Whole Grain (2)	2 pancakes	126	6	254	2.00	1.08	6.00	*N/A*	4.0	24.0	2.0	0.00
Sausage, Link Pork Jones	2 links	260	40	180	0.00	0.72	0.00	*0.00	8.0	0.0	26.0	8.00
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
Sweet Potato Battered Seasoned	3 oz	173	0	205	1.08	0.54	7.55	*N/A*	1.08	26.97	7.55	1.08
Strawberry Frozen Cup	4.5 oz	90	0	0	1.99	0.36	17.94	*N/A*	1.0	21.92	0.0	0.00
Muffin Banana Otis	Muffin	190	31	130	2.00	0.72	*N/A*	*N/A*	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	1 Each	190	30	130	2.00	0.90	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	200	40	130	2.00	0.00	17.00	*N/A*	4.0	32.0	6.0	2.00
Muffin Apple Cinnamon Otis	Muffin	190	40	130	2.00	0.00	16.00	*N/A*	3.0	30.0	6.0	2.00
Goldfish Pretzels	package	90	0	200	1.00	0.72	0.00	*N/A*	2.0	16.0	1.5	0.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	21.98	*19.98	20.0	62.52	34.0	4.00
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
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	0.00	*N/A*	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	0.99	*0.00	5.93	1.98	5.93	3.46
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	5.00	*4.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	8.00	*7.00	5.0	15.0	10.0	1.50
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 Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	22.00	*N/A*	8.0	22.0	2.5	1.50
Weighted Daily Average		3864	322	3732	27.07	14.28	*261.95	*72.98	138.99	505.63	147.47	37.53
% of Calories							*27.1%	*7.6%	14.4%	52.3%	34.4%	8.7%
Nutrient Guideline		550-650				3.30			8.65		<=30.0	<10.00

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

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

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

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

Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 13

Generated on: 7/25/2025 7:33:06 AM

	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 Lunch	Total											
Mandarin Orange Chicken Elem	#8 scoop 3.6	150	40	300	0.00	0.70	11.00	*11.00	11.0	20.0	3.0	0.50
Rice, White	1/2 cup	110	0	95	0.53	0.98	0.10	*N/A*	2.21	23.85	0.3	0.09
Broccoli, Roast/Steamed	1/2 Cup	26	0	22	2.76	0.55	*N/A*	*N/A*	2.81	4.86	0.1	0.02
Pineapple Chunks	1/2 CUP	75	0	1	1.00	0.35	17.99	*N/A*	0.52	19.55	0.1	0.01
Cookie, Fortune	1 each	12	0	0	0.00	0.00	1.67	*N/A*	0.17	2.67	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
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
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	21.98	*19.98	20.0	62.52	34.0	4.00
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
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	0.00	*N/A*	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	0.99	*0.00	5.93	1.98	5.93	3.46
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	5.00	*4.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	8.00	*7.00	5.0	15.0	10.0	1.50
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 Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	22.00	*N/A*	8.0	22.0	2.5	1.50
Weighted Daily Average		2828	180	3001	19.28	13.44	*203.22	*67.98	130.64	368.67	97.43	23.07
% of Calories							*28.7%	*9.6%	18.5%	52.2%	31.0%	7.3%
Nutrient Guideline		550-650				3.30			8.65		<=30.0	<10.00

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

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

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

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

Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 14

Generated on: 7/25/2025 7:33:06 AM

	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 - 09/05/2025												
Rockwood Elementary Lunch	Total											
Pizza, Wild Mike Cheese 10-Cut	slice	390	35	520	1.00	2.00	6.00	*N/A*	19.0	37.0	15.0	7.00
Zucchini, Roasted Parmesan	1/2 cup	37	2	83	0.72	0.28	*1.75	*N/A*	1.52	2.58	2.54	0.68
Watermelon, Fresh	1/2 Cup	23	0	1	0.30	0.18	4.71	*N/A*	0.46	5.74	0.11	0.01
Pancakes Mini Confetti Eggo	Pouch	200	0	210	6.00	3.60	11.00	*N/A*	4.0	36.0	6.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	21.98	*19.98	20.0	62.52	34.0	4.00
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
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	0.00	*N/A*	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	0.99	*0.00	5.93	1.98	5.93	3.46
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	5.00	*4.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	8.00	*7.00	5.0	15.0	10.0	1.50
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 Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	22.00	*N/A*	8.0	22.0	2.5	1.50
Weighted Daily Average		2885	172	3147	21.02	15.30	*187.92	*56.98	134.90	344.07	110.08	29.14
% of Calories							*26.1%	*7.9%	18.7%	47.7%	34.3%	9.1%
Nutrient Guideline		550-650				3.30			8.65		<=30.0	<10.00

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

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

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

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

Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 15

Generated on: 7/25/2025 7:33:06 AM

	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 Lunch	Total											
Mozzarella Sticks Breaded	6 sticks	310	15	530	3.00	1.70	3.00	*N/A*	20.0	32.0	11.0	3.50
Marinara Sauce	1/4 Cup	30	0	70	1.00	0.50	4.00	*N/A*	1.0	6.0	0.5	0.00
Peas, Italian	1/2 cup	69	0	111	4.53	1.31	*0.18	*N/A*	4.27	12.86	0.23	0.04
Blueberries, Frozen	1/2 Cup	40	0	1	2.20	0.14	*N/A*	*N/A*	0.32	9.5	0.5	0.04
Soft Pretzel	1 each	150	0	140	3.00	1.80	1.00	*N/A*	5.0	30.0	1.0	0.00
Cheddar Cheese Sauce	3 oz	130	30	400	0.00	0.00	0.00	*N/A*	7.0	5.0	9.0	6.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	21.98	*19.98	20.0	62.52	34.0	4.00
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
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	0.00	*N/A*	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	0.99	*0.00	5.93	1.98	5.93	3.46
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	5.00	*4.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	8.00	*7.00	5.0	15.0	10.0	1.50
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 Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	22.00	*N/A*	8.0	22.0	2.5	1.50
Weighted Daily Average		2964	180	3585	26.72	14.69	*172.64	*56.98	147.52	358.10	108.65	30.04
% of Calories							*23.3%	*7.7%	19.9%	48.3%	33.0%	9.1%
Nutrient Guideline		550-650				3.30			8.65		<=30.0	<10.00

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

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

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

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

Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 16

Generated on: 7/25/2025 7:33:06 AM

	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 Lunch	Total											
Cavatappi, Three Cheese	6 oz by weigh	332	48	589	2.05	1.03	4.10	*0.00	16.41	28.72	16.41	9.33
Breadstick, WG 1 oz	Breadstick	80	0	160	2.00	0.80	2.00	*N/A*	3.0	16.0	1.0	0.00
Broccoli, Roast/Steamed	1/2 Cup	26	0	22	2.76	0.55	*N/A*	*N/A*	2.81	4.86	0.1	0.02
Mixed Berries Frozen Cup	4 oz cup	90	0	0	2.00	*N/A*	16.00	*N/A*	0.0	20.0	0.0	0.00
Ants on a Log	3 pieces	168	0	135	2.65	0.95	6.92	*2.25	5.82	10.98	12.11	1.53
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
Cracker, Mixed Berry Animal	pkg	110	0	60	2.00	1.08	6.00	*N/A*	2.0	18.0	3.5	0.50
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	21.98	*19.98	20.0	62.52	34.0	4.00
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
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	0.00	*N/A*	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	0.99	*0.00	5.93	1.98	5.93	3.46
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	5.00	*4.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	8.00	*7.00	5.0	15.0	10.0	1.50
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 Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	22.00	*N/A*	8.0	22.0	2.5	1.50
Weighted Daily Average		3481	183	3914	35.46	*25.75	*220.48	*59.23	147.96	453.31	126.54	31.83
% of Calories							*25.3%	*6.8%	17.0%	52.1%	32.7%	8.2%
Nutrient Guideline		550-650				3.30			8.65		<=30.0	<10.00

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

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

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

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

Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 17

Generated on: 7/25/2025 7:33:07 AM

	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 Lunch	Total											
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	3.00	*N/A*	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	3.00	*N/A*	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	3.00	*N/A*	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	2.00	*N/A*	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	2.00	*N/A*	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	2.00	*N/A*	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	5.00	*N/A*	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	5.00	*N/A*	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	5.00	*N/A*	16.0	39.0	19.0	9.00
Carrots, Canned, Butterbuds	1/2 cup	40	0	342	2.02	0.00	4.06	*N/A*	0.0	8.85	0.0	0.00
Apples, Sliced in Bag 2 oz	2 oz Bag	33	0	0	1.00	0.00	7.00	*N/A*	0.0	9.0	0.0	0.00
Muffin Banana Otis	Muffin	190	31	130	2.00	0.72	*N/A*	*N/A*	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	1 Each	190	30	130	2.00	0.90	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	200	40	130	2.00	0.00	17.00	*N/A*	4.0	32.0	6.0	2.00
Muffin Apple Cinnamon Otis	Muffin	190	40	130	2.00	0.00	16.00	*N/A*	3.0	30.0	6.0	2.00
Goldfish Pretzels	package	90	0	200	1.00	0.72	0.00	*N/A*	2.0	16.0	1.5	0.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	21.98	*19.98	20.0	62.52	34.0	4.00
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
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	0.00	*N/A*	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	0.99	*0.00	5.93	1.98	5.93	3.46
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	5.00	*4.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	8.00	*7.00	5.0	15.0	10.0	1.50
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 Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	22.00	*N/A*	8.0	22.0	2.5	1.50
Weighted Daily Average		6428	676	10946	43.03	35.58	*254.52	*72.98	268.92	749.60	257.92	102.45
% of Calories							*15.8%	*4.5%	16.7%	46.6%	36.1%	14.3%
Nutrient Guideline		550-650				3.30			8.65		<=30.0	<10.00

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

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

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

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

Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 18

Generated on: 7/25/2025 7:33:07 AM

	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 - 09/11/2025												
Rockwood Elementary Lunch	Total											
Chicken Drumstick or Thigh GC	Drum or Thigh	230	75	490	1.00	1.00	0.00	*0.00	16.0	11.0	14.0	3.50
Biscuit	Biscuit	220	0	320	1.00	2.00	3.00	*2.00	4.0	29.0	9.0	4.00
Baked Beans Bush's Best	1/2 Cup	140	0	371	5.02	1.81	12.04	*N/A*	5.02	30.09	0.0	0.00
Peaches, Fresh	1 EACH	59	0	0	2.25	0.38	12.59	*N/A*	1.37	14.31	0.38	0.03
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	8.00	*N/A*	2.0	21.0	4.0	1.00
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
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	21.98	*19.98	20.0	62.52	34.0	4.00
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
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	0.00	*N/A*	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	0.99	*0.00	5.93	1.98	5.93	3.46
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	5.00	*4.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	8.00	*7.00	5.0	15.0	10.0	1.50
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 Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	22.00	*N/A*	8.0	22.0	2.5	1.50
Weighted Daily Average		3104	215	3765	24.27	16.04	200.08	*58.98	140.30	382.15	117.30	29.98
% of Calories							25.8%	*7.6%	18.1%	49.2%	34.0%	8.7%
Nutrient Guideline		550-650				3.30			8.65		<=30.0	<10.00

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

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

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

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

Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 19

Generated on: 7/25/2025 7:33:07 AM

	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 Lunch	Total											
Fish Sandwich	Sandwich	330	45	510	3.00	2.78	5.00	*N/A*	22.0	46.0	8.5	1.00
French Fries, Seasoned Crinkle	1/2 cup	103	0	175	0.00	0.31	0.00	*N/A*	1.03	15.44	3.09	0.00
Bananarama	1/2 cup	80	0	1	2.12	0.22	10.18	*N/A*	0.83	18.39	1.25	1.09
Pancakes Mini Confetti Eggo	Pouch	200	0	210	6.00	3.60	11.00	*N/A*	4.0	36.0	6.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	21.98	*19.98	20.0	62.52	34.0	4.00
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
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	0.00	*N/A*	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	0.99	*0.00	5.93	1.98	5.93	3.46
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	5.00	*4.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	8.00	*7.00	5.0	15.0	10.0	1.50
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 Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	22.00	*N/A*	8.0	22.0	2.5	1.50
Weighted Daily Average		2948	180	3229	24.12	16.15	190.64	*56.98	137.78	378.58	105.26	23.54
% of Calories							25.9%	*7.7%	18.7%	51.4%	32.1%	7.2%
Nutrient Guideline		550-650				3.30			8.65		<=30.0	<10.00

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

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

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

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

Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 20

Generated on: 7/25/2025 7:33:07 AM

	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 - 09/15/2025												
Rockwood Elementary Lunch	Total											
Corn Dog, Chicken Foster Farms	1 Each	240	40	470	2.00	1.50	8.00	*N/A*	9.0	30.0	9.0	2.50
Mixed Vegetables, Steamed	1/2 CUP	73	0	95	3.48	*0.00	3.48	*N/A*	2.32	14.54	0.0	0.00
Strawberry Frozen Cup	4.5 oz	90	0	0	1.99	0.36	17.94	*N/A*	1.0	21.92	0.0	0.00
Soft Pretzel	1 each	150	0	140	3.00	1.80	1.00	*N/A*	5.0	30.0	1.0	0.00
Cheddar Cheese Sauce	3 oz	130	30	400	0.00	0.00	0.00	*N/A*	7.0	5.0	9.0	6.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	21.98	*19.98	20.0	62.52	34.0	4.00
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
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	0.00	*N/A*	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	0.99	*0.00	5.93	1.98	5.93	3.46
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	5.00	*4.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	8.00	*7.00	5.0	15.0	10.0	1.50
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 Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	22.00	*N/A*	8.0	22.0	2.5	1.50
Weighted Daily Average		2918	205	3438	23.47	*12.90	194.88	*56.98	134.24	364.20	105.42	28.96
% of Calories							26.7%	*7.8%	18.4%	49.9%	32.5%	8.9%
Nutrient Guideline		550-650				3.30			8.65		<=30.0	<10.00

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

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

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

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

Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 21

Generated on: 7/25/2025 7:33:07 AM

	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 - 09/16/2025												
Rockwood Elementary Lunch	Total											
Nacho Supreme w/Queso K-8	Serving	322	57	572	3.11	2.09	4.51	*0.00	20.34	18.81	17.31	6.64
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
Refried Beans Southwestern	1/2 cup	191	4	744	10.82	*2.36	0.94	*N/A*	12.05	29.59	2.53	1.20
Apricots, Canned Diced	1/2 cup	62	0	3	2.00	0.38	*N/A*	*N/A*	0.76	15.76	0.14	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
Cracker, Mixed Berry Animal	pkg	110	0	60	2.00	1.08	6.00	*N/A*	2.0	18.0	3.5	0.50
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	21.98	*19.98	20.0	62.52	34.0	4.00
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
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	0.00	*N/A*	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	0.99	*0.00	5.93	1.98	5.93	3.46
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	5.00	*4.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	8.00	*7.00	5.0	15.0	10.0	1.50
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 Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	22.00	*N/A*	8.0	22.0	2.5	1.50
Weighted Daily Average		3445	195	4512	41.35	*27.25	*196.91	*56.98	154.49	439.75	123.99	30.21
% of Calories							*22.9%	*6.6%	17.9%	51.1%	32.4%	7.9%
Nutrient Guideline		550-650				3.30			8.65		<=30.0	<10.00

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

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

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

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

Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 22

Generated on: 7/25/2025 7:33:07 AM

	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 Lunch	Total											
Chicken and Waffle Elem	2 strips/1 waf	232	46	412	3.33	3.13	2.50	*N/A*	16.66	23.33	7.17	1.75
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
Sweet Potato Battered Seasoned	3 oz	173	0	205	1.08	0.54	7.55	*N/A*	1.08	26.97	7.55	1.08
Grapes, Fresh Seedless	1/2 CUP	52	0	2	0.68	0.27	11.69	*N/A*	0.54	13.67	0.12	0.04
Muffin Banana Otis	Muffin	190	31	130	2.00	0.72	*N/A*	*N/A*	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	1 Each	190	30	130	2.00	0.90	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	200	40	130	2.00	0.00	17.00	*N/A*	4.0	32.0	6.0	2.00
Muffin Apple Cinnamon Otis	Muffin	190	40	130	2.00	0.00	16.00	*N/A*	3.0	30.0	6.0	2.00
Goldfish Pretzels	package	90	0	200	1.00	0.72	0.00	*N/A*	2.0	16.0	1.5	0.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	21.98	*19.98	20.0	62.52	34.0	4.00
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
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	0.00	*N/A*	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	0.99	*0.00	5.93	1.98	5.93	3.46
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	5.00	*4.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	8.00	*7.00	5.0	15.0	10.0	1.50
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 Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	22.00	*N/A*	8.0	22.0	2.5	1.50
Weighted Daily Average		3672	322	3711	27.09	15.52	*252.20	*72.98	143.21	496.71	126.76	31.32
% of Calories							*27.5%	*8.0%	15.6%	54.1%	31.1%	7.7%
Nutrient Guideline		550-650				3.30			8.65		<=30.0	<10.00

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

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

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

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

Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 23

Generated on: 7/25/2025 7:33:07 AM

	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 - 09/18/2025												
Rockwood Elementary Lunch	Total											
Hamburger on Bun Elem	1 each	270	40	340	2.00	2.78	4.00	*N/A*	17.0	30.0	9.5	3.50
Cheeseburger on Bun Elem	1 EACH	326	53	477	2.00	*2.78	4.51	*N/A*	19.53	31.01	14.06	6.03
Corn, Canned	1/2 CUP	102	0	70	3.04	0.54	4.57	*N/A*	3.04	23.49	1.52	0.00
Pears, Canned Extra Lt Syrup	1/2 CUP	61	0	5	2.02	0.00	12.11	*N/A*	0.0	16.15	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
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
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	21.98	*19.98	20.0	62.52	34.0	4.00
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
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	0.00	*N/A*	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	0.99	*0.00	5.93	1.98	5.93	3.46
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	5.00	*4.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	8.00	*7.00	5.0	15.0	10.0	1.50
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 Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	22.00	*N/A*	8.0	22.0	2.5	1.50
Weighted Daily Average		3214	232	3475	24.06	*16.96	197.65	*56.98	153.49	398.40	119.00	31.99
% of Calories							24.6%	*7.1%	19.1%	49.6%	33.3%	9.0%
Nutrient Guideline		550-650				3.30			8.65		<=30.0	<10.00

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

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

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

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

Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 24

Generated on: 7/25/2025 7:33:07 AM

	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 Lunch	Total											
Tortellini Alfredo	6 oz (13 pc)	316	38	547	3.05	1.84	*0.32	*N/A*	18.05	33.09	12.79	7.44
Breadstick, WG 1 oz	Breadstick	80	0	160	2.00	0.80	2.00	*N/A*	3.0	16.0	1.0	0.00
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2	54	1.99	0.42	*0.01	*N/A*	2.65	3.92	3.87	0.78
Peaches, Diced Frozen Cup	4 oz cup	80	0	0	1.00	0.00	16.00	*N/A*	1.0	19.0	0.0	0.00
Pancakes Mini Confetti Eggo	Pouch	200	0	210	6.00	3.60	11.00	*N/A*	4.0	36.0	6.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	21.98	*19.98	20.0	62.52	34.0	4.00
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
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	0.00	*N/A*	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	0.99	*0.00	5.93	1.98	5.93	3.46
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	5.00	*4.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	8.00	*7.00	5.0	15.0	10.0	1.50
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 Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	22.00	*N/A*	8.0	22.0	2.5	1.50
Weighted Daily Average		2966	174	3305	27.04	15.90	*193.78	*56.98	138.62	370.76	110.08	29.67
% of Calories							*26.1%	*7.7%	18.7%	50.0%	33.4%	9.0%
Nutrient Guideline		550-650				3.30			8.65		<=30.0	<10.00

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

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

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

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

Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 25

Generated on: 7/25/2025 7:33:07 AM

	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 Lunch	Total											
Pizza Bagels Mini Cheese	4 each	260	20	560	4.00	1.80	4.00	*N/A*	21.0	24.0	9.0	5.00
Carrots, Italian Roasted	1/2 CUP	122	3	218	2.68	0.85	*4.33	*N/A*	1.51	8.14	9.92	1.70
Applesauce Cinnamon	1/2 cup	52	0	3	1.52	0.30	*0.01	*N/A*	0.21	14.3	0.1	0.00
Soft Pretzel	1 each	150	0	140	3.00	1.80	1.00	*N/A*	5.0	30.0	1.0	0.00
Cheddar Cheese Sauce	3 oz	130	30	400	0.00	0.00	0.00	*N/A*	7.0	5.0	9.0	6.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	21.98	*19.98	20.0	62.52	34.0	4.00
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
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	0.00	*N/A*	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	0.99	*0.00	5.93	1.98	5.93	3.46
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	5.00	*4.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	8.00	*7.00	5.0	15.0	10.0	1.50
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 Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	22.00	*N/A*	8.0	22.0	2.5	1.50
Weighted Daily Average		2949	187	3654	24.21	13.99	*173.80	*56.98	144.64	344.19	115.45	33.15
% of Calories							*23.6%	*7.7%	19.6%	46.7%	35.2%	10.1%
Nutrient Guideline		550-650				3.30			8.65		<=30.0	<10.00

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

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

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

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

Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 26

Generated on: 7/25/2025 7:33:07 AM

	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 Lunch	Total											
Spaghetti w/Meatballs(Chicken)	3/4 cup/3me atba	405	55	391	7.74	3.82	*9.95	*N/A*	24.86	53.39	12.88	2.62
Garlic Toast Mini WG Baker Boy	piece	80	0	95	1.00	0.72	0.00	*0.00	2.0	12.0	2.5	0.50
Green Beans, Italian	1/2 cup	28	0	263	3.40	0.61	*1.74	*N/A*	1.7	5.22	0.0	0.00
Blueberries, Frozen	1/2 Cup	40	0	1	2.20	0.14	*N/A*	*N/A*	0.32	9.5	0.5	0.04
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
Cracker, Mixed Berry Animal	pkg	110	0	60	2.00	1.08	6.00	*N/A*	2.0	18.0	3.5	0.50
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	21.98	*19.98	20.0	62.52	34.0	4.00
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
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	0.00	*N/A*	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	0.99	*0.00	5.93	1.98	5.93	3.46
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	5.00	*4.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	8.00	*7.00	5.0	15.0	10.0	1.50
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 Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	22.00	*N/A*	8.0	22.0	2.5	1.50
Weighted Daily Average		3338	190	3759	38.33	27.70	*203.15	*56.98	148.80	452.86	112.80	24.11
% of Calories							*24.3%	*6.8%	17.8%	54.3%	30.4%	6.5%
Nutrient Guideline		550-650				3.30			8.65		<=30.0	<10.00

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

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

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

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

Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 27

Generated on: 7/25/2025 7:33:07 AM

	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 Lunch	Total											
BBQ Pulled Pork Sand Brookwood	#12 scoop	271	35	548	2.00	1.70	7.50	*5.00	18.0	33.75	8.5	2.50
Baked Beans Bush's Best	1/2 Cup	140	0	371	5.02	1.81	12.04	*N/A*	5.02	30.09	0.0	0.00
Orange Wedges	Whole Orang	69	0	1	3.08	0.18	11.90	*N/A*	1.27	17.56	0.21	0.02
Muffin Banana Otis	Muffin	190	31	130	2.00	0.72	*N/A*	*N/A*	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	1 Each	190	30	130	2.00	0.90	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	200	40	130	2.00	0.00	17.00	*N/A*	4.0	32.0	6.0	2.00
Muffin Apple Cinnamon Otis	Muffin	190	40	130	2.00	0.00	16.00	*N/A*	3.0	30.0	6.0	2.00
Goldfish Pretzels	package	90	0	200	1.00	0.72	0.00	*N/A*	2.0	16.0	1.5	0.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	21.98	*19.98	20.0	62.52	34.0	4.00
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
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	0.00	*N/A*	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	0.99	*0.00	5.93	1.98	5.93	3.46
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	5.00	*4.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	8.00	*7.00	5.0	15.0	10.0	1.50
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 Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	22.00	*N/A*	8.0	22.0	2.5	1.50
Weighted Daily Average		3576	311	3973	32.10	15.27	*244.90	*77.98	149.21	483.15	120.63	30.98
% of Calories							*27.4%	*8.7%	16.7%	54.1%	30.4%	7.8%
Nutrient Guideline		550-650				3.30			8.65		<=30.0	<10.00

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

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

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

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

Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 28

Generated on: 7/25/2025 7:33:07 AM

	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 Lunch	Total											
Chicken Popcorn Smackers	10 pieces	270	70	480	3.00	1.44	0.00	*N/A*	19.0	19.0	13.0	3.00
Breadstick, WG 1 oz	Breadstick	80	0	160	2.00	0.80	2.00	*N/A*	3.0	16.0	1.0	0.00
Potatoes Mashed w/Gravy	1/2 CUP	92	0	351	1.00	0.30	1.00	*N/A*	0.0	17.35	1.5	0.00
Tropical Fruit Salad	1/2 CUP	70	0	0	1.00	0.00	15.00	*N/A*	0.5	16.0	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
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
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	21.98	*19.98	20.0	62.52	34.0	4.00
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
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	0.00	*N/A*	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	0.99	*0.00	5.93	1.98	5.93	3.46
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	5.00	*4.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	8.00	*7.00	5.0	15.0	10.0	1.50
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 Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	22.00	*N/A*	8.0	22.0	2.5	1.50
Weighted Daily Average		2967	210	3575	22.00	13.40	190.46	*56.98	136.42	366.10	109.42	25.45
% of Calories							25.7%	*7.7%	18.4%	49.4%	33.2%	7.7%
Nutrient Guideline		550-650				3.30			8.65		<=30.0	<10.00

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

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

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

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

Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 29

Generated on: 7/25/2025 7:33:07 AM

	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 - 09/26/2025												
Rockwood Elementary Lunch	Total											
Dumplings, Chicken & Vegetable	6 pieces	250	35	530	1.00	2.00	2.00	*1.00	18.0	31.0	7.0	0.50
Sweet Chili Sauce	1 oz	55	0	378	0.00	0.00	12.60	*N/A*	0.0	14.17	0.0	0.00
Broccoli, Roast/Steamed	1/2 Cup	26	0	22	2.76	0.55	*N/A*	*N/A*	2.81	4.86	0.1	0.02
Bananarama	1/2 cup	80	0	1	2.12	0.22	10.18	*N/A*	0.83	18.39	1.25	1.09
Pancakes Mini Confetti Eggo	Pouch	200	0	210	6.00	3.60	11.00	*N/A*	4.0	36.0	6.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	21.98	*19.98	20.0	62.52	34.0	4.00
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
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	0.00	*N/A*	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	0.99	*0.00	5.93	1.98	5.93	3.46
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	5.00	*4.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	8.00	*7.00	5.0	15.0	10.0	1.50
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 Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	22.00	*N/A*	8.0	22.0	2.5	1.50
Weighted Daily Average		2846	170	3474	24.88	15.62	*200.24	*57.98	135.56	367.18	100.78	23.06
% of Calories							*28.1%	*8.1%	19.1%	51.6%	31.9%	7.3%
Nutrient Guideline		550-650				3.30			8.65		<=30.0	<10.00

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

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

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

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

Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 30

Generated on: 7/25/2025 7:33:08 AM

	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 Lunch	Total											
Chicken Brd Patty on Bun Elem	Sandwich	430	65	750	3.00	3.30	4.00	*N/A*	25.0	45.0	17.5	4.00
Corn, Canned	1/2 CUP	102	0	70	3.04	0.54	4.57	*N/A*	3.04	23.49	1.52	0.00
Mixed Berries Frozen Cup	4 oz cup	90	0	0	2.00	*N/A*	16.00	*N/A*	0.0	20.0	0.0	0.00
Soft Pretzel	1 each	150	0	140	3.00	1.80	1.00	*N/A*	5.0	30.0	1.0	0.00
Cheddar Cheese Sauce	3 oz	130	30	400	0.00	0.00	0.00	*N/A*	7.0	5.0	9.0	6.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	21.98	*19.98	20.0	62.52	34.0	4.00
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
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	0.00	*N/A*	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	0.99	*0.00	5.93	1.98	5.93	3.46
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	5.00	*4.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	8.00	*7.00	5.0	15.0	10.0	1.50
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 Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	22.00	*N/A*	8.0	22.0	2.5	1.50
Weighted Daily Average		3137	230	3694	24.04	*14.88	190.03	*56.98	149.96	386.24	115.44	30.46
% of Calories							24.2%	*7.3%	19.1%	49.2%	33.1%	8.7%
Nutrient Guideline		550-650				3.30			8.65		<=30.0	<10.00

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

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

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

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

Rockwood School District

Aug 18, 2025 thru Sep 30, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	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 - 09/30/2025												
Rockwood Elementary Lunch	Total											
Pancake Whole Grain (2)	2 pancakes	126	6	254	2.00	1.08	6.00	*N/A*	4.0	24.0	2.0	0.00
Sausage, Link Pork Jones	2 links	260	40	180	0.00	0.72	0.00	*0.00	8.0	0.0	26.0	8.00
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
Sweet Potato Battered Seasoned	3 oz	173	0	205	1.08	0.54	7.55	*N/A*	1.08	26.97	7.55	1.08
Pears, Diced Cinnamon	1/2 CUP	61	0	5	2.19	0.03	12.11	*N/A*	0.01	16.41	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
Cracker, Mixed Berry Animal	pkg	110	0	60	2.00	1.08	6.00	*N/A*	2.0	18.0	3.5	0.50
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	21.98	*19.98	20.0	62.52	34.0	4.00
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
Cheese Cubes, Cheddar	Package (1 o	90	20	190	0.00	0.00	0.00	*N/A*	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	0.99	*0.00	5.93	1.98	5.93	3.46
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	5.00	*4.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	8.00	*7.00	5.0	15.0	10.0	1.50
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 Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	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
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	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
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% Strawberry	Carton	140	10	105	0.00	0.00	22.00	*N/A*	8.0	22.0	2.5	1.50
Weighted Daily Average		3525	181	3692	29.27	24.79	234.13	*56.98	133.01	471.13	132.48	30.03
% of Calories							26.6%	*6.5%	15.1%	53.5%	33.8%	7.7%
Nutrient Guideline		550-650				3.30			8.65		<=30.0	<10.00
Weighted Average		3367	235	3910	28.43	*18.63	*212.22	*61.25	147.50	429.25	122.91	32.09
							*56.7%	*16.4%	17.5%	51.0%	32.9%	8.6%

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.