

# Rockwood School District

Feb 1, 2026 thru Feb 28, 2026

## Base Menu Spreadsheet

Rockwood Middle 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 - 02/02/2026													
Rockwood Middle Breakfast	Total												
Sausage Gravy Flatbread Brkfst	flatbread	360	36	876	3.00	*1.86	*52.8	2.00	*1.00	20.43	33.33	15.64	6.94
Biscuit, Sausage Egg & Cheese	Sandwich	550	158	735	1.00	10.28	221.0	3.50	*2.00	16.5	30.0	39.0	14.50
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
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
Bagel, White WG	bagel	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
Crescent, Choc Filled Pillsbury	Package	240	0	280	3.00	2.00	40.0	11.00	*9.00	6.0	38.0	8.0	1.50
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Donut Holes Cup, Blueberry	1 cup	270	0	220	2.00	1.00	37.0	21.00	*20.00	4.0	41.0	10.0	4.00
Donut Holes Cup, Powdered	1 Cup	280	0	230	2.00	1.00	37.0	20.00	*19.00	4.0	42.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	8.00	3.0	29.0	3.5	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, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	12.00	*12.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	*N/A*	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
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
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
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
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46

\*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 1, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Middle 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)
Mon - 02/02/2026													
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
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
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		9075	802	10009	99.32	*86.21	*4573.7	514.72	*384.91	238.17	1331.2	329.06	109.98
% of Calories								22.7%	*17.0%	10.5%	58.7%	32.6%	10.9%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=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 Middle 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 - 02/03/2026													
Rockwood Middle Breakfast	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
Bagel Minis Straw Cream Cheese	1 Each	240	10	190	2.00	2.00	0.0	12.00	*10.00	6.0	42.0	6.0	2.00
Bacon Egg & Cheese Croissant	1 each	291	119	664	2.00	8.63	182.0	3.68	*3.18	12.26	30.18	14.41	5.85
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
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Donut Holes Cup, Blueberry	1 cup	270	0	220	2.00	1.00	37.0	21.00	*20.00	4.0	41.0	10.0	4.00
Donut Holes Cup, Powdered	1 Cup	280	0	230	2.00	1.00	37.0	20.00	*19.00	4.0	42.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	8.00	3.0	29.0	3.5	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	12.00	*12.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	*N/A*	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
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
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
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
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46

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Tue - 02/03/2026													
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
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
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		8737	882	9252	96.32	82.02	*4442.8	530.90	*388.08	225.51	1327.0	303.84	98.89
% of Calories								24.3%	*17.8%	10.3%	60.8%	31.3%	10.2%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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Wed - 02/04/2026													
Rockwood Middle Breakfast	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
Granola, Vanilla IW GF	2 oz pkg	220	0	90	4.00	1.44	0.0	8.00	*6.00	4.0	32.0	8.0	0.00
Pancake Puffs, Maple	Package	190	0	160	2.00	1.08	60.0	10.00	*9.00	3.0	33.0	6.0	1.00
Chicken Biscuit	1 each	320	30	550	2.00	3.00	129.0	3.00	*2.00	14.0	35.0	12.5	4.50
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Donut Holes Cup, Blueberry	1 cup	270	0	220	2.00	1.00	37.0	21.00	*20.00	4.0	41.0	10.0	4.00
Donut Holes Cup, Powdered	1 Cup	280	0	230	2.00	1.00	37.0	20.00	*19.00	4.0	42.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	8.00	3.0	29.0	3.5	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	12.00	*12.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	*N/A*	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
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
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
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
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00

\*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 1, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Middle 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 - 02/04/2026													
Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
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
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		8242	532	8213	98.32	*66.25	*4430.1	*525.27	*389.07	207.68	1295.3	266.40	82.23
% of Calories								*25.5%	*18.9%	10.1%	62.9%	29.1%	9.0%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=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 1, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Middle 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 - 02/05/2026													
Rockwood Middle Breakfast	Total												
Tater Tot Breakf Bowl w/Gravy	1 bowl	336	235	735	2.01	*1.09	*55.0	0.73	*0.00	15.63	23.39	20.31	7.60
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
Bacon Egg & Cheese Croissant	1 each	291	119	664	2.00	8.63	182.0	3.68	*3.18	12.26	30.18	14.41	5.85
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
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Donut Holes Cup, Blueberry	1 cup	270	0	220	2.00	1.00	37.0	21.00	*20.00	4.0	41.0	10.0	4.00
Donut Holes Cup, Powdered	1 Cup	280	0	230	2.00	1.00	37.0	20.00	*19.00	4.0	42.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	8.00	3.0	29.0	3.5	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	12.00	*12.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	*N/A*	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
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
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
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
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00

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

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# Rockwood School District

Feb 1, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Middle 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 - 02/05/2026													
Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
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
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		8473	963	9557	97.33	*80.58	*4487.9	508.63	*383.08	224.14	1290.4	292.14	96.00
% of Calories								24.0%	*18.1%	10.6%	60.9%	31.0%	10.2%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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Rockwood School District

Feb 1, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Middle 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 - 02/06/2026													
Rockwood Middle Breakfast	Total												
Donut, Long John	Donut	253	0	280	3.00	1.44	16.0	13.33	*2.00	6.0	37.67	9.0	3.50
Biscuit, Sausage Egg & Cheese	Sandwich	550	158	735	1.00	10.28	221.0	3.50	*2.00	16.5	30.0	39.0	14.50
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
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Donut Holes Cup, Blueberry	1 cup	270	0	220	2.00	1.00	37.0	21.00	*20.00	4.0	41.0	10.0	4.00
Donut Holes Cup, Powdered	1 Cup	280	0	230	2.00	1.00	37.0	20.00	*19.00	4.0	42.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	8.00	3.0	29.0	3.5	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	12.00	*12.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	*N/A*	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
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
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
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
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63

\*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 1, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Middle 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)
Fri - 02/06/2026													
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
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
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		8469	766	8913	93.32	81.59	*4496.8	507.06	*369.91	212.74	1263.5	302.42	100.54
% of Calories								23.9%	*17.5%	10.0%	59.7%	32.1%	10.7%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=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 1, 2026 thru Feb 28, 2026

## Base Menu Spreadsheet

Rockwood Middle 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 - 02/09/2026													
Rockwood Middle Breakfast	Total												
Breakfast Pizza Bagel Sausage	Pizza Bagel	240	60	450	3.00	1.50	169.0	3.00	*2.00	12.0	31.0	7.0	3.00
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
Biscuit, Sausage Egg & Cheese	Sandwich	550	158	735	1.00	10.28	221.0	3.50	*2.00	16.5	30.0	39.0	14.50
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
Bagel, White WG	bagel	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
Crescent, Choc Filled Pillsbury	Package	240	0	280	3.00	2.00	40.0	11.00	*9.00	6.0	38.0	8.0	1.50
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Donut Holes Cup, Blueberry	1 cup	270	0	220	2.00	1.00	37.0	21.00	*20.00	4.0	41.0	10.0	4.00
Donut Holes Cup, Powdered	1 Cup	280	0	230	2.00	1.00	37.0	20.00	*19.00	4.0	42.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	8.00	3.0	29.0	3.5	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	12.00	*12.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	*N/A*	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
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
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
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
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46

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Rockwood School District

Feb 1, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Middle 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)
Mon - 02/09/2026													
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
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
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		8955	826	9583	99.32	85.85	*4689.8	515.72	*385.91	229.74	1328.9	320.42	106.04
% of Calories								23.0%	*17.2%	10.3%	59.4%	32.2%	10.7%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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Rockwood School District

Feb 1, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Middle 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 - 02/10/2026													
Rockwood Middle Breakfast	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
Bagel Minis Straw Cream Cheese	1 Each	240	10	190	2.00	2.00	0.0	12.00	*10.00	6.0	42.0	6.0	2.00
Bacon Egg & Cheese Croissant	1 each	291	119	664	2.00	8.63	182.0	3.68	*3.18	12.26	30.18	14.41	5.85
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
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Donut Holes Cup, Blueberry	1 cup	270	0	220	2.00	1.00	37.0	21.00	*20.00	4.0	41.0	10.0	4.00
Donut Holes Cup, Powdered	1 Cup	280	0	230	2.00	1.00	37.0	20.00	*19.00	4.0	42.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	8.00	3.0	29.0	3.5	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	12.00	*12.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	*N/A*	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
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
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
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
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00

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Rockwood School District

Feb 1, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Middle 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 - 02/10/2026													
Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
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
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		8359	737	8743	98.66	81.38	*4443.8	*506.04	*380.08	216.28	1305.6	273.49	88.86
% of Calories								*24.2%	*18.2%	10.3%	62.5%	29.4%	9.6%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=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 1, 2026 thru Feb 28, 2026

## Base Menu Spreadsheet

Rockwood Middle 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 - 02/11/2026													
Rockwood Middle Breakfast	Total												
Yogurt Parfait (secondary)	1 each	209	7	150	2.00	*0.43	*336.0	*23.50	*12.00	9.27	40.56	0.0	0.00
Granola, Vanilla IW GF	2 oz pkg	220	0	90	4.00	1.44	0.0	8.00	*6.00	4.0	32.0	8.0	0.00
Pancake Puffs, Maple	Package	190	0	160	2.00	1.08	60.0	10.00	*9.00	3.0	33.0	6.0	1.00
Chicken Biscuit	1 each	320	30	550	2.00	3.00	129.0	3.00	*2.00	14.0	35.0	12.5	4.50
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Donut Holes Cup, Blueberry	1 cup	270	0	220	2.00	1.00	37.0	21.00	*20.00	4.0	41.0	10.0	4.00
Donut Holes Cup, Powdered	1 Cup	280	0	230	2.00	1.00	37.0	20.00	*19.00	4.0	42.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	8.00	3.0	29.0	3.5	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	12.00	*12.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	*N/A*	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
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
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
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
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00

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Rockwood School District

Feb 1, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Middle 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 - 02/11/2026													
Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
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
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		8285	534	8273	98.32	*66.25	*4563.8	*531.22	*392.91	211.01	1306.4	263.92	80.54
% of Calories								*25.6%	*19.0%	10.2%	63.1%	28.7%	8.7%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=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 1, 2026 thru Feb 28, 2026

## Base Menu Spreadsheet

Rockwood Middle 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 - 02/12/2026													
Rockwood Middle Breakfast	Total												
Pancakes & Sausage Sandwich	Serving	356	51	414	2.00	1.80	20.0	6.00	*0.00	11.0	24.0	24.0	7.00
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
Bacon Egg & Cheese Croissant	1 each	291	119	664	2.00	8.63	182.0	3.68	*3.18	12.26	30.18	14.41	5.85
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
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Donut Holes Cup, Blueberry	1 cup	270	0	220	2.00	1.00	37.0	21.00	*20.00	4.0	41.0	10.0	4.00
Donut Holes Cup, Powdered	1 Cup	280	0	230	2.00	1.00	37.0	20.00	*19.00	4.0	42.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	8.00	3.0	29.0	3.5	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	12.00	*12.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	*N/A*	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
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
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
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
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00

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# Rockwood School District

Feb 1, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Middle 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 - 02/12/2026													
Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
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
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		8493	778	9236	97.32	81.30	*4452.8	513.90	*383.08	219.50	1291.0	295.83	95.39
% of Calories								24.2%	*18.0%	10.3%	60.8%	31.4%	10.1%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=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 1, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Middle 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 - 02/13/2026													
Rockwood Middle Breakfast	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
Biscuit, Sausage Egg & Cheese	Sandwich	550	158	735	1.00	10.28	221.0	3.50	*2.00	16.5	30.0	39.0	14.50
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
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Donut Holes Cup, Blueberry	1 cup	270	0	220	2.00	1.00	37.0	21.00	*20.00	4.0	41.0	10.0	4.00
Donut Holes Cup, Powdered	1 Cup	280	0	230	2.00	1.00	37.0	20.00	*19.00	4.0	42.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	8.00	3.0	29.0	3.5	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	12.00	*12.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	*N/A*	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
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
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
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
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63

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

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Rockwood School District

Feb 1, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Middle 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 - 02/13/2026													
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
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
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		8457	771	8843	91.32	81.95	*4501.1	514.58	*368.41	211.74	1275.0	296.92	98.04
% of Calories								24.3%	*17.4%	10.0%	60.3%	31.6%	10.4%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=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 1, 2026 thru Feb 28, 2026

## Base Menu Spreadsheet

Rockwood Middle 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 - 02/17/2026													
Rockwood Middle Breakfast	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
Bagel Minis Straw Cream Cheese	1 Each	240	10	190	2.00	2.00	0.0	12.00	*10.00	6.0	42.0	6.0	2.00
Bacon Egg & Cheese Croissant	1 each	291	119	664	2.00	8.63	182.0	3.68	*3.18	12.26	30.18	14.41	5.85
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
Bagel, White WG	bagel	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
Crescent,Choc Filled Pillsbury	Package	240	0	280	3.00	2.00	40.0	11.00	*9.00	6.0	38.0	8.0	1.50
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Donut Holes Cup, Blueberry	1 cup	270	0	220	2.00	1.00	37.0	21.00	*20.00	4.0	41.0	10.0	4.00
Donut Holes Cup, Powdered	1 Cup	280	0	230	2.00	1.00	37.0	20.00	*19.00	4.0	42.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	8.00	3.0	29.0	3.5	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	12.00	*12.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	*N/A*	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
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
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
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
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00

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# Rockwood School District

Feb 1, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Middle 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 - 02/17/2026													
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
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
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		8977	882	9532	99.32	84.02	*4482.8	541.90	*397.08	231.51	1365.0	311.84	100.39
% of Calories								24.1%	*17.7%	10.3%	60.8%	31.3%	10.1%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=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

Feb 1, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Middle 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 - 02/18/2026													
Rockwood Middle Breakfast	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
Granola, Vanilla IW GF	2 oz pkg	220	0	90	4.00	1.44	0.0	8.00	*6.00	4.0	32.0	8.0	0.00
Pancake Puffs, Maple	Package	190	0	160	2.00	1.08	60.0	10.00	*9.00	3.0	33.0	6.0	1.00
Chicken Biscuit	1 each	320	30	550	2.00	3.00	129.0	3.00	*2.00	14.0	35.0	12.5	4.50
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Donut Holes Cup, Blueberry	1 cup	270	0	220	2.00	1.00	37.0	21.00	*20.00	4.0	41.0	10.0	4.00
Donut Holes Cup, Powdered	1 Cup	280	0	230	2.00	1.00	37.0	20.00	*19.00	4.0	42.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	8.00	3.0	29.0	3.5	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	12.00	*12.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	*N/A*	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
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
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
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
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00

\*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 1, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Middle 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 - 02/18/2026													
Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
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
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		8242	532	8213	98.32	*66.25	*4430.1	*525.27	*389.07	207.68	1295.3	266.40	82.23
% of Calories								*25.5%	*18.9%	10.1%	62.9%	29.1%	9.0%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=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 1, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Middle 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 - 02/19/2026													
Rockwood Middle Breakfast	Total												
Tater Tot Breakf Bowl w/Gravy	1 bowl	336	235	735	2.01	*1.09	*55.0	0.73	*0.00	15.63	23.39	20.31	7.60
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
Bacon Egg & Cheese Croissant	1 each	291	119	664	2.00	8.63	182.0	3.68	*3.18	12.26	30.18	14.41	5.85
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
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Donut Holes Cup, Blueberry	1 cup	270	0	220	2.00	1.00	37.0	21.00	*20.00	4.0	41.0	10.0	4.00
Donut Holes Cup, Powdered	1 Cup	280	0	230	2.00	1.00	37.0	20.00	*19.00	4.0	42.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	8.00	3.0	29.0	3.5	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	12.00	*12.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	*N/A*	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
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
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
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
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00

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

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# Rockwood School District

Feb 1, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Middle 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 - 02/19/2026													
Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
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
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		8473	963	9557	97.33	*80.58	*4487.9	508.63	*383.08	224.14	1290.4	292.14	96.00
% of Calories								24.0%	*18.1%	10.6%	60.9%	31.0%	10.2%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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

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Rockwood School District

Feb 1, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Middle 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 - 02/20/2026													
Rockwood Middle Breakfast	Total												
Donut, Long John	Donut	253	0	280	3.00	1.44	16.0	13.33	*2.00	6.0	37.67	9.0	3.50
Biscuit, Sausage Egg & Cheese	Sandwich	550	158	735	1.00	10.28	221.0	3.50	*2.00	16.5	30.0	39.0	14.50
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
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Donut Holes Cup, Blueberry	1 cup	270	0	220	2.00	1.00	37.0	21.00	*20.00	4.0	41.0	10.0	4.00
Donut Holes Cup, Powdered	1 Cup	280	0	230	2.00	1.00	37.0	20.00	*19.00	4.0	42.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	8.00	3.0	29.0	3.5	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	12.00	*12.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	*N/A*	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
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
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
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
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63

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

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Rockwood School District

Feb 1, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Middle 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)
Fri - 02/20/2026													
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
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
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		8469	766	8913	93.32	81.59	*4496.8	507.06	*369.91	212.74	1263.5	302.42	100.54
% of Calories								23.9%	*17.5%	10.0%	59.7%	32.1%	10.7%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=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 1, 2026 thru Feb 28, 2026

## Base Menu Spreadsheet

Rockwood Middle 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 - 02/23/2026													
Rockwood Middle Breakfast	Total												
Breakfast Pizza Bagel Sausage	Pizza Bagel	240	60	450	3.00	1.50	169.0	3.00	*2.00	12.0	31.0	7.0	3.00
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
Biscuit, Sausage Egg & Cheese	Sandwich	550	158	735	1.00	10.28	221.0	3.50	*2.00	16.5	30.0	39.0	14.50
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
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Crescent,Choc Filled Pillsbury	Package	240	0	280	3.00	2.00	40.0	11.00	*9.00	6.0	38.0	8.0	1.50
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Donut Holes Cup, Blueberry	1 cup	270	0	220	2.00	1.00	37.0	21.00	*20.00	4.0	41.0	10.0	4.00
Donut Holes Cup, Powdered	1 Cup	280	0	230	2.00	1.00	37.0	20.00	*19.00	4.0	42.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	8.00	3.0	29.0	3.5	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	12.00	*12.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	*N/A*	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
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
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
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
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46

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Rockwood School District

Feb 1, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Middle 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)
Mon - 02/23/2026													
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
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
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		8955	826	9583	99.32	85.85	*4689.8	515.72	*385.91	229.74	1328.9	320.42	106.04
% of Calories								23.0%	*17.2%	10.3%	59.4%	32.2%	10.7%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=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 1, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Middle 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 - 02/24/2026													
Rockwood Middle Breakfast	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
Bagel Minis Straw Cream Cheese	1 Each	240	10	190	2.00	2.00	0.0	12.00	*10.00	6.0	42.0	6.0	2.00
Bacon Egg & Cheese Croissant	1 each	291	119	664	2.00	8.63	182.0	3.68	*3.18	12.26	30.18	14.41	5.85
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
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Donut Holes Cup, Blueberry	1 cup	270	0	220	2.00	1.00	37.0	21.00	*20.00	4.0	41.0	10.0	4.00
Donut Holes Cup, Powdered	1 Cup	280	0	230	2.00	1.00	37.0	20.00	*19.00	4.0	42.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	8.00	3.0	29.0	3.5	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	12.00	*12.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	*N/A*	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
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
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
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
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00

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Rockwood School District

Feb 1, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Middle 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 - 02/24/2026													
Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
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
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		8359	737	8743	98.66	81.38	*4443.8	*506.04	*380.08	216.28	1305.6	273.49	88.86
% of Calories								*24.2%	*18.2%	10.3%	62.5%	29.4%	9.6%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=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 1, 2026 thru Feb 28, 2026

## Base Menu Spreadsheet

Rockwood Middle 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 - 02/25/2026													
Rockwood Middle Breakfast	Total												
Yogurt Parfait (secondary)	1 each	209	7	150	2.00	*0.43	*336.0	*23.50	*12.00	9.27	40.56	0.0	0.00
Granola, Vanilla IW GF	2 oz pkg	220	0	90	4.00	1.44	0.0	8.00	*6.00	4.0	32.0	8.0	0.00
Pancake Puffs, Maple	Package	190	0	160	2.00	1.08	60.0	10.00	*9.00	3.0	33.0	6.0	1.00
Chicken Biscuit	1 each	320	30	550	2.00	3.00	129.0	3.00	*2.00	14.0	35.0	12.5	4.50
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Donut Holes Cup, Blueberry	1 cup	270	0	220	2.00	1.00	37.0	21.00	*20.00	4.0	41.0	10.0	4.00
Donut Holes Cup, Powdered	1 Cup	280	0	230	2.00	1.00	37.0	20.00	*19.00	4.0	42.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	8.00	3.0	29.0	3.5	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	12.00	*12.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	*N/A*	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
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
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
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
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00

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

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Rockwood School District

Feb 1, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Middle 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 - 02/25/2026													
Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
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
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		8285	534	8273	98.32	*66.25	*4563.8	*531.22	*392.91	211.01	1306.4	263.92	80.54
% of Calories								*25.6%	*19.0%	10.2%	63.1%	28.7%	8.7%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=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 1, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Middle 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 - 02/26/2026													
Rockwood Middle Breakfast	Total												
Pancakes & Sausage Sandwich	Serving	356	51	414	2.00	1.80	20.0	6.00	*0.00	11.0	24.0	24.0	7.00
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
Bacon Egg & Cheese Croissant	1 each	291	119	664	2.00	8.63	182.0	3.68	*3.18	12.26	30.18	14.41	5.85
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
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Donut Holes Cup, Blueberry	1 cup	270	0	220	2.00	1.00	37.0	21.00	*20.00	4.0	41.0	10.0	4.00
Donut Holes Cup, Powdered	1 Cup	280	0	230	2.00	1.00	37.0	20.00	*19.00	4.0	42.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	8.00	3.0	29.0	3.5	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	12.00	*12.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	*N/A*	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
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
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
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
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00

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

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# Rockwood School District

Feb 1, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Middle 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 - 02/26/2026													
Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
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
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		8493	778	9236	97.32	81.30	*4452.8	513.90	*383.08	219.50	1291.0	295.83	95.39
% of Calories								24.2%	*18.0%	10.3%	60.8%	31.4%	10.1%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=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

Feb 1, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Middle 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 - 02/27/2026													
Rockwood Middle Breakfast	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
Biscuit, Sausage Egg & Cheese	Sandwich	550	158	735	1.00	10.28	221.0	3.50	*2.00	16.5	30.0	39.0	14.50
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
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Donut Holes Cup, Blueberry	1 cup	270	0	220	2.00	1.00	37.0	21.00	*20.00	4.0	41.0	10.0	4.00
Donut Holes Cup, Powdered	1 Cup	280	0	230	2.00	1.00	37.0	20.00	*19.00	4.0	42.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	8.00	3.0	29.0	3.5	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	12.00	*12.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	*N/A*	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
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
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
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
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63

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# Rockwood School District

Feb 1, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Middle 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 - 02/27/2026													
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
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
Juice Apple	1 serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	1 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		8457	771	8843	91.32	81.95	*4501.1	514.58	*368.41	211.74	1275.0	296.92	98.04
% of Calories								24.3%	*17.4%	10.0%	60.3%	31.6%	10.4%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

Weighted Average		8540	757	9027	96.99	*79.08	*4506.9	*517.49	*382.89	218.99	1301.9	293.05	94.98
								*54.5%	*40.4%	10.3%	61.0%	30.9%	10.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	8540		400 - 550	1553%			7990	Correction Required - Calories too High
Cholesterol (mg)	757							
Sodium 1 (mg)	9027		600	1505%			8427	Correction Required - Sodium too High
Fiber (g)	96.99							
Iron (mg)	79.08		2.50	3163%	Missing			
Calcium (mg)	4506.9		200.00	2253%	Missing			
Total Sugars (g)	517.49	24.24%			Missing			
Added Sugars (g)	382.89	17.93%			Missing			
Protein (g)	218.99	10.26%	7.00	3128%	Missing			
Carbohydrate (g)	1301.91	60.98%						
Total Fat (g)	293.05	30.88%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	94.98	10.01%	<10.00%					Correction Required - Sat. Fat too High

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