

# Rockwood School District

Feb 2, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 1

Generated on: 1/16/2026 2:26:08 PM

	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													
Rockwood Elementary Lunch	Total												
Totchos w/Turkey Taco & Queso	Serving	365	59	680	3.34	1.69	264.7	1.33	*0.00	20.61	21.56	21.46	8.00
Latin Baked Beans	1/2 Cup	271	0	495	12.74	3.31	63.1	*2.82	*0.00	12.69	50.66	1.52	0.71
Blueberries w/Whip Topping	1/2 Cup	52	0	1	2.20	0.14	6.0	*1.00	*1.00	0.32	10.5	1.5	1.04
Churro, Apple Filled IW	Churro	150	0	70	1.00	1.00	10.0	8.00	*8.00	2.0	25.0	5.0	1.00
Soft Pretzel	1 each	150	0	140	3.00	1.80	10.0	0.00	*0.00	5.0	30.0	1.0	0.00
Cheddar Cheese Sauce	3 oz	137	27	398	0.00	0.00	222.2	0.00	*0.00	6.86	4.12	9.6	6.17
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		4050	477	5190	43.10	*24.00	*3289.5	*181.77	*74.98	186.63	473.32	160.20	52.50
% of Calories								*18.0%	*7.4%	18.4%	46.7%	35.6%	11.7%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

# Rockwood School District

Feb 2, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 2

Generated on: 1/16/2026 2:26:08 PM

	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 Elementary Lunch	Total												
Hot Dog on Bun	1 each	270	50	500	2.00	2.42	100.0	5.00	*4.00	14.0	31.0	10.5	3.00
Carrots, Canned, Butterbuds	1/2 cup	40	0	342	2.02	0.00	42.2	4.06	*N/A*	0.0	8.85	0.0	0.00
Pears, Diced Cinnamon	1/2 CUP	61	0	5	2.19	0.03	3.3	12.11	*0.00	0.01	16.41	0.0	0.00
Radish & Cucumber Salad	1/4 cup	17	0	33	0.51	0.24	25.9	*1.36	*0.00	0.6	2.94	0.5	0.08
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3972	441	5111	40.55	*32.16	*3334.9	*230.16	*107.98	166.75	526.69	143.62	39.66
% of Calories								*23.2%	*10.9%	16.8%	53.0%	32.5%	9.0%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

# Rockwood School District

Feb 2, 2026 thru Feb 28, 2026

## Base Menu Spreadsheet

Rockwood Elementary Lunch

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/04/2026													
Rockwood Elementary Lunch	Total												
Spaghetti w/Meatballs Elem	1/2 cup/3m eatba	329	55	331	5.46	2.87	64.3	*6.63	*3.32	21.87	37.35	12.26	2.58
Garlic Toast Mini WG Baker Boy	piece	80	0	95	1.00	0.72	5.0	0.00	*0.00	2.0	12.0	2.5	0.50
Green Beans, Italian	1/2 cup	28	0	263	3.40	0.61	34.4	*1.74	*0.00	1.7	5.22	0.0	0.00
Grapes, Fresh Seedless	1/2 CUP	52	0	2	0.68	0.27	7.6	11.69	0.00	0.54	13.67	0.12	0.04
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	1 Each	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Goldfish Pretzels	package	90	0	200	1.00	0.72	10.0	0.00	0.00	2.0	16.0	1.5	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		4253	591	4812	40.37	*25.44	*2964.8	*254.68	*132.29	180.25	540.73	160.49	46.70
% of Calories								*24.0%	*12.4%	17.0%	50.9%	34.0%	9.9%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Rockwood School District

Feb 2, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/05/2026													
Rockwood Elementary Lunch	Total												
Dumplings, Chicken & Vegetable	6 pieces	250	35	530	1.00	2.00	60.0	2.00	*1.00	18.0	31.0	7.0	0.50
Sweet Chili Sauce	1 oz	55	0	378	0.00	0.00	0.0	12.60	*N/A*	0.0	14.17	0.0	0.00
Broccoli, Roast/Steamed	1/2 Cup	26	0	22	2.76	0.55	46.3	*N/A*	*N/A*	2.81	4.86	0.1	0.02
Tropical Fruit Salad	1/2 CUP	70	0	0	1.00	0.00	0.0	15.00	0.00	0.5	16.0	0.0	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7.00	*7.00	2.0	21.0	4.0	1.00
Cracker Goldfish Colors	1 each	100	0	170	1.00	0.72	20.0	0.00	*0.00	2.0	14.0	3.5	0.50
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3545	426	4561	26.59	*19.33	*2844.9	*205.23	*73.98	164.45	432.53	134.71	37.60
% of Calories								*23.2%	*8.3%	18.6%	48.8%	34.2%	9.5%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Rockwood School District

Feb 2, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/06/2026													
Rockwood Elementary Lunch	Total												
Chicken Popcorn Smackers	10 pieces	270	70	480	3.00	1.44	20.0	0.00	*0.00	19.0	19.0	13.0	3.00
Breadstick, WG 5" BakeCrafters	breadstick	70	0	65	1.00	0.70	10.0	0.50	*0.50	2.0	13.0	1.0	0.00
Corn, Canned	1/2 CUP	102	0	70	3.04	0.54	1.2	4.57	*N/A*	3.04	23.49	1.52	0.00
Clementine	1 each	35	0	1	1.30	0.00	20.0	*N/A*	*N/A*	0.6	9.0	0.1	0.00
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
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3661	461	4243	32.17	*20.94	*2764.7	*181.70	*73.48	168.78	429.98	147.73	43.08
% of Calories								*19.9%	*8.0%	18.4%	47.0%	36.3%	10.6%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Rockwood School District

Feb 2, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/09/2026													
Rockwood Elementary Lunch	Total												
Pizza Create your Own	Pizza	312	20	861	4.01	*2.00	*50.2	*2.19	*1.19	18.68	35.75	10.59	4.19
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2	54	1.99	0.42	51.7	*0.01	*0.00	2.65	3.92	3.87	0.78
Strawberry Frozen Cup	4.5 oz	90	0	0	1.99	0.36	0.0	17.94	*N/A*	1.0	21.92	0.0	0.00
Soft Pretzel	1 each	150	0	140	3.00	1.80	10.0	0.00	*0.00	5.0	30.0	1.0	0.00
Cheddar Cheese Sauce	3 oz	137	27	398	0.00	0.00	222.2	0.00	*0.00	6.86	4.12	9.6	6.17
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3668	440	4860	31.82	*20.63	*3047.6	*188.76	*67.17	173.32	427.19	145.17	46.72
% of Calories								*20.6%	*7.3%	18.9%	46.6%	35.6%	11.5%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

# Rockwood School District

Feb 2, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/10/2026													
Rockwood Elementary Lunch	Total												
Chicken Brd Patty on Bun Elem	Sandwich	430	65	750	3.00	3.30	60.0	4.00	*4.00	25.0	45.0	17.5	4.00
Baked Beans Bush's Best	1/2 Cup	140	0	371	5.02	1.81	40.1	12.04	*N/A*	5.02	30.09	0.0	0.00
Peaches, Diced Extra Lt Syrup	1/2 CUP	59	0	5	0.98	0.20	5.9	12.80	*4.92	0.0	13.78	0.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		4213	456	5358	42.83	*34.78	*3269.6	236.46	*112.90	182.15	556.36	150.12	40.58
% of Calories								22.4%	*10.7%	17.3%	52.8%	32.1%	8.7%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Rockwood School District

Feb 2, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/11/2026													
Rockwood Elementary Lunch	Total												
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3.00	*N/A*	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3.00	*N/A*	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3.00	*N/A*	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2.00	*N/A*	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2.00	*N/A*	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2.00	*N/A*	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5.00	*N/A*	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5.00	*N/A*	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5.00	*N/A*	16.0	39.0	19.0	9.00
Corn, Canned	1/2 CUP	102	0	70	3.04	0.54	1.2	4.57	*N/A*	3.04	23.49	1.52	0.00
Sidekick Icy Holiday	4.4 oz cup	90	0	20	0.00	1.44	90.0	21.00	*0.00	0.0	23.0	0.0	0.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	1 Each	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Goldfish Pretzels	package	90	0	200	1.00	0.72	10.0	0.00	0.00	2.0	16.0	1.5	0.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	204.0	0.00	*0.00	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		6527	680	10689	43.04	40.14	4999.7	286.03	*128.98	271.96	780.24	259.44	102.45
% of Calories								17.5%	*7.9%	16.7%	47.8%	35.8%	14.1%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

# Rockwood School District

Feb 2, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/12/2026													
Rockwood Elementary Lunch	Total												
Pancake Whole Grain (2)	2 pancakes	126	6	254	2.00	1.08	20.0	6.00	*N/A*	4.0	24.0	2.0	0.00
Sausage, Link Pork Jones	2 links	260	40	180	0.00	0.72	0.0	0.00	*0.00	8.0	0.0	26.0	8.00
Sweet Potato Battered Seasoned	3 oz	173	0	205	1.08	0.54	32.4	7.55	*0.00	1.08	26.97	7.55	1.08
Apples, Sliced in Bag 2 oz	2 oz Bag	33	0	0	1.00	0.00	10.0	7.00	*0.00	0.0	9.0	0.0	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7.00	*7.00	2.0	21.0	4.0	1.00
Cracker Goldfish Colors	1 each	100	0	170	1.00	0.72	20.0	0.00	*0.00	2.0	14.0	3.5	0.50
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3735	437	4270	25.91	*19.12	*2800.9	196.18	*72.98	156.22	426.46	163.17	46.16
% of Calories								21.0%	*7.8%	16.7%	45.7%	39.3%	11.1%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Rockwood School District

Feb 2, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/13/2026													
Rockwood Elementary Lunch	Total												
Tortellini Alfredo	6 oz	323	35	545	3.05	1.84	374.2	*0.32	*0.00	18.28	32.83	12.39	7.62
Garlic Toast Mini WG Baker Boy	piece	80	0	95	1.00	0.72	5.0	0.00	*0.00	2.0	12.0	2.5	0.50
Peas & Mushrooms, Italian	1/2 cup	64	0	102	4.21	1.23	20.6	*0.28	*0.00	4.1	11.97	0.23	0.04
Orange Wedges	Whole Oran	69	0	1	3.08	0.18	60.2	11.90	0.00	1.27	17.56	0.21	0.02
Cookie, Iced Sugar	Cookie	172	6	78	1.00	0.72	10.0	15.00	*15.00	1.7	27.0	6.7	1.80
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
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3892	432	4448	36.17	*22.95	*3183.6	*204.12	*87.98	171.49	466.85	154.14	50.06
% of Calories								*21.0%	*9.0%	17.6%	48.0%	35.6%	11.6%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

# Rockwood School District

Feb 2, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/17/2026													
Rockwood Elementary Lunch	Total												
Chicken Drumstick Gold Creek	Drumstick	230	75	490	1.00	1.00	23.0	0.00	*0.00	16.0	11.0	14.0	3.50
Roll, WG Sister Schubert's 2oz	1 each	170	5	210	3.00	1.70	0.0	5.00	*4.00	5.0	32.0	2.0	0.00
Potatoes Mashed w/Gravy	1/2 CUP	92	0	351	1.00	0.30	13.7	1.00	*0.00	0.0	17.35	1.5	0.00
Mixed Berries Frozen Cup	4 oz cup	90	0	0	2.00	*N/A*	*N/A*	16.00	*N/A*	0.0	20.0	0.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		4166	471	5283	40.83	*32.48	*3200.3	229.63	*107.98	173.14	547.84	150.11	40.08
% of Calories								22.0%	*10.4%	16.6%	52.6%	32.4%	8.7%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Rockwood School District

Feb 2, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/18/2026													
Rockwood Elementary Lunch	Total												
Cavatappi, Three Cheese	6 oz by weight	332	48	589	2.05	1.03	392.8	4.10	*0.00	16.41	28.72	16.41	9.33
Breadstick, WG 5" BakeCrafters	breadstick	70	0	65	1.00	0.70	10.0	0.50	*0.50	2.0	13.0	1.0	0.00
Broccoli, Roast/Steamed	1/2 Cup	26	0	22	2.76	0.55	46.3	*N/A*	*N/A*	2.81	4.86	0.1	0.02
Apricots, Canned Diced	1/2 cup	62	0	3	2.00	0.38	13.0	*N/A*	*N/A*	0.76	15.76	0.14	0.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	1 Each	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Goldfish Pretzels	package	90	0	200	1.00	0.72	10.0	0.00	0.00	2.0	16.0	1.5	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		4254	584	4800	37.64	*23.64	*3315.7	*239.23	*129.48	176.12	534.83	163.26	52.93
% of Calories								*22.5%	*12.2%	16.6%	50.3%	34.5%	11.2%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

# Rockwood School District

Feb 2, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/19/2026													
Rockwood Elementary Lunch	Total												
Hamburger on Bun Elem	1 each	270	40	340	2.00	2.78	50.0	4.00	*4.00	17.0	30.0	9.5	3.50
Cheeseburger on Bun Elem	1 EACH	320	53	470	2.00	2.78	130.0	4.50	*4.00	19.5	31.0	14.0	6.00
Baked Beans Bush's Best	1/2 Cup	140	0	371	5.02	1.81	40.1	12.04	*N/A*	5.02	30.09	0.0	0.00
Grapes, Fresh Seedless	1/2 CUP	52	0	2	0.68	0.27	7.6	11.69	0.00	0.54	13.67	0.12	0.04
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7.00	*7.00	2.0	21.0	4.0	1.00
Cracker Goldfish Colors	1 each	100	0	170	1.00	0.72	20.0	0.00	*0.00	2.0	14.0	3.5	0.50
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3926	483	4814	31.53	*24.42	*2966.2	207.85	*80.98	185.20	471.25	151.24	46.62
% of Calories								21.2%	*8.2%	18.9%	48.0%	34.7%	10.7%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Rockwood School District

Feb 2, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/20/2026													
Rockwood Elementary Lunch	Total												
Grilled Cheese IW	Sandwich	430	30	630	4.00	0.00	350.0	3.00	*2.00	19.0	27.0	27.0	9.00
Carrots, Baby Raw	1/2 cup	25	0	57	2.10	0.65	23.2	3.45	0.00	0.46	5.98	0.09	0.02
Hummus Cup, Roasted Red Pepper	3 oz cup	110	0	100	5.00	1.80	33.0	4.00	*0.00	6.0	18.0	2.0	0.00
Raisins, Sour Watermelon	package	110	0	10	2.00	0.72	26.0	22.00	*0.00	1.0	25.0	0.0	0.00
Rice Krispies Treat Mini WG	1 Each	50	0	45	0.00	0.60	0.0	3.00	*N/A*	0.0	9.0	1.0	0.00
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
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3909	421	4468	36.94	*22.02	*3145.7	212.08	*74.98	170.60	450.47	162.21	49.09
% of Calories								21.7%	*7.7%	17.5%	46.1%	37.3%	11.3%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Rockwood School District

Feb 2, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/23/2026													
Rockwood Elementary Lunch	Total												
Pizza, Stuffed Crust Cheese	Slice	310	40	510	3.00	1.70	413.0	5.00	*1.00	17.0	29.0	14.0	7.00
Pizza, Stuffed Crust Turk Pepp	Slice	310	45	600	3.00	1.70	350.0	5.00	*1.00	18.0	29.0	13.0	7.00
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2	54	1.99	0.42	51.7	*0.01	*0.00	2.65	3.92	3.87	0.78
Applesauce, Canned Unsweet	1/2 CUP	53	0	2	1.03	0.00	0.0	11.49	*N/A*	0.0	14.63	0.0	0.00
Soft Pretzel	1 each	150	0	140	3.00	1.80	10.0	0.00	*0.00	5.0	30.0	1.0	0.00
Cheddar Cheese Sauce	3 oz	137	27	398	0.00	0.00	222.2	0.00	*0.00	6.86	4.12	9.6	6.17
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3940	505	5111	32.86	*21.68	*3760.4	*190.13	*67.98	188.65	442.16	161.59	56.53
% of Calories								*19.3%	*6.9%	19.2%	44.9%	36.9%	12.9%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Rockwood School District

Feb 2, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/24/2026													
Rockwood Elementary Lunch	Total												
Nacho Supreme w/Queso K-8	Serving	322	57	572	3.11	2.09	235.3	4.51	*0.00	20.34	18.81	17.31	6.64
Fiesta Black Beans	1/2 CUP	113	0	481	4.10	1.84	41.0	2.05	*N/A*	5.12	20.48	1.02	0.00
Blueberries w/Whip Topping	1/2 Cup	52	0	1	2.20	0.14	6.0	*1.00	*1.00	0.32	10.5	1.5	1.04
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		4071	447	5286	43.24	*33.55	*3445.7	*215.18	*104.98	177.92	517.28	152.45	44.25
% of Calories								*21.1%	*10.3%	17.5%	50.8%	33.7%	9.8%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Rockwood School District

Feb 2, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/25/2026													
Rockwood Elementary Lunch	Total												
Chicken and Waffle Elem	2 strips/1 wa	232	46	412	3.33	3.13	144.0	2.50	*2.50	16.66	23.33	7.17	1.75
Sweet Potato Battered Seasoned	3 oz	173	0	205	1.08	0.54	32.4	7.55	*0.00	1.08	26.97	7.55	1.08
Bananarama	1/2 cup	80	0	1	2.12	0.22	7.0	10.18	*1.00	0.83	18.39	1.25	1.09
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	1 Each	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Goldfish Pretzels	package	90	0	200	1.00	0.72	10.0	0.00	0.00	2.0	16.0	1.5	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		4248	582	4739	36.37	*24.87	*3036.9	254.86	*132.48	172.71	541.18	161.58	47.49
% of Calories								24.0%	*12.5%	16.3%	51.0%	34.2%	10.1%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Rockwood School District

Feb 2, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/26/2026													
Rockwood Elementary Lunch	Total												
Hot Dog w/ Chili & Cheese	1 each	347	65	720	3.50	*2.69	*125.0	*5.00	*4.00	20.0	36.0	14.5	4.87
Tater Tots (Golden Nuggets)	1/2 cup	131	0	252	2.01	0.36	5.0	0.00	0.00	2.01	17.11	6.54	0.50
Mixed Fruit, Cocktail	1/2 CUP	60	0	5	0.99	0.00	0.0	11.92	*N/A*	0.0	14.9	0.0	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	7.00	*7.00	2.0	21.0	4.0	1.00
Cracker Goldfish Colors	1 each	100	0	170	1.00	0.72	20.0	0.00	*0.00	2.0	14.0	3.5	0.50
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3682	456	4608	28.33	*19.83	*2868.5	*192.55	*76.98	165.15	434.49	148.65	42.46
% of Calories								*20.9%	*8.4%	17.9%	47.2%	36.3%	10.4%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

# Rockwood School District

Feb 2, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/27/2026													
Rockwood Elementary Lunch	Total												
Fish Sea Shapes High LIner	4 pieces	260	20	480	5.00	2.60	40.0	3.00	*2.00	16.0	29.0	10.0	1.50
Breadstick, WG 5" BakeCrafters	breadstick	70	0	65	1.00	0.70	10.0	0.50	*0.50	2.0	13.0	1.0	0.00
Green Beans, Canned, Cooked	1/2 cup	27	0	263	3.38	0.60	34.0	1.68	*0.00	1.68	5.1	0.0	0.00
STRAWBERRIES,FRESH	1/2 Cup	23	0	1	1.44	0.30	11.5	3.52	0.00	0.48	5.53	0.22	0.01
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
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3564	411	4435	34.65	*22.46	*2809.1	185.33	*75.48	164.31	418.12	143.33	41.59
% of Calories								20.8%	*8.5%	18.4%	46.9%	36.2%	10.5%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

Weighted Average		4067	484	5110	36.05	*25.50	*3213.1	*215.36	*93.89	178.73	495.68	158.59	48.77
								*47.7%	*20.8%	17.6%	48.7%	35.1%	10.8%

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

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

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

**Rockwood School District**

**Feb 2, 2026 thru Feb 28, 2026**

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)					
Calories	4067		550 - 650	626%			3417	Correction Required - Calories too High					
Cholesterol (mg)	484												
Sodium 1a (mg)	5110		1110	460%			4000	Correction Required - Sodium too High					
Fiber (g)	36.05												
Iron (mg)	25.50		3.30	773%	Missing								
Calcium (mg)	3213.1		267.00	1203%	Missing								
Total Sugars (g)	215.36	21.18%			Missing								
Added Sugars (g)	93.89	9.23%			Missing								
Protein (g)	178.73	17.58%	8.65	2066%	Missing								
Carbohydrate (g)	495.68	48.75%											
Total Fat (g)	158.59	35.09%	<=30.00%					Correction Required - Total Fat too High					
Saturated Fat (g)	48.77	10.79%	<10.00%					Correction Required - Sat. Fat too High					

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

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

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