

Rockwood School District

Dec 1, 2025 thru Dec 31, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

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 Lunch	Total												
Pancake Whole Grain (2)	2 pancakes	126	6	254	2.00	1.08	20.0	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	0.0	0.00	*0.00	8.0	0.0	26.0	8.00
Sweet Potato Battered Seasoned	3 oz	173	0	205	1.08	0.54	32.4	7.55	*0.00	1.08	26.97	7.55	1.08
Mixed Berries Frozen Cup	4 oz cup	90	0	0	2.00	*N/A*	*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	10.0	0.00	*0.00	5.0	30.0	1.0	0.00
Cheddar Cheese Sauce	3 oz	137	27	398	0.00	0.00	222.2	0.00	*0.00	6.86	4.12	9.6	6.17
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	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	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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 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
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
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, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	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% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3860	464	4583	28.91	*20.20	*2998.1	198.17	*65.98	164.07	436.57	166.27	50.83
% of Calories								20.5%	*6.8%	17.0%	45.2%	38.8%	11.9%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Dec 1, 2025 thru Dec 31, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

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 Lunch	Total												
Wild Mike's Cheese Bites	4 pieces	280	35	460	2.00	2.00	453.0	2.00	*1.00	19.0	28.0	10.0	6.00
Marinara Sauce	1/4 Cup	30	0	70	1.00	0.50	14.0	4.00	2.00	1.0	6.0	0.5	0.00
Green Beans, Italian	1/2 cup	28	0	263	3.40	0.61	34.4	*1.74	*0.00	1.7	5.22	0.0	0.00
Pears, Canned Extra Lt Syrup	1/2 CUP	61	0	5	2.02	0.00	0.0	12.11	*N/A*	0.0	16.15	0.0	0.00
Coleslaw	1/4 cup	57	1	66	0.59	0.15	43.4	*6.88	*5.57	0.64	8.04	2.64	0.36
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
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
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
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	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	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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 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
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
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, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	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% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		4040	427	5135	42.83	*34.02	*3808.3	*233.35	*111.54	173.47	528.90	145.76	42.94
% of Calories								*23.1%	*11.0%	17.2%	52.4%	32.5%	9.6%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Dec 1, 2025 thru Dec 31, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

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 - 12/03/2025													
Rockwood Elementary Lunch	Total												
Hot Dog on Bun	1 each	270	50	500	2.00	2.42	100.0	5.00	*4.00	14.0	31.0	10.5	3.00
Baked Beans Bush's Best	1/2 Cup	140	0	371	5.02	1.81	40.1	12.04	*N/A*	5.02	30.09	0.0	0.00
Coleslaw	1/2 cup	115	2	131	1.17	0.30	86.7	*13.75	*11.14	1.28	16.07	5.28	0.72
Clementine	1 each	35	0	1	1.30	0.00	20.0	*N/A*	*N/A*	0.6	9.0	0.1	0.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	1 Each	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Goldfish Pretzels	package	90	0	200	1.00	0.72	10.0	0.00	0.00	2.0	16.0	1.5	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	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	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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 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
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
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, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	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% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		4324	588	5125	39.32	*25.50	*3100.4	*265.42	*144.11	175.03	558.65	161.50	47.30
% of Calories								*24.6%	*13.3%	16.2%	51.7%	33.6%	9.8%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Dec 1, 2025 thru Dec 31, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

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 - 12/04/2025													
Rockwood Elementary Lunch	Total												
Chicken Popcorn Smackers	10 pieces	270	70	480	3.00	1.44	20.0	0.00	*0.00	19.0	19.0	13.0	3.00
Breadstick, WG 5" BakeCrafters	breadstick	70	0	65	1.00	0.70	10.0	0.50	*0.50	2.0	13.0	1.0	0.00
Potatoes Mashed w/Gravy	1/2 CUP	92	0	351	1.00	0.30	13.7	1.00	*0.00	0.0	17.35	1.5	0.00
Strawberry Frozen Cup	4.5 oz	90	0	0	1.99	0.36	0.0	17.94	*N/A*	1.0	21.92	0.0	0.00
Cookie, Sugar Holiday IW	cookie	120	0	65	1.00	1.08	4.0	8.00	*N/A*	2.0	18.0	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
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	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	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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 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
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
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, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	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% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3785	461	4638	30.82	*21.36	*2781.3	204.06	*74.48	167.13	455.76	147.11	41.08
% of Calories								21.6%	*7.9%	17.7%	48.2%	35.0%	9.8%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Dec 1, 2025 thru Dec 31, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

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 - 12/05/2025													
Rockwood Elementary Lunch	Total												
Dumplings, Chicken & Vegetable	6 pieces	250	35	530	1.00	2.00	60.0	2.00	*1.00	18.0	31.0	7.0	0.50
Sweet Chili Sauce	1 oz	55	0	378	0.00	0.00	0.0	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	46.3	*N/A*	*N/A*	2.81	4.86	0.1	0.02
Apples, Cinnamon, Canned	1/2 cup	55	0	2	1.53	0.16	4.8	*1.07	*1.07	0.21	14.76	0.06	0.00
Waffle, Liege Blueberry IW	Waffle	270	0	200	3.00	2.20	0.0	9.00	*9.00	5.0	35.0	12.0	4.50
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	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	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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 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
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
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, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	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% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3579	426	4538	29.12	*20.97	*2824.7	*193.30	*77.05	165.16	431.28	139.27	40.60
% of Calories								*21.6%	*8.6%	18.5%	48.2%	35.0%	10.2%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Dec 1, 2025 thru Dec 31, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

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 - 12/08/2025													
Rockwood Elementary Lunch	Total												
Mozzarella Sticks Breaded	6 sticks	310	15	540	3.00	1.70	520.0	3.00	*0.00	20.0	32.0	11.0	3.50
Marinara Sauce	1/4 Cup	30	0	70	1.00	0.50	14.0	4.00	2.00	1.0	6.0	0.5	0.00
Peas, Italian	1/2 cup	69	0	111	4.53	1.31	22.3	*0.18	*0.00	4.27	12.86	0.23	0.04
Apricots, Canned Diced	1/2 cup	62	0	3	2.00	0.38	13.0	*N/A*	*N/A*	0.76	15.76	0.14	0.00
Chocolate Filled Brownie Bite	Bite	134	5	240	1.00	2.30	10.0	7.98	*7.98	2.0	20.0	5.0	2.00
Soft Pretzel	1 each	150	0	140	3.00	1.80	10.0	0.00	*0.00	5.0	30.0	1.0	0.00
Cheddar Cheese Sauce	3 oz	137	27	398	0.00	0.00	222.2	0.00	*0.00	6.86	4.12	9.6	6.17
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	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	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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 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
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
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, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	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% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3816	438	4908	35.36	*24.05	*3525.1	*183.78	*75.95	179.03	452.22	147.59	47.29
% of Calories								*19.3%	*8.0%	18.8%	47.4%	34.8%	11.2%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Dec 1, 2025 thru Dec 31, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

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 Lunch	Total												
Cavatappi, Three Cheese	6 oz by weig	332	48	589	2.05	1.03	392.8	4.10	*0.00	16.41	28.72	16.41	9.33
Breadstick, WG 5" BakeCrafters	breadstick	70	0	65	1.00	0.70	10.0	0.50	*0.50	2.0	13.0	1.0	0.00
Broccoli, Roast/Steamed	1/2 Cup	26	0	22	2.76	0.55	46.3	*N/A*	*N/A*	2.81	4.86	0.1	0.02
Blueberries, Frozen	1/2 Cup	40	0	1	2.20	0.14	6.0	*N/A*	*N/A*	0.32	9.5	0.5	0.04
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
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
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
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	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	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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 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
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
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, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	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% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		4052	439	4948	41.84	*33.18	*3718.7	*211.23	*103.48	172.68	521.57	150.62	45.97
% of Calories								*20.9%	*10.2%	17.0%	51.5%	33.5%	10.2%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Dec 1, 2025 thru Dec 31, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

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 Lunch	Total												
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3.00	*N/A*	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3.00	*N/A*	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3.00	*N/A*	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2.00	*N/A*	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2.00	*N/A*	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	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	250.0	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	250.0	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	60.0	5.00	*N/A*	16.0	39.0	19.0	9.00
Carrots, Italian Roasted	1/2 CUP	122	3	218	2.68	0.85	56.1	*4.33	*0.00	1.51	8.14	9.92	1.70
Grapes, Fresh Seedless	1/2 CUP	52	0	2	0.68	0.27	7.6	11.69	0.00	0.54	13.67	0.12	0.04
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	1 Each	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Goldfish Pretzels	package	90	0	200	1.00	0.72	10.0	0.00	0.00	2.0	16.0	1.5	0.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
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
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	204.0	0.00	*0.00	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	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	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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 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
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
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, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	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% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		6509	682	10818	43.36	39.28	4972.2	*276.48	*128.98	270.97	755.55	267.96	104.19
% of Calories								*17.0%	*7.9%	16.7%	46.4%	37.1%	14.4%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Dec 1, 2025 thru Dec 31, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

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 Lunch	Total												
Nacho Supreme w/Queso K-8	Serving	322	57	572	3.11	2.09	235.3	4.51	*0.00	20.34	18.81	17.31	6.64
Refried Beans Southwestern	1/2 cup	191	4	744	10.82	*2.36	*52.5	0.94	*0.00	12.05	29.59	2.53	1.20
Peaches, Diced Frozen Cup	4 oz cup	80	0	0	1.00	0.00	0.0	16.00	*N/A*	1.0	19.0	0.0	0.00
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
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	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	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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 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
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
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, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	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% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3737	451	4993	37.76	*21.93	*3021.3	198.08	*73.98	176.53	433.89	147.46	44.91
% of Calories								21.2%	*7.9%	18.9%	46.4%	35.5%	10.8%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Dec 1, 2025 thru Dec 31, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

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 Lunch	Total												
Hamburger on Bun Elem	1 each	270	40	340	2.00	2.78	50.0	4.00	*4.00	17.0	30.0	9.5	3.50
Cheeseburger on Bun Elem	1 EACH	320	53	470	2.00	2.78	130.0	4.50	*4.00	19.5	31.0	14.0	6.00
French Fries, Seasoned Crinkle	1/2 cup	103	0	175	0.00	0.31	10.3	0.00	*0.00	1.03	15.44	3.09	0.00
Bananarama	1/2 cup	80	0	1	2.12	0.22	7.0	10.18	*1.00	0.83	18.39	1.25	1.09
Waffle, Liege Blueberry IW	Waffle	270	0	200	3.00	2.20	0.0	9.00	*9.00	5.0	35.0	12.0	4.50
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	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	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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 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
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
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, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	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% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3967	483	4592	29.95	*24.35	*2910.8	196.31	*83.98	182.50	461.33	159.96	50.66
% of Calories								19.8%	*8.5%	18.4%	46.5%	36.3%	11.5%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Dec 1, 2025 thru Dec 31, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

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 Lunch	Total												
Pizza, 4x6 Cheese Nardone	piece	310	40	470	3.00	1.70	433.0	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	433.0	5.19	*1.19	19.17	29.19	14.58	7.19
Carrots, Canned, Butterbuds	1/2 cup	40	0	342	2.02	0.00	42.2	4.06	*N/A*	0.0	8.85	0.0	0.00
Peaches, Diced Extra Lt Syrup	1/2 CUP	59	0	5	0.98	0.20	5.9	12.80	*4.92	0.0	13.78	0.0	0.00
Cupcake, Chocolate WG	Cupcake	140	15	150	6.00	1.60	160.0	16.00	*16.00	2.0	30.0	3.0	1.00
Soft Pretzel	1 each	150	0	140	3.00	1.80	10.0	0.00	*0.00	5.0	30.0	1.0	0.00
Cheddar Cheese Sauce	3 oz	137	27	398	0.00	0.00	222.2	0.00	*0.00	6.86	4.12	9.6	6.17
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	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	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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 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
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
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, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	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% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		4082	518	5446	38.84	*23.19	*4019.8	211.68	*89.09	190.17	476.43	162.30	56.94
% of Calories								20.7%	*8.7%	18.6%	46.7%	35.8%	12.6%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Dec 1, 2025 thru Dec 31, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

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 Lunch	Total												
Chicken Drumstick Gold Creek	Drumstick	230	75	490	1.00	1.00	23.0	0.00	*0.00	16.0	11.0	14.0	3.50
Roll, WG Sister Schubert's 2oz	1 each	170	5	210	3.00	1.70	0.0	5.00	*4.00	5.0	32.0	2.0	0.00
Potatoes Mashed w/Gravy	1/2 CUP	92	0	351	1.00	0.30	13.7	1.00	*0.00	0.0	17.35	1.5	0.00
Sidekick Icy Holiday	4.4 oz cup	90	0	20	0.00	1.44	90.0	21.00	*0.00	0.0	23.0	0.0	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
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
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
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	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	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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 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
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
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, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	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% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		4166	471	5343	38.83	*35.20	*3390.3	233.63	*106.98	172.14	548.84	150.11	40.08
% of Calories								22.4%	*10.3%	16.5%	52.7%	32.4%	8.7%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Dec 1, 2025 thru Dec 31, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

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 Lunch	Total												
Spaghetti w/Meatballs Elem	1/2 cup/3m eatba	329	55	331	5.46	2.87	64.3	*6.63	*3.32	21.87	37.35	12.26	2.58
Garlic Toast Mini WG Baker Boy	piece	80	0	95	1.00	0.72	5.0	0.00	*0.00	2.0	12.0	2.5	0.50
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2	54	1.99	0.42	51.7	*0.01	*0.00	2.65	3.92	3.87	0.78
Apples, Sliced in Bag 2 oz	2 oz Bag	33	0	0	1.00	0.00	10.0	7.00	*0.00	0.0	9.0	0.0	0.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	1 Each	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Goldfish Pretzels	package	90	0	200	1.00	0.72	10.0	0.00	0.00	2.0	16.0	1.5	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	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	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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 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
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
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, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	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% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		4261	593	4601	39.28	*24.98	*2984.5	*248.26	*132.29	180.66	534.76	164.24	47.44
% of Calories								*23.3%	*12.4%	17.0%	50.2%	34.7%	10.0%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Dec 1, 2025 thru Dec 31, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

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 Lunch	Total												
Corn Dog, Chicken Foster Farms	1 Each	240	40	470	2.00	1.50	100.0	8.00	*7.00	9.0	30.0	9.0	2.50
Baked Beans Bush's Best	1/2 Cup	140	0	371	5.02	1.81	40.1	12.04	*N/A*	5.02	30.09	0.0	0.00
Strawberry Frozen Cup	4.5 oz	90	0	0	1.99	0.36	0.0	17.94	*N/A*	1.0	21.92	0.0	0.00
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
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	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	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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 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
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
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, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	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% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3614	431	4518	31.84	*21.14	*2873.6	214.60	*80.98	158.15	448.50	136.62	39.58
% of Calories								23.8%	*9.0%	17.5%	49.6%	34.0%	9.9%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Dec 1, 2025 thru Dec 31, 2025

Base Menu Spreadsheet

Rockwood Elementary Lunch

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 Lunch	Total												
Chicken Brd Patty on Bun Elem	Sandwich	430	65	750	3.00	3.30	60.0	4.00	*4.00	25.0	45.0	17.5	4.00
Potato Smiles	4 smiles	130	0	180	2.00	0.40	10.0	0.00	*0.00	2.0	20.0	4.5	0.50
Cherries, Dried, Cherry Centra	Package	130	0	0	1.00	1.00	12.0	27.00	*10.00	1.0	31.0	0.0	0.00
Waffle, Liege Blueberry IW	Waffle	270	0	200	3.00	2.20	0.0	9.00	*9.00	5.0	35.0	12.0	4.50
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	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	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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 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
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
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, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	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% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3884	456	4537	29.83	*22.96	*2795.5	208.63	*88.98	172.14	462.49	154.11	44.58
% of Calories								21.5%	*9.2%	17.7%	47.6%	35.7%	10.3%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

Weighted Average		4112	488	5248	35.86	*26.15	*3315.0	*218.46	*95.85	179.99	500.45	160.06	49.63
								*47.8%	*21.0%	17.5%	48.7%	35.0%	10.9%

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

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.