

Rockwood School District

Dec 1, 2025 thru Dec 31, 2025

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 12/01/2025													
Rockwood Elementary Break	Total												
Breakfast Pizza, Turkey Sausag	pizza	210	21	360	2.00	1.50	180.0	3.00	*0.50	12.0	21.0	8.0	3.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	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	140.0	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	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
Scooby Doo Chocolate Grahams	pkg	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Weighted Daily Average		1915	71	2264	17.00	18.38	2470.0	173.50	*76.50	71.00	332.25	36.00	10.50
% of Calories								36.2%	*16.0%	14.8%	69.4%	16.9%	4.9%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 12/02/2025													
Rockwood Elementary Break	Total												
Dutch Waffle	Waffle	334	15	330	3.00	1.80	40.0	13.02	*12.02	4.0	39.04	19.0	3.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	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	140.0	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	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
Scooby Doo Chocolate Grahams	pkg	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Weighted Daily Average		2039	65	2234	18.00	18.68	2330.0	183.52	*88.02	63.00	350.29	47.00	10.00
% of Calories								36.0%	*17.3%	12.4%	68.7%	20.7%	4.4%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 12/03/2025													
Rockwood Elementary Break	Total												
Biscuit, Egg and Cheese	Sandwich	320	113	575	1.00	9.56	221.0	3.50	*2.00	9.5	30.0	17.0	7.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	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	140.0	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	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
Scooby Doo Chocolate Grahams	pkg	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Weighted Daily Average		2025	163	2479	16.00	26.44	2511.0	174.00	*78.00	68.50	341.25	45.00	14.50
% of Calories								34.4%	*15.4%	13.5%	67.4%	20.0%	6.4%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Thu - 12/04/2025													
Rockwood Elementary Break	Total												
UBR, Choc Chip Nut Free IW	Round	270	5	180	5.00	1.80	20.0	19.00	18.00	5.0	44.0	8.0	3.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	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	140.0	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	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
Scooby Doo Chocolate Grahams	pkg	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Weighted Daily Average		1975	55	2084	20.00	18.68	2310.0	189.50	*94.00	64.00	355.25	36.00	10.00
% of Calories								38.4%	*19.0%	13.0%	71.9%	16.4%	4.6%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Fri - 12/05/2025													
Rockwood Elementary Break	Total												
Donut Holes, Glazed	3 donut hole	140	0	168	1.20	0.78	6.1	10.03	*0.01	2.4	22.76	4.2	1.80
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	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	140.0	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	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
Scooby Doo Chocolate Grahams	pkg	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Weighted Daily Average		1845	50	2072	16.20	17.66	2296.1	180.53	*76.01	61.40	334.00	32.20	8.80
% of Calories								39.1%	*16.5%	13.3%	72.4%	15.7%	4.3%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Mon - 12/08/2025													
Rockwood Elementary Break	Total												
Oatmeal, Brownie Baked	servings	358	*140	316	*6.09	*3.10	*110.5	*23.76	*20.17	14.01	53.14	*10.76	*5.25
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	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	140.0	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	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
Scooby Doo Chocolate Grahams	pkg	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Weighted Daily Average		2063	*190	2219	*21.09	*19.98	*2400.5	*194.26	*96.17	73.01	364.39	*38.76	*12.24
% of Calories								*37.7%	*18.6%	14.2%	70.7%	*16.9%	*5.3%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Dec 1, 2025 thru Dec 31, 2025

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 12/09/2025													
Rockwood Elementary Break	Total												
Breakfast Nachos Egg&Cheese	#16 scoop	231	104	373	1.00	0.36	114.1	0.00	*0.00	7.29	18.37	13.2	3.56
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	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	140.0	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	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
Scooby Doo Chocolate Grahams	pkg	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Weighted Daily Average		1936	154	2276	16.00	17.24	2404.1	170.50	*76.00	66.28	329.62	41.20	10.55
% of Calories								35.2%	*15.7%	13.7%	68.1%	19.2%	4.9%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Dec 1, 2025 thru Dec 31, 2025

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 12/10/2025													
Rockwood Elementary Break	Total												
French Toast Sticks, Cinn Glzd	3 stick	210	105	300	2.00	1.80	40.0	8.00	*8.00	8.0	28.0	7.0	2.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	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	140.0	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	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
Scooby Doo Chocolate Grahams	pkg	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Weighted Daily Average		1915	155	2204	17.00	18.68	2330.0	178.50	*84.00	67.00	339.25	35.00	9.50
% of Calories								37.3%	*17.5%	14.0%	70.9%	16.4%	4.5%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Dec 1, 2025 thru Dec 31, 2025

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 12/11/2025													
Rockwood Elementary Break	Total												
Smoothie Fruit & Yogurt	1 each	166	6	90	2.00	*0.43	*202.2	*17.54	*8.17	5.94	29.43	2.48	1.69
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	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	140.0	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	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
Scooby Doo Chocolate Grahams	pkg	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Weighted Daily Average		1871	56	1994	17.00	*17.31	*2492.2	*188.04	*84.17	64.93	340.68	30.48	8.68
% of Calories								*40.2%	*18.0%	13.9%	72.8%	14.7%	4.2%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Dec 1, 2025 thru Dec 31, 2025

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 12/12/2025													
Rockwood Elementary Break	Total												
Chocolate Bread Super Slice	Slice	260	0	270	3.00	2.00	155.0	22.00	*22.00	6.0	44.0	8.0	1.50
Hot Cocoa	8 oz cup	132	10	190	0.37	0.50	201.3	18.02	6.00	8.2	20.58	2.64	1.58
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	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	140.0	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	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
Scooby Doo Chocolate Grahams	pkg	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Weighted Daily Average		2097	60	2364	18.37	19.38	2646.3	210.52	*104.00	73.19	375.83	38.64	10.08
% of Calories								40.2%	*19.8%	14.0%	71.7%	16.6%	4.3%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Dec 1, 2025 thru Dec 31, 2025

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 12/15/2025													
Rockwood Elementary Break	Total												
Waffles, Eggo Froot Loops IW	2 waffles	180	0	210	3.00	3.60	260.0	5.00	*5.00	4.0	32.0	6.0	1.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	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	140.0	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	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
Scooby Doo Chocolate Grahams	pkg	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Weighted Daily Average		1885	50	2114	18.00	20.48	2550.0	175.50	*81.00	63.00	343.25	34.00	8.50
% of Calories								37.2%	*17.2%	13.4%	72.8%	16.2%	4.1%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Dec 1, 2025 thru Dec 31, 2025

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 12/16/2025													
Rockwood Elementary Break	Total												
Bagelicious-Egg & Cheese	1/2 bagel	170	113	340	2.00	8.26	116.0	3.00	*2.50	9.0	15.5	8.5	3.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	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	140.0	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	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
Scooby Doo Chocolate Grahams	pkg	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Weighted Daily Average		1875	163	2244	17.00	25.14	2406.0	173.50	*78.50	68.00	326.75	36.50	10.50
% of Calories								37.0%	*16.7%	14.5%	69.7%	17.5%	5.0%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Dec 1, 2025 thru Dec 31, 2025

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 12/17/2025													
Rockwood Elementary Break	Total												
Oatmeal Combi	1 CUP	213	0	11	4.34	1.89	41.0	*0.14	*0.00	6.78	37.56	2.66	0.47
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	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	140.0	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	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
Scooby Doo Chocolate Grahams	pkg	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Weighted Daily Average		1918	50	1915	19.34	18.77	2330.9	*170.64	*76.00	65.77	348.81	30.66	7.47
% of Calories								*35.6%	*15.9%	13.7%	72.8%	14.4%	3.5%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Dec 1, 2025 thru Dec 31, 2025

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 12/18/2025													
Rockwood Elementary Break	Total												
Pancake & Sausage Patty Breakf	serv	293	48	287	1.00	1.26	10.0	3.00	*0.00	9.0	12.0	23.0	7.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	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	140.0	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	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
Scooby Doo Chocolate Grahams	pkg	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Juice Apple	serv	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serv	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Weighted Daily Average		1998	98	2191	16.00	18.14	2300.0	173.50	*76.00	68.00	323.25	51.00	14.00
% of Calories								34.7%	*15.2%	13.6%	64.7%	23.0%	6.3%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Dec 1, 2025 thru Dec 31, 2025

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 12/19/2025													
Rockwood Elementary Break	Total												
Mini Cinnis Pillsbury	1 Each	230	0	280	3.00	2.00	30.0	14.00	*13.00	5.0	41.0	7.0	2.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	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	140.0	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	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
Scooby Doo Chocolate Grahams	pkg	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Weighted Daily Average		1935	50	2184	18.00	18.88	2320.0	184.50	*89.00	64.00	352.25	35.00	9.00
% of Calories								38.1%	*18.4%	13.2%	72.8%	16.3%	4.2%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

Weighted Average		1953	*95	2189	*17.67	*19.59	*2406.5	*181.37	*83.82	66.74	343.81	*37.83	*10.29
								*83.6%	*38.6%	13.7%	70.4%	*17.4%	*4.7%

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