

# Rockwood School District

Feb 2, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood High 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 - 02/02/2026													
Rockwood High 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
Corn Dog, Chicken Foster Farms	1 Each	240	40	470	2.00	1.50	100.0	8.00	*7.00	9.0	30.0	9.0	2.50
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
Chicken Spicy Breaded Sandwich	4 oz fillet	370	40	780	3.00	2.78	70.0	4.00	*4.00	24.0	45.0	12.5	2.00
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
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
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
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
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		3767	365	6443	41.69	25.45	1922.1	*91.33	*59.00	201.01	417.13	156.92	48.20
% of Calories								*9.7%	*6.3%	21.3%	44.3%	37.5%	11.5%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Tue - 02/03/2026													
Rockwood High 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
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
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
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
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
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
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		4152	431	6567	41.94	28.74	2282.2	*88.85	*61.63	230.88	477.40	158.68	54.20
% of Calories								*8.6%	*5.9%	22.2%	46.0%	34.4%	11.7%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=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

Feb 2, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

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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)
Wed - 02/04/2026													
Rockwood High 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
Pizza Big Daddy's 4 Cheese	1 each	360	35	490	3.00	2.10	441.0	9.00	*2.00	21.0	35.0	16.0	7.00
Pizza Big Daddy Turk Pepperoni	1 each	360	45	570	3.00	2.20	370.0	8.00	*2.00	21.0	32.0	17.0	8.00
Potatoes Mashed w/Gravy	1/2 CUP	92	0	351	1.00	0.30	13.7	1.00	*0.00	0.0	17.35	1.5	0.00
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
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
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
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		4107	463	6776	41.00	28.36	2062.7	91.00	*55.00	237.50	438.35	167.50	57.00
% of Calories								8.9%	*5.4%	23.1%	42.7%	36.7%	12.5%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=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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Feb 2, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/05/2026													
Rockwood High 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
Meatball Marinara Sub (Chicken)	Sandwich	386	60	597	3.83	*3.12	*89.7	7.32	*5.66	27.49	41.51	14.49	3.54
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
Radish & Cucumber Salad	1/2 cup	33	0	65	1.01	0.47	51.9	*2.71	*0.00	1.21	5.87	0.99	0.16
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
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
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
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
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
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		6816	788	13520	55.86	*49.27	*3884.7	*112.02	*56.66	346.21	732.55	288.03	117.20
% of Calories								*6.6%	*3.3%	20.3%	43.0%	38.0%	15.5%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

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Base Menu Spreadsheet

Rockwood High 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 - 02/06/2026													
Rockwood High Lunch	Total												
Chicken Wings, BBQ	4 wings	343	139	640	0.00	0.56	0.0	7.00	*0.00	20.0	8.81	24.44	6.67
Chicken Wings, Buffalo	4 wings	362	154	827	0.00	0.56	1.6	0.00	*0.00	20.06	1.11	30.19	10.32
Garlic Knot	Roll	170	0	170	3.00	2.00	10.0	3.00	*2.00	5.0	27.0	6.0	1.50
Bean and Cheese Dip w/Chips	1 each	435	22	762	6.00	2.52	190.0	1.00	*0.00	15.0	46.0	22.0	7.00
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
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
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
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
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		4497	633	7509	43.05	27.70	1428.8	84.00	*53.00	235.61	441.38	212.22	65.99
% of Calories								7.5%	*4.7%	21.0%	39.3%	42.5%	13.2%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Mon - 02/09/2026													
Rockwood High Lunch	Total												
Bosco Breadsticks	2 breadstick	424	31	559	4.00	4.01	430.9	4.00	*2.00	24.3	50.14	12.29	6.16
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
Pork Rib BBQ Sandwich	Sandwich	320	40	640	3.00	2.70	52.0	9.00	*4.00	21.0	36.0	11.5	3.50
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
Chicken Spicy Breaded Sandwich	4 oz fillet	370	40	780	3.00	2.78	70.0	4.00	*4.00	24.0	45.0	12.5	2.00
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
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
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
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
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		3942	378	6484	44.04	28.64	1730.1	93.57	*58.00	218.84	456.64	152.31	50.16
% of Calories								9.5%	*5.9%	22.2%	46.3%	34.8%	11.5%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

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Base Menu Spreadsheet

Rockwood High 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 - 02/10/2026													
Rockwood High Lunch	Total												
Chorizo Nachos w/ Queso	1 each	545	79	803	2.00	1.56	296.9	2.00	*0.00	21.17	36.76	31.82	11.05
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
Refried Beans Southwestern	1/2 cup	191	4	744	10.82	*2.36	*52.5	0.94	*0.00	12.05	29.59	2.53	1.20
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
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
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
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		4471	475	7611	50.82	*29.24	*2525.4	80.94	*51.00	245.72	466.36	189.35	65.75
% of Calories								7.2%	*4.6%	22.0%	41.7%	38.1%	13.2%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Wed - 02/11/2026													
Rockwood High Lunch	Total												
Chicken Popcorn Smackers	10 pieces	270	70	480	3.00	1.44	20.0	0.00	*0.00	19.0	19.0	13.0	3.00
Breadstick, WG 5" BakeCrafters	breadstick	70	0	65	1.00	0.70	10.0	0.50	*0.50	2.0	13.0	1.0	0.00
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
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
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
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
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
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		4298	452	6895	43.05	27.81	2207.3	77.50	*51.50	240.55	466.45	173.59	57.50
% of Calories								7.2%	*4.8%	22.4%	43.4%	36.4%	12.0%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=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

Feb 2, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood High 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)
Thu - 02/12/2026													
Rockwood High 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
Burrito, Bean & Cheese IW	Burrito	404	21	692	8.00	3.60	300.0	2.00	*0.00	17.0	52.0	14.6	6.40
Burrito, Shredded Beef IW	Burrito	387	44	663	6.00	3.60	300.0	0.75	*0.00	20.6	41.0	15.5	7.40
Salsa Cup, Red Gold 3oz	3 oz cup	25	0	195	1.00	1.00	16.0	3.00	*0.00	1.0	5.0	0.0	0.00
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
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
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
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
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
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
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		7212	793	14409	66.01	53.88	4359.2	107.75	*51.00	356.11	783.17	302.64	127.30
% of Calories								6.0%	*2.8%	19.8%	43.4%	37.8%	15.9%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=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

Feb 2, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood High 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)
Fri - 02/13/2026													
Rockwood High Lunch	Total												
Dumplings, Chicken Sweet Chili	6 pieces	385	35	1453	1.00	2.00	60.9	32.72	*1.00	18.01	65.58	7.0	0.50
Calzone, Cheese Albie's	Calzone	300	30	490	3.00	2.00	350.0	4.00	*2.00	18.0	30.0	12.0	6.00
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
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
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
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
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		3785	383	6869	38.76	26.31	1674.2	*109.72	*54.00	212.32	440.44	145.10	47.02
% of Calories								*11.6%	*5.7%	22.4%	46.5%	34.5%	11.2%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

	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 - 02/17/2026													
Rockwood High Lunch	Total												
Cajun Chicken Alfredo w/Penne	3/4 cup	345	53	811	0.00	1.33	414.3	8.36	*0.00	22.97	32.72	12.77	7.33
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
Red Beans and Rice w/Chorizo	serving	408	35	881	5.40	4.17	113.1	*0.19	*0.00	19.96	66.02	5.49	1.48
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
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
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
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
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		3931	416	6827	41.89	*27.54	*1759.6	*84.02	*51.00	219.76	463.27	142.77	48.81
% of Calories								*8.6%	*5.2%	22.4%	47.1%	32.7%	11.2%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

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# Rockwood School District

Feb 2, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/18/2026													
Rockwood High Lunch	Total												
Chicken and Waffles	3 strip/1 waffle	300	66	575	3.00	2.72	84.5	2.00	*1.00	24.0	26.0	10.0	1.50
Pizza Big Daddy's 4 Cheese	1 each	360	35	490	3.00	2.10	441.0	9.00	*2.00	21.0	35.0	16.0	7.00
Pizza Big Daddy Turk Pepperoni	1 each	360	45	570	3.00	2.20	370.0	8.00	*2.00	21.0	32.0	17.0	8.00
Sweet Potato Battered Seasoned	3 oz	173	0	205	1.08	0.54	32.4	7.55	*0.00	1.08	26.97	7.55	1.08
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
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
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
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		4268	464	6745	42.08	29.32	2144.9	99.55	*56.00	240.58	459.97	176.55	58.08
% of Calories								9.3%	*5.2%	22.5%	43.1%	37.2%	12.2%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Thu - 02/19/2026													
Rockwood High 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
Ham & Cheese Croissant	1 each	267	38	842	2.00	1.29	181.0	4.67	*3.00	16.84	33.33	10.33	4.92
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
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
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
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
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
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
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

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# Rockwood School District

Feb 2, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood High 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		6663	765	13700	53.01	46.98	3924.2	106.66	*54.00	334.34	718.50	282.88	118.42
% of Calories								6.4%	*3.2%	20.1%	43.1%	38.2%	16.0%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Fri - 02/20/2026													
Rockwood High Lunch	Total												
Ravioli, Toasted Cheese WG	7 pieces	360	5	730	7.00	4.00	150.0	5.00	*1.00	19.0	64.0	4.0	1.50
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
Fish Sandwich	Sandwich	330	45	510	3.00	2.80	50.0	5.00	*4.00	22.0	46.0	8.5	1.00
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
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
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
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
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		3860	369	6399	46.00	28.98	1487.7	*87.00	*57.00	218.15	460.92	143.37	43.78
% of Calories								*9.0%	*5.9%	22.6%	47.8%	33.4%	10.2%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Mon - 02/23/2026													
Rockwood High Lunch	Total												
Wild Mike's Cheese Bites	4 pieces	280	35	460	2.00	2.00	453.0	2.00	*1.00	19.0	28.0	10.0	6.00
Marinara Cup	1 each	40	0	200	2.00	0.00	19.0	4.00	*1.00	1.0	7.0	1.0	0.00
BBQ Pulled Pork Sand Brookwood	#12 scoop	271	35	548	2.00	1.70	57.0	7.50	*5.00	18.0	33.75	8.5	2.50
Baked Beans Bush's Best	1/2 Cup	140	0	371	5.02	1.81	40.1	12.04	*N/A*	5.02	30.09	0.0	0.00
Chicken Spicy Breaded Sandwich	4 oz fillet	370	40	780	3.00	2.78	70.0	4.00	*4.00	24.0	45.0	12.5	2.00
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
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
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
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
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

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# Rockwood School District

Feb 2, 2026 thru Feb 28, 2026

## Base Menu Spreadsheet

Rockwood High 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		3787	377	6594	43.02	26.91	1796.1	97.54	*58.00	212.52	438.84	145.50	49.00
% of Calories								10.3%	*6.1%	22.4%	46.4%	34.6%	11.6%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Tue - 02/24/2026													
Rockwood High Lunch	Total												
Ramen, Chicken & Vegetable	1 1/2 cups	359	42	648	5.86	*2.86	*43.1	*2.43	*1.13	20.15	40.17	13.55	0.02
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
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
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
Weighted Daily Average		1449	137	2415	18.42	*9.79	*1548.2	*12.42	*1.13	83.45	140.25	62.21	20.12
% of Calories								*3.4%	*0.3%	23.0%	38.7%	38.6%	12.5%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Wed - 02/25/2026													
Rockwood High Lunch	Total												
Chicken Popcorn Smackers	10 pieces	270	70	480	3.00	1.44	20.0	0.00	*0.00	19.0	19.0	13.0	3.00
Breadstick, WG 5" BakeCrafters	breadstick	70	0	65	1.00	0.70	10.0	0.50	*0.50	2.0	13.0	1.0	0.00
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
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
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
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
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
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		4298	452	6895	43.05	27.81	2207.3	77.50	*51.50	240.55	466.45	173.59	57.50
% of Calories								7.2%	*4.8%	22.4%	43.4%	36.4%	12.0%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

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# Rockwood School District

Feb 2, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/26/2026													
Rockwood High 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 Dog, Chicken Foster Farms	1 Each	240	40	470	2.00	1.50	100.0	8.00	*7.00	9.0	30.0	9.0	2.50
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
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
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
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
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
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
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		6636	768	13329	53.01	47.18	3843.2	110.00	*58.00	326.51	715.17	281.54	116.00
% of Calories								6.6%	*3.5%	19.7%	43.1%	38.2%	15.7%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Fri - 02/27/2026													
Rockwood High Lunch	Total												
Cavatappi w/ Buffalo Chicken	1 cup	382	82	1044	2.00	1.17	383.0	4.94	*0.00	24.5	28.94	17.89	10.04
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
Calzone, Cheese Albie's	Calzone	300	30	490	3.00	2.00	350.0	4.00	*2.00	18.0	30.0	12.0	6.00
Calzone, Pepperoni Pizza Albie	Calzone	330	25	700	3.00	2.00	213.0	4.00	*2.00	18.0	31.0	17.0	7.00
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
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
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
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

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# Rockwood School District

Feb 2, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood High 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		4167	454	7234	41.00	27.65	2168.0	85.94	*55.00	236.01	441.94	175.39	64.04
% of Calories								8.3%	*5.3%	22.7%	42.4%	37.9%	13.8%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Weighted Average		4532	493	8064	44.62	*31.45	*2366.1	*89.33	*52.23	244.03	496.06	185.80	66.64
								*17.7%	*10.4%	21.5%	43.8%	36.9%	13.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	4532		750 - 850	533%			3682	Correction Required - Calories too High
Cholesterol (mg)	493							
Sodium 1a (mg)	8064		1280	630%			6784	Correction Required - Sodium too High
Fiber (g)	44.62							
Iron (mg)	31.45		4.50	699%	Missing			
Calcium (mg)	2366.1		400.00	592%	Missing			
Total Sugars (g)	89.33	7.88%			Missing			
Added Sugars (g)	52.23	4.61%			Missing			
Protein (g)	244.03	21.54%	15.00	1627%	Missing			
Carbohydrate (g)	496.06	43.79%						
Total Fat (g)	185.80	36.90%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	66.64	13.23%	<10.00%					Correction Required - Sat. Fat too High

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