

# Rockwood School District

Jan 1, 2026 thru Jan 31, 2026

## Base Menu Spreadsheet

Rockwood Middle Lunch

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/05/2026													
Rockwood Middle Lunch	Total												
Pretzel Dog, Beef WG	Each 4 oz	290	30	530	3.00	2.00	17.0	7.00	*6.00	11.0	31.0	14.0	6.00
Chili, Beef & Beans 6 oz	3/4 cup	173	30	510	4.50	0.81	75.0	*N/A*	*N/A*	12.75	14.25	7.5	2.63
Breadstick, WG 5" BakeCrafters	breadstick	70	0	65	1.00	0.70	10.0	0.50	*0.50	2.0	13.0	1.0	0.00
Mixed Vegetables, Steamed	1/2 CUP	73	0	95	3.48	*0.00	*1.2	3.48	*N/A*	2.32	14.54	0.0	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3622	401	6038	47.09	*26.43	*1706.1	*86.93	*55.30	187.00	415.05	145.07	51.02
% of Calories								*9.6%	*6.1%	20.7%	45.8%	36.0%	12.7%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Tue - 01/06/2026													
Rockwood Middle Lunch	Total												
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3.00	*N/A*	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3.00	*N/A*	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3.00	*N/A*	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2.00	*N/A*	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2.00	*N/A*	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2.00	*N/A*	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5.00	*N/A*	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5.00	*N/A*	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5.00	*N/A*	16.0	39.0	19.0	9.00
Corn, Canned	1/2 CUP	102	0	70	3.04	0.54	1.2	4.57	*N/A*	3.04	23.49	1.52	0.00
Mushrooms, Roasted/Sauteed	1/4 cup	37	0	119	0.59	0.31	2.1	*1.12	0.00	1.77	1.94	2.9	0.40
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00

\*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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Jan 1, 2026 thru Jan 31, 2026

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Rockwood Middle Lunch

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		5988	687	12168	50.74	43.83	3847.1	*93.13	*34.00	293.70	642.38	255.43	112.87
% of Calories								*6.2%	*2.3%	19.6%	42.9%	38.4%	17.0%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Wed - 01/07/2026													
Rockwood Middle Lunch	Total												
Nacho Supreme w/Queso K-8	Serving	322	57	572	3.11	2.09	235.3	4.51	*0.00	20.34	18.81	17.31	6.64
Fiesta Black Beans	1/2 CUP	113	0	481	4.10	1.84	41.0	2.05	*N/A*	5.12	20.48	1.02	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3451	397	5892	42.31	26.86	1879.1	82.51	*48.80	184.40	381.55	140.90	49.03
% of Calories								9.6%	*5.7%	21.4%	44.2%	36.7%	12.8%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Thu - 01/08/2026													
Rockwood Middle Lunch	Total												
Chicken Tenders Gold Creek	3 tenders	220	65	460	2.00	2.00	21.0	0.00	*0.00	22.0	14.0	7.0	1.50
Breadstick, WG 5" BakeCrafters	breadstick	70	0	65	1.00	0.70	10.0	0.50	*0.50	2.0	13.0	1.0	0.00
Potato, Seasoned Wedges McCain	1/2 cup	113	0	205	2.05	0.31	10.3	0.00	*0.00	2.05	18.45	3.59	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3419	406	5568	40.16	25.93	1644.1	76.45	*49.30	184.98	387.72	134.16	43.89
% of Calories								8.9%	*5.8%	21.6%	45.4%	35.3%	11.6%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

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Rockwood Middle Lunch

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/09/2026													
Rockwood Middle Lunch	Total												
Pizza, Alpha Cheese Skinny	Slice	340	30	540	3.00	2.00	500.0	3.00	*0.00	20.0	31.0	15.0	6.00
Pizza, Alpha Pepperoni Skinny	slice	370	35	580	3.00	2.00	450.0	3.00	*0.00	20.0	31.0	18.0	8.00
Pizza, Alpha Cheese w/Veggies	Slice	354	30	625	3.81	2.38	508.7	*3.99	*0.00	20.49	33.21	15.56	6.08
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2	54	1.99	0.42	51.7	*0.01	*0.00	2.65	3.92	3.87	0.78
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		4136	437	6637	46.91	29.72	3113.3	*85.95	*48.80	222.07	441.40	175.00	63.25
% of Calories								*8.3%	*4.7%	21.5%	42.7%	38.1%	13.8%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Mon - 01/12/2026													
Rockwood Middle Lunch	Total												
French Tst Cinn Glz w/ Sausage	3 stick/2 link	470	145	480	2.00	2.52	40.0	8.00	*8.00	16.0	28.0	33.0	10.50
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
Sweet Potato Battered Seasoned	3 oz	173	0	205	1.08	0.54	32.4	7.55	*0.00	1.08	26.97	7.55	1.08
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3779	486	5563	38.19	25.98	1675.3	108.50	*56.80	176.01	428.23	163.12	53.97
% of Calories								11.5%	*6.0%	18.6%	45.3%	38.8%	12.9%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

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Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/13/2026													
Rockwood Middle Lunch	Total												
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3.00	*N/A*	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3.00	*N/A*	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3.00	*N/A*	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2.00	*N/A*	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2.00	*N/A*	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2.00	*N/A*	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5.00	*N/A*	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5.00	*N/A*	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5.00	*N/A*	16.0	39.0	19.0	9.00
Corn, Canned	1/2 CUP	102	0	70	3.04	0.54	1.2	4.57	*N/A*	3.04	23.49	1.52	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Weighted Daily Average		5952	687	12049	50.15	43.52	3845.0	92.01	*34.00	291.93	640.45	252.53	112.47
% of Calories								6.2%	*2.3%	19.6%	43.0%	38.2%	17.0%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Wed - 01/14/2026													
Rockwood Middle Lunch	Total												
Mandarin Orange Chx Rice Bowl	#8 scoop	391	39	481	1.18	2.87	59.9	10.85	*10.63	15.57	72.54	3.58	0.68
Broccoli, Roast/Steamed	1/2 Cup	26	0	22	2.76	0.55	46.3	*N/A*	*N/A*	2.81	4.86	0.1	0.02
Cookie, Fortune	1 each	12	0	0	0.00	0.00	0.5	1.67	*1.67	0.17	2.67	0.0	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92

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Weighted Daily Average		3445	379	5341	39.05	26.35	1709.6	*88.47	*61.10	177.48	422.33	126.24	43.09
% of Calories								*10.3%	*7.1%	20.6%	49.0%	33.0%	11.3%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Thu - 01/15/2026													
Rockwood Middle Lunch	Total												
Pizza, Selfie 5" Cheese Alpha	5" pizza	370	30	580	3.00	1.80	500.0	2.00	*0.00	22.0	38.0	14.0	7.00
Pizza, Selfie 5" Pepperoni	5" pizza	400	35	660	2.00	1.80	450.0	2.00	*0.00	22.0	38.0	16.0	7.00
Peas, Italian	1/2 cup	69	0	111	4.53	1.31	22.3	*0.18	*0.00	4.27	12.86	0.23	0.04
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3856	406	6189	44.63	27.83	2575.2	*80.13	*48.80	207.21	431.12	152.80	56.43
% of Calories								*8.3%	*5.1%	21.5%	44.7%	35.7%	13.2%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

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

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

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# Rockwood School District

Jan 1, 2026 thru Jan 31, 2026

## Base Menu Spreadsheet

Rockwood Middle Lunch

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/20/2026													
Rockwood Middle Lunch	Total												
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3.00	*N/A*	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3.00	*N/A*	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3.00	*N/A*	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2.00	*N/A*	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2.00	*N/A*	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2.00	*N/A*	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5.00	*N/A*	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5.00	*N/A*	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5.00	*N/A*	16.0	39.0	19.0	9.00
Carrots, Italian Roasted	1/2 CUP	122	3	218	2.68	0.85	56.1	*4.33	*0.00	1.51	8.14	9.92	1.70
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Weighted Daily Average		5971	690	12198	49.79	43.84	3899.8	*91.77	*34.00	290.40	625.09	260.94	114.17
% of Calories								*6.1%	*2.3%	19.5%	41.9%	39.3%	17.2%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Wed - 01/21/2026													
Rockwood Middle Lunch	Total												
Dumplings, Chicken & Vegetable	6 pieces	250	35	530	1.00	2.00	60.0	2.00	*1.00	18.0	31.0	7.0	0.50
Sweet Chili Sauce	1 oz	55	0	378	0.00	0.00	0.0	12.60	*N/A*	0.0	14.17	0.0	0.00
Broccoli, Roast/Steamed	1/2 Cup	26	0	22	2.76	0.55	46.3	*N/A*	*N/A*	2.81	4.86	0.1	0.02
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92

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# Rockwood School District

Jan 1, 2026 thru Jan 31, 2026

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		3347	376	5768	38.86	25.48	1709.2	*90.55	*49.80	179.75	392.30	129.67	42.91
% of Calories								*10.8%	*6.0%	21.5%	46.9%	34.9%	11.5%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Thu - 01/22/2026													
Rockwood Middle Lunch	Total												
Chicken Drumstick Gold Creek	Drumstick	230	75	490	1.00	1.00	23.0	0.00	*0.00	16.0	11.0	14.0	3.50
Buttered Noodles Bowtie	1/2 CUP	96	15	9	0.54	0.38	11.7	0.17	*0.00	1.73	8.8	6.01	3.70
Potato, Cheesy Hashbrown Bake	3/4 cup	239	10	643	1.94	0.58	126.1	3.87	*0.00	5.81	40.14	5.81	3.87
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3582	440	5980	38.58	24.89	1763.7	79.99	*48.80	182.47	402.20	148.39	53.47
% of Calories								8.9%	*5.4%	20.4%	44.9%	37.3%	13.4%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Fri - 01/23/2026													
Rockwood Middle Lunch	Total												
Mozzarella Sticks Breaded	6 sticks	310	15	540	3.00	1.70	520.0	3.00	*0.00	20.0	32.0	11.0	3.50
Marinara Cup	1 each	40	0	200	2.00	0.00	19.0	4.00	*1.00	1.0	7.0	1.0	0.00
Green Beans, Italian	1/2 cup	28	0	263	3.40	0.61	34.4	*1.74	*0.00	1.7	5.22	0.0	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92

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# Rockwood School District

Jan 1, 2026 thru Jan 31, 2026

Base Menu Spreadsheet

Rockwood Middle Lunch

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)
Weighted Daily Average		3394	356	5841	43.50	25.23	2176.3	*84.69	*49.80	181.63	386.48	134.57	45.89
% of Calories								*10.0%	*5.9%	21.4%	45.5%	35.7%	12.2%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Mon - 01/26/2026													
Rockwood Middle Lunch	Total												
Corn Dog Minis Chicken FF	6 pieces	260	15	470	1.00	2.20	70.0	7.00	*6.00	9.0	30.0	12.0	3.50
Baked Beans Bush's Best	1/2 Cup	140	0	371	5.02	1.81	40.1	12.04	*N/A*	5.02	30.09	0.0	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3417	356	5679	41.12	26.93	1713.0	94.99	*54.80	172.95	402.36	134.57	45.89
% of Calories								11.1%	*6.4%	20.2%	47.1%	35.4%	12.1%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

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# Rockwood School District

Jan 1, 2026 thru Jan 31, 2026

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/27/2026													
Rockwood Middle Lunch	Total												
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3.00	*N/A*	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3.00	*N/A*	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3.00	*N/A*	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2.00	*N/A*	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2.00	*N/A*	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2.00	*N/A*	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5.00	*N/A*	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5.00	*N/A*	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5.00	*N/A*	16.0	39.0	19.0	9.00
Peas, Italian	1/2 cup	69	0	111	4.53	1.31	22.3	*0.18	*0.00	4.27	12.86	0.23	0.04
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Weighted Daily Average		5918	687	12090	51.63	44.29	3866.1	*87.62	*34.00	293.16	629.81	251.25	112.51
% of Calories								*5.9%	*2.3%	19.8%	42.6%	38.2%	17.1%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Wed - 01/28/2026													
Rockwood Middle Lunch	Total												
Spaghetti w/Meatballs(Chicken)	3/4 cup/3m eatba	405	55	391	7.74	3.82	83.3	*9.95	*4.97	24.86	53.39	12.88	2.62
Spaghetti Bolognese Vegetarian	1 cup	303	10	484	5.75	*3.39	*75.2	*6.01	*3.01	19.6	42.68	7.54	2.60
Garlic Toast Mini WG Baker Boy	piece	80	0	95	1.00	0.72	5.0	0.00	*0.00	2.0	12.0	2.5	0.50
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2	54	1.99	0.42	51.7	*0.01	*0.00	2.65	3.92	3.87	0.78
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92

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# Rockwood School District

Jan 1, 2026 thru Jan 31, 2026

## Base Menu Spreadsheet

Rockwood Middle Lunch

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		3860	407	5863	51.59	*31.27	*1818.1	*91.92	*56.78	208.04	454.25	149.35	48.89
% of Calories								*9.5%	*5.9%	21.6%	47.1%	34.8%	11.4%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Thu - 01/29/2026													
Rockwood Middle Lunch	Total												
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.70	69.0	4.00	*4.00	27.0	43.0	8.5	1.00
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	5.00	*4.00	28.0	45.0	12.5	2.00
French Fries, CrispToGo Straig	1/2 cup	111	0	364	1.01	0.36	20.2	0.00	*0.00	1.01	17.17	4.54	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3858	451	6582	42.12	29.13	1752.1	84.95	*56.80	214.94	447.43	148.11	45.39
% of Calories								8.8%	*5.9%	22.3%	46.4%	34.6%	10.6%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Fri - 01/30/2026													
Rockwood Middle Lunch	Total												
Pizza, Selfie 5" Cheese Alpha	5" pizza	370	30	580	3.00	1.80	500.0	2.00	*0.00	22.0	38.0	14.0	7.00
Pizza, Selfie 5" Pepperoni	5" pizza	400	35	660	2.00	1.80	450.0	2.00	*0.00	22.0	38.0	16.0	7.00
Carrots, Italian Roasted	1/2 CUP	122	3	218	2.68	0.85	56.1	*4.33	*0.00	1.51	8.14	9.92	1.70
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92

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

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

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

# Rockwood School District

Jan 1, 2026 thru Jan 31, 2026

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		3908	408	6296	42.79	27.37	2609.0	*84.28	*48.80	204.44	426.40	162.49	58.09
% of Calories								*8.6%	*5.0%	20.9%	43.6%	37.4%	13.4%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Weighted Average		4161	470	7319	44.40	*30.83	*2405.7	*88.05	*48.36	214.03	464.25	170.25	64.07
								*19.0%	*10.5%	20.6%	44.6%	36.8%	13.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	4161		600 - 700	594%			3461	Correction Required - Calories too High
Cholesterol (mg)	470							
Sodium 1a (mg)	7319		1225	597%			6094	Correction Required - Sodium too High
Fiber (g)	44.40							
Iron (mg)	30.83		3.30	934%	Missing			
Calcium (mg)	2405.7		267.00	901%	Missing			
Total Sugars (g)	88.05	8.46%			Missing			
Added Sugars (g)	48.36	4.65%			Missing			
Protein (g)	214.03	20.57%	8.65	2474%	Missing			
Carbohydrate (g)	464.25	44.62%						
Total Fat (g)	170.25	36.82%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	64.07	13.86%	<10.00%					Correction Required - Sat. Fat too High

\*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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