

# Rockwood School District

Jan 1, 2026 thru Jan 31, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

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Generated on: 12/17/2025 7:55:41 AM

|                                | 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 - 01/05/2026               |              |             |             |           |           |           |           |             |            |           |          |           |           |
| 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      |
| Sports Bites Vanilla           | Package      | 120         | 0           | 95        | 2.00      | 2.00      | 13.0      | 6.00        | *6.00      | 2.0       | 20.0     | 3.5       | 0.50      |
| Oatmeal Choc Chip Bar BettyCro | Bar          | 150         | 20          | 120       | 2.00      | 0.72      | 0.0       | 8.00        | *8.00      | 2.0       | 25.0     | 5.0       | 1.00      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0      | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| 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         |              | 1945        | 180         | 2159      | 19.00     | 18.88     | 2243.0    | 177.50      | *83.00     | 68.00     | 344.25   | 35.50     | 9.50      |
| % of Calories                  |              |             |             |           |           |           |           | 36.5%       | *17.1%     | 14.0%     | 70.8%    | 16.4%     | 4.4%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      | 200.00    |             |            | 5.50      |          | <=30.0    | <10.00    |

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

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

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# Rockwood School District

Jan 1, 2026 thru Jan 31, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

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|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Tot Sug (g) | Add Su (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|-------------|------------|-----------|----------|-----------|-----------|
| Tue - 01/06/2026               |              |             |             |           |           |           |           |             |            |           |          |           |           |
| 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      |
| 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      |
| Sports Bites Vanilla           | Package      | 120         | 0           | 95        | 2.00      | 2.00      | 13.0      | 6.00        | *6.00      | 2.0       | 20.0     | 3.5       | 0.50      |
| Oatmeal Choc Chip Bar BettyCro | Bar          | 150         | 20          | 120       | 2.00      | 0.72      | 0.0       | 8.00        | *8.00      | 2.0       | 25.0     | 5.0       | 1.00      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0      | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| 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         |              | 1955        | 188         | 2324      | 15.00     | 26.04     | 2424.0    | 166.00      | *71.00     | 67.50     | 323.25   | 44.50     | 14.50     |
| % of Calories                  |              |             |             |           |           |           |           | 34.0%       | *14.5%     | 13.8%     | 66.1%    | 20.5%     | 6.7%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      | 200.00    |             |            | 5.50      |          | <=30.0    | <10.00    |

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

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Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | CalcM (mg) | Tot Sug (g) | Add Su (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|-------------|------------|-----------|----------|-----------|-----------|
| Wed - 01/07/2026               |              |             |             |           |           |           |            |             |            |           |          |           |           |
| 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      |
| Sports Bites Vanilla           | Package      | 120         | 0           | 95        | 2.00      | 2.00      | 13.0       | 6.00        | *6.00      | 2.0       | 20.0     | 3.5       | 0.50      |
| Oatmeal Choc Chip Bar BettyCro | Bar          | 150         | 20          | 120       | 2.00      | 0.72      | 0.0        | 8.00        | *8.00      | 2.0       | 25.0     | 5.0       | 1.00      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0       | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| 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         |              | 2069        | 90          | 2189      | 20.00     | 18.88     | 2243.0     | 182.52      | *87.02     | 64.00     | 355.29   | 47.50     | 10.00     |
| % of Calories                  |              |             |             |           |           |           |            | 35.3%       | *16.8%     | 12.4%     | 68.7%    | 20.7%     | 4.3%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      | 200.00     |             |            | 5.50      |          | <=30.0    | <10.00    |

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

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|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | CalcM (mg) | Tot Sug (g) | Add Su (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|-------------|------------|-----------|----------|-----------|-----------|
| Thu - 01/08/2026               |              |             |             |           |           |           |            |             |            |           |          |           |           |
| Rockwood Elementary Break      | Total        |             |             |           |           |           |            |             |            |           |          |           |           |
| Bagel, White WG                | 1 each       | 140         | 0           | 170       | 4.00      | 1.40      | 30.0       | 5.00        | *5.00      | 7.0       | 29.0     | 1.0       | 0.00      |
| Bagel, Blueberry WG Toasted    | bagel        | 170         | 0           | 170       | 4.00      | 1.40      | 35.0       | 7.00        | *6.00      | 7.0       | 32.0     | 1.5       | 0.00      |
| Cream Cheese Indiv. Cup        | Packet       | 70          | 20          | 110       | 0.00      | 0.00      | 20.0       | 2.00        | *N/A*      | 1.0       | 2.0      | 7.0       | 4.00      |
| 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      |
| 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      |
| Sports Bites Vanilla           | Package      | 120         | 0           | 95        | 2.00      | 2.00      | 13.0       | 6.00        | *6.00      | 2.0       | 20.0     | 3.5       | 0.50      |
| Oatmeal Choc Chip Bar BettyCro | Bar          | 150         | 20          | 120       | 2.00      | 0.72      | 0.0        | 8.00        | *8.00      | 2.0       | 25.0     | 5.0       | 1.00      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0       | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| 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         |              | 2015        | 95          | 2199      | 22.00     | 19.28     | 2288.0     | 176.50      | *80.00     | 73.00     | 356.25   | 37.00     | 11.00     |
| % of Calories                  |              |             |             |           |           |           |            | 35.0%       | *15.9%     | 14.5%     | 70.7%    | 16.5%     | 4.9%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      | 200.00     |             |            | 5.50      |          | <=30.0    | <10.00    |

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

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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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|-------------|------------|-----------|----------|-----------|-----------|
| Fri - 01/09/2026               |              |             |             |           |           |           |           |             |            |           |          |           |           |
| Rockwood Elementary Break      | Total        |             |             |           |           |           |           |             |            |           |          |           |           |
| Cinnamon Roll                  | 1 each       | 241         | 5           | 210       | 1.00      | 1.81      | 20.3      | 20.85       | *0.50      | 5.0       | 49.11    | 3.5       | 1.00      |
| 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      |
| Sports Bites Vanilla           | Package      | 120         | 0           | 95        | 2.00      | 2.00      | 13.0      | 6.00        | *6.00      | 2.0       | 20.0     | 3.5       | 0.50      |
| Oatmeal Choc Chip Bar BettyCro | Bar          | 150         | 20          | 120       | 2.00      | 0.72      | 0.0       | 8.00        | *8.00      | 2.0       | 25.0     | 5.0       | 1.00      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0      | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| 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         |              | 1976        | 80          | 2069      | 18.00     | 18.89     | 2223.3    | 190.35      | *75.50     | 65.00     | 365.36   | 32.00     | 8.00      |
| % of Calories                  |              |             |             |           |           |           |           | 38.5%       | *15.3%     | 13.2%     | 73.9%    | 14.6%     | 3.6%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      | 200.00    |             |            | 5.50      |          | <=30.0    | <10.00    |

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

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

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# Rockwood School District

Jan 1, 2026 thru Jan 31, 2026

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 - 01/12/2026               |              |             |             |           |           |           |           |             |            |           |          |           |           |
| 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      |
| Sports Bites Vanilla           | Package      | 120         | 0           | 95        | 2.00      | 2.00      | 13.0      | 6.00        | *6.00      | 2.0       | 20.0     | 3.5       | 0.50      |
| Oatmeal Choc Chip Bar BettyCro | Bar          | 150         | 20          | 120       | 2.00      | 0.72      | 0.0       | 8.00        | *8.00      | 2.0       | 25.0     | 5.0       | 1.00      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0      | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| 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         |              | 1945        | 96          | 2219      | 19.00     | 18.58     | 2383.0    | 172.50      | *75.50     | 72.00     | 337.25   | 36.50     | 10.50     |
| % of Calories                  |              |             |             |           |           |           |           | 35.5%       | *15.5%     | 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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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Rockwood School District

Jan 1, 2026 thru Jan 31, 2026

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 - 01/13/2026               |              |             |             |           |           |           |           |             |            |           |          |           |           |
| 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      |
| Sports Bites Vanilla           | Package      | 120         | 0           | 95        | 2.00      | 2.00      | 13.0      | 6.00        | *6.00      | 2.0       | 20.0     | 3.5       | 0.50      |
| Oatmeal Choc Chip Bar BettyCro | Bar          | 150         | 20          | 120       | 2.00      | 0.72      | 0.0       | 8.00        | *8.00      | 2.0       | 25.0     | 5.0       | 1.00      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0      | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| 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         |              | 1948        | 75          | 1870      | 21.34     | 18.97     | 2243.9    | *169.64     | *75.00     | 66.77     | 353.81   | 31.16     | 7.47      |
| % of Calories                  |              |             |             |           |           |           |           | *34.8%      | *15.4%     | 13.7%     | 72.7%    | 14.4%     | 3.4%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      | 200.00    |             |            | 5.50      |          | <=30.0    | <10.00    |

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

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# Rockwood School District

Jan 1, 2026 thru Jan 31, 2026

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 - 01/14/2026               |              |             |             |           |           |           |           |             |            |           |          |           |           |
| 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      |
| Sports Bites Vanilla           | Package      | 120         | 0           | 95        | 2.00      | 2.00      | 13.0      | 6.00        | *6.00      | 2.0       | 20.0     | 3.5       | 0.50      |
| Oatmeal Choc Chip Bar BettyCro | Bar          | 150         | 20          | 120       | 2.00      | 0.72      | 0.0       | 8.00        | *8.00      | 2.0       | 25.0     | 5.0       | 1.00      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0      | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| 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         |              | 1901        | 81          | 1949      | 19.00     | *17.51    | *2405.2   | *187.04     | *83.17     | 65.93     | 345.68   | 30.98     | 8.68      |
| % of Calories                  |              |             |             |           |           |           |           | *39.4%      | *17.5%     | 13.9%     | 72.7%    | 14.7%     | 4.1%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      | 200.00    |             |            | 5.50      |          | <=30.0    | <10.00    |

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# Rockwood School District

Jan 1, 2026 thru Jan 31, 2026

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 - 01/15/2026               |              |             |             |           |           |           |           |             |            |           |          |           |           |
| 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      |
| Sports Bites Vanilla           | Package      | 120         | 0           | 95        | 2.00      | 2.00      | 13.0      | 6.00        | *6.00      | 2.0       | 20.0     | 3.5       | 0.50      |
| Oatmeal Choc Chip Bar BettyCro | Bar          | 150         | 20          | 120       | 2.00      | 0.72      | 0.0       | 8.00        | *8.00      | 2.0       | 25.0     | 5.0       | 1.00      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0      | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| 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         |              | 1905        | 188         | 2199      | 19.00     | 25.34     | 2319.0    | 172.50      | *77.50     | 69.00     | 331.75   | 37.00     | 10.50     |
| % of Calories                  |              |             |             |           |           |           |           | 36.2%       | *16.3%     | 14.5%     | 69.7%    | 17.5%     | 5.0%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      | 200.00    |             |            | 5.50      |          | <=30.0    | <10.00    |

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

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

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Rockwood School District

Jan 1, 2026 thru Jan 31, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | CalcM (mg) | Tot Sug (g) | Add Su (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|-------------|------------|-----------|----------|-----------|-----------|
| Tue - 01/20/2026               |              |             |             |           |           |           |            |             |            |           |          |           |           |
| Rockwood Elementary Break      | Total        |             |             |           |           |           |            |             |            |           |          |           |           |
| Pancake & Sausage Patty Breakf | serving      | 293         | 48          | 287       | 1.00      | 1.26      | 10.0       | 3.00        | *0.00      | 9.0       | 12.0     | 23.0      | 7.00      |
| Syrup, Pancake 1.5 oz          | 1.5 oz       | 120         | 0           | 40        | 0.00      | 0.00      | 0.0        | 17.00       | *N/A*      | 0.0       | 31.0     | 0.0       | 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      |
| 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      |
| Sports Bites Vanilla           | Package      | 120         | 0           | 95        | 2.00      | 2.00      | 13.0       | 6.00        | *6.00      | 2.0       | 20.0     | 3.5       | 0.50      |
| Oatmeal Choc Chip Bar BettyCro | Bar          | 150         | 20          | 120       | 2.00      | 0.72      | 0.0        | 8.00        | *8.00      | 2.0       | 25.0     | 5.0       | 1.00      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0       | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| 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         |              | 2148        | 123         | 2186      | 18.00     | 18.34     | 2213.0     | 189.50      | *75.00     | 69.00     | 359.25   | 51.50     | 14.00     |
| % of Calories                  |              |             |             |           |           |           |            | 35.3%       | *14.0%     | 12.8%     | 66.9%    | 21.6%     | 5.9%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      | 200.00     |             |            | 5.50      |          | <=30.0    | <10.00    |

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

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# Rockwood School District

Jan 1, 2026 thru Jan 31, 2026

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 - 01/21/2026               |              |             |             |           |           |           |           |             |            |           |          |           |           |
| 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      |
| Sports Bites Vanilla           | Package      | 120         | 0           | 95        | 2.00      | 2.00      | 13.0      | 6.00        | *6.00      | 2.0       | 20.0     | 3.5       | 0.50      |
| Oatmeal Choc Chip Bar BettyCro | Bar          | 150         | 20          | 120       | 2.00      | 0.72      | 0.0       | 8.00        | *8.00      | 2.0       | 25.0     | 5.0       | 1.00      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0      | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| 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         |              | 2005        | 80          | 2039      | 22.00     | 18.88     | 2223.0    | 188.50      | *93.00     | 65.00     | 360.25   | 36.50     | 10.00     |
| % of Calories                  |              |             |             |           |           |           |           | 37.6%       | *18.6%     | 13.0%     | 71.9%    | 16.4%     | 4.5%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      | 200.00    |             |            | 5.50      |          | <=30.0    | <10.00    |

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

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Rockwood School District

Jan 1, 2026 thru Jan 31, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | CalcM (mg) | Tot Sug (g) | Add Su (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|-------------|------------|-----------|----------|-----------|-----------|
| Thu - 01/22/2026               |              |             |             |           |           |           |            |             |            |           |          |           |           |
| Rockwood Elementary Break      | Total        |             |             |           |           |           |            |             |            |           |          |           |           |
| Eggs Scrambled w/Cheese        | #16 scoop    | 91          | 216         | 161       | 0.00      | *0.73     | *41.4      | 0.73        | *0.00      | 7.83      | 1.92     | 5.26      | 2.32      |
| Biscuit                        | Biscuit      | 220         | 0           | 320       | 1.00      | 2.00      | 120.0      | 3.00        | *2.00      | 4.0       | 29.0     | 9.0       | 4.00      |
| 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      |
| Sports Bites Vanilla           | Package      | 120         | 0           | 95        | 2.00      | 2.00      | 13.0       | 6.00        | *6.00      | 2.0       | 20.0     | 3.5       | 0.50      |
| Oatmeal Choc Chip Bar BettyCro | Bar          | 150         | 20          | 120       | 2.00      | 0.72      | 0.0        | 8.00        | *8.00      | 2.0       | 25.0     | 5.0       | 1.00      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0       | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| 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         |              | 2046        | 291         | 2340      | 18.00     | *19.81    | *2364.4    | 173.23      | *77.00     | 71.82     | 347.17   | 42.76     | 13.32     |
| % of Calories                  |              |             |             |           |           |           |            | 33.9%       | *15.1%     | 14.0%     | 67.9%    | 18.8%     | 5.9%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      | 200.00     |             |            | 5.50      |          | <=30.0    | <10.00    |

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Rockwood School District

Jan 1, 2026 thru Jan 31, 2026

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 - 01/23/2026               |              |             |             |           |           |           |           |             |            |           |          |           |           |
| 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      |
| Sports Bites Vanilla           | Package      | 120         | 0           | 95        | 2.00      | 2.00      | 13.0      | 6.00        | *6.00      | 2.0       | 20.0     | 3.5       | 0.50      |
| Oatmeal Choc Chip Bar BettyCro | Bar          | 150         | 20          | 120       | 2.00      | 0.72      | 0.0       | 8.00        | *8.00      | 2.0       | 25.0     | 5.0       | 1.00      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0      | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| 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         |              | 1965        | 75          | 2139      | 20.00     | 19.08     | 2233.0    | 183.50      | *88.00     | 65.00     | 357.25   | 35.50     | 9.00      |
| % of Calories                  |              |             |             |           |           |           |           | 37.4%       | *17.9%     | 13.2%     | 72.7%    | 16.3%     | 4.1%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      | 200.00    |             |            | 5.50      |          | <=30.0    | <10.00    |

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

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

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# Rockwood School District

Jan 1, 2026 thru Jan 31, 2026

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 - 01/26/2026               |              |             |             |           |           |           |           |             |            |           |          |           |           |
| Rockwood Elementary Break      | Total        |             |             |           |           |           |           |             |            |           |          |           |           |
| 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      |
| Waffle, Liege Vanilla IW       | Waffle       | 260         | 0           | 220       | 3.00      | 2.20      | 0.0       | 8.00        | *7.00      | 5.0       | 34.0     | 12.0      | 4.50      |
| 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      |
| Sports Bites Vanilla           | Package      | 120         | 0           | 95        | 2.00      | 2.00      | 13.0      | 6.00        | *6.00      | 2.0       | 20.0     | 3.5       | 0.50      |
| Oatmeal Choc Chip Bar BettyCro | Bar          | 150         | 20          | 120       | 2.00      | 0.72      | 0.0       | 8.00        | *8.00      | 2.0       | 25.0     | 5.0       | 1.00      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0      | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| 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         |              | 2265        | 75          | 2279      | 23.00     | 21.48     | 2203.0    | 186.50      | *91.00     | 70.00     | 385.25   | 52.50     | 16.00     |
| % of Calories                  |              |             |             |           |           |           |           | 32.9%       | *16.1%     | 12.4%     | 68.0%    | 20.9%     | 6.4%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      | 200.00    |             |            | 5.50      |          | <=30.0    | <10.00    |

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

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# Rockwood School District

Jan 1, 2026 thru Jan 31, 2026

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 - 01/27/2026               |              |             |             |           |           |           |           |             |            |           |          |           |           |
| 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      |
| Sports Bites Vanilla           | Package      | 120         | 0           | 95        | 2.00      | 2.00      | 13.0      | 6.00        | *6.00      | 2.0       | 20.0     | 3.5       | 0.50      |
| Oatmeal Choc Chip Bar BettyCro | Bar          | 150         | 20          | 120       | 2.00      | 0.72      | 0.0       | 8.00        | *8.00      | 2.0       | 25.0     | 5.0       | 1.00      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0      | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| 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        | 75          | 2027      | 18.20     | 17.86     | 2209.1    | 179.53      | *75.01     | 62.40     | 339.00   | 32.70     | 8.80      |
| % of Calories                  |              |             |             |           |           |           |           | 38.3%       | *16.0%     | 13.3%     | 72.3%    | 15.7%     | 4.2%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      | 200.00    |             |            | 5.50      |          | <=30.0    | <10.00    |

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

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# Rockwood School District

Jan 1, 2026 thru Jan 31, 2026

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 - 01/28/2026               |              |             |             |           |           |           |           |             |            |           |          |           |           |
| Rockwood Elementary Break      | Total        |             |             |           |           |           |           |             |            |           |          |           |           |
| Yogurt Banana Split            | 1 Each       | 200         | 4           | 76        | 2.27      | *0.27     | *172.2    | *22.30      | *9.33      | 5.58      | 39.76    | 2.56      | 2.07      |
| 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      |
| Sports Bites Vanilla           | Package      | 120         | 0           | 95        | 2.00      | 2.00      | 13.0      | 6.00        | *6.00      | 2.0       | 20.0     | 3.5       | 0.50      |
| Oatmeal Choc Chip Bar BettyCro | Bar          | 150         | 20          | 120       | 2.00      | 0.72      | 0.0       | 8.00        | *8.00      | 2.0       | 25.0     | 5.0       | 1.00      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0      | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| 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        | 79          | 1935      | 19.27     | *17.35    | *2375.2   | *191.80     | *84.33     | 65.58     | 356.01   | 31.06     | 9.07      |
| % of Calories                  |              |             |             |           |           |           |           | *39.6%      | *17.4%     | 13.6%     | 73.6%    | 14.4%     | 4.2%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      | 200.00    |             |            | 5.50      |          | <=30.0    | <10.00    |

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Rockwood School District

Jan 1, 2026 thru Jan 31, 2026

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 - 01/29/2026               |              |             |             |           |           |           |           |             |            |           |          |           |           |
| Rockwood Elementary Break      | Total        |             |             |           |           |           |           |             |            |           |          |           |           |
| Oatmeal, Apple Cinnamon        | 1 CUP        | 230         | 0           | 11        | 4.84      | 1.99      | 42.6      | *3.96       | *0.00      | 6.85      | 42.23    | 2.7       | 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      |
| Sports Bites Vanilla           | Package      | 120         | 0           | 95        | 2.00      | 2.00      | 13.0      | 6.00        | *6.00      | 2.0       | 20.0     | 3.5       | 0.50      |
| Oatmeal Choc Chip Bar BettyCro | Bar          | 150         | 20          | 120       | 2.00      | 0.72      | 0.0       | 8.00        | *8.00      | 2.0       | 25.0     | 5.0       | 1.00      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0      | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| 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         |              | 1965        | 75          | 1870      | 21.84     | 19.07     | 2245.6    | *173.46     | *75.00     | 66.85     | 358.48   | 31.20     | 7.47      |
| % of Calories                  |              |             |             |           |           |           |           | *35.3%      | *15.3%     | 13.6%     | 73.0%    | 14.3%     | 3.4%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      | 200.00    |             |            | 5.50      |          | <=30.0    | <10.00    |

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

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

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# Rockwood School District

Jan 1, 2026 thru Jan 31, 2026

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 - 01/30/2026               |              |             |             |           |           |           |           |             |            |           |          |           |           |
| Rockwood Elementary Break      | Total        |             |             |           |           |           |           |             |            |           |          |           |           |
| Egg & Cheese Croissant         | 1 each       | 270         | 113         | 555       | 2.00      | 8.56      | 182.0     | 3.50        | *3.00      | 10.5      | 30.0     | 13.0      | 5.50      |
| 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      |
| Sports Bites Vanilla           | Package      | 120         | 0           | 95        | 2.00      | 2.00      | 13.0      | 6.00        | *6.00      | 2.0       | 20.0     | 3.5       | 0.50      |
| Oatmeal Choc Chip Bar BettyCro | Bar          | 150         | 20          | 120       | 2.00      | 0.72      | 0.0       | 8.00        | *8.00      | 2.0       | 25.0     | 5.0       | 1.00      |
| Crackers Cheez-It Whole Grain  | Package      | 100         | 5           | 150       | 1.00      | 0.90      | 20.0      | 0.00        | *N/A*      | 2.0       | 14.0     | 3.5       | 1.00      |
| 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         |              | 2137        | 197         | 2604      | 19.37     | 26.14     | 2586.3    | 191.02      | *84.00     | 78.69     | 366.83   | 44.14     | 14.08     |
| % of Calories                  |              |             |             |           |           |           |           | 35.7%       | *15.7%     | 14.7%     | 68.7%    | 18.6%     | 5.9%      |
| Nutrient Guideline             |              | 350-500     |             | 540       |           | 2.50      | 200.00    |             |            | 5.50      |          | <=30.0    | <10.00    |

|                  |  |      |     |      |       |        |         |         |        |       |        |       |       |
|------------------|--|------|-----|------|-------|--------|---------|---------|--------|-------|--------|-------|-------|
| Weighted Average |  | 2000 | 119 | 2144 | 19.56 | *20.02 | *2301.4 | *180.64 | *80.56 | 68.08 | 352.35 | 38.33 | 10.66 |
|                  |  |      |     |      |       |        |         | *81.3%  | *36.2% | 13.6% | 70.5%  | 17.2% | 4.8%  |

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# Rockwood School District

Jan 1, 2026 thru Jan 31, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

| Nutrient          | Menu AVG | 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) | Error Messages (if any)                 |
|-------------------|----------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|-------------|------------|-----------|----------|-----------|-----------|---|
| Calories          | 2000     |              | 350 - 500   | 400%        |           |           |           |           | 1500        |            |           |          |           |           | Correction Required - Calories too High |
| Cholesterol (mg)  | 119      |              |             |             |           |           |           |           |             |            |           |          |           |           |   |
| Sodium 1 (mg)     | 2144     |              | 540         | 397%        |           |           |           |           | 1604        |            |           |          |           |           | Correction Required - Sodium too High   |
| Fiber (g)         | 19.56    |              |             |             |           |           |           |           |             |            |           |          |           |           |   |
| Iron (mg)         | 20.02    |              | 2.50        | 801%        | Missing   |           |           |           |             |            |           |          |           |           |   |
| Calcium (mg)      | 2301.4   |              | 200.00      | 1151%       | Missing   |           |           |           |             |            |           |          |           |           |   |
| Total Sugars (g)  | 180.64   | 36.13%       |             |             | Missing   |           |           |           |             |            |           |          |           |           |   |
| Added Sugars (g)  | 80.56    | 16.11%       |             |             | Missing   |           |           |           |             |            |           |          |           |           |   |
| Protein (g)       | 68.08    | 13.62%       | 5.50        | 1238%       | Missing   |           |           |           |             |            |           |          |           |           |   |
| Carbohydrate (g)  | 352.35   | 70.47%       |             |             |           |           |           |           |             |            |           |          |           |           |   |
| Total Fat (g)     | 38.33    | 17.25%       | <=30.00%    |             |           |           |           |           |             |            |           |          |           |           |   |
| Saturated Fat (g) | 10.66    | 4.80%        | <10.00%     |             |           |           |           |           |             |            |           |          |           |           |   |

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