

Rockwood School District

Feb 1, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/02/2026													
Rockwood Middle Lunch	Total												
Bosco Breadsticks	2 breadstick	424	31	559	4.00	4.01	430.9	4.00	*2.00	24.3	50.14	12.29	6.16
Mixed Vegetables, Steamed	1/2 CUP	73	0	95	3.48	*0.00	*1.2	3.48	*N/A*	2.32	14.54	0.0	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3514	371	5491	42.59	*26.93	*2035.0	83.43	*50.80	185.55	406.94	134.86	48.55
% of Calories								9.5%	*5.8%	21.1%	46.3%	34.5%	12.4%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Tue - 02/03/2026													
Rockwood Middle Lunch	Total												
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3.00	*N/A*	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3.00	*N/A*	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3.00	*N/A*	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2.00	*N/A*	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2.00	*N/A*	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2.00	*N/A*	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5.00	*N/A*	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5.00	*N/A*	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5.00	*N/A*	16.0	39.0	19.0	9.00
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
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
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00

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

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

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Rockwood School District

Feb 1, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		5921	689	12066	49.61	43.64	3921.4	*88.80	*34.00	292.14	623.81	255.39	113.33
% of Calories								*6.0%	*2.3%	19.7%	42.1%	38.8%	17.2%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Wed - 02/04/2026													
Rockwood Middle Lunch	Total												
Nachos, Pulled Pork Brookwood	Serving	365	61	478	2.37	1.22	283.0	1.43	*1.00	19.8	20.74	22.49	8.57
Refried Beans Southwestern	1/2 cup	191	4	744	10.82	*2.36	*52.5	0.94	*0.00	12.05	29.59	2.53	1.20
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3573	405	6060	48.29	*26.50	*1938.4	78.32	*49.80	190.78	392.59	147.59	52.16
% of Calories								8.8%	*5.6%	21.4%	44.0%	37.2%	13.1%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Thu - 02/05/2026													
Rockwood Middle Lunch	Total												
French Tst Cinn Glz w/ Sausage	3 stick/2 link	470	145	480	2.00	2.52	40.0	8.00	*8.00	16.0	28.0	33.0	10.50
Syrup, Pancake 1.5 oz	1.5 oz	120	0	40	0.00	0.00	0.0	17.00	*N/A*	0.0	31.0	0.0	0.00
Carrots, Italian Roasted	1/2 CUP	122	3	218	2.68	0.85	56.1	*4.33	*0.00	1.51	8.14	9.92	1.70
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3728	488	5576	39.79	26.29	1699.0	*105.28	*56.80	176.44	409.40	165.49	54.59
% of Calories								*11.3%	*6.1%	18.9%	43.9%	39.9%	13.2%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

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Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/06/2026													
Rockwood Middle Lunch	Total												
Chicken Wings, BBQ	4 wings	343	139	640	0.00	0.56	0.0	7.00	*0.00	20.0	8.81	24.44	6.67
Chicken Wings, Buffalo	4 wings	362	154	827	0.00	0.56	1.6	0.00	*0.00	20.06	1.11	30.19	10.32
Garlic Knot	Roll	170	0	170	3.00	2.00	10.0	3.00	*2.00	5.0	27.0	6.0	1.50
Corn, Cheesy Mexican	1/2 cup	132	13	211	2.07	0.43	121.0	*0.00	*0.00	5.97	17.52	5.03	2.95
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		4023	646	6686	40.17	26.47	1735.5	*85.95	*50.80	209.96	396.70	188.23	63.83
% of Calories								*8.5%	*5.1%	20.9%	39.4%	42.1%	14.3%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Mon - 02/09/2026													
Rockwood Middle Lunch	Total												
Pork Rib BBQ Sandwich	Sandwich	320	40	640	3.00	2.70	52.0	9.00	*4.00	21.0	36.0	11.5	3.50
Grilled Cheese Sandwich	Sandwich	360	50	760	2.00	1.60	380.0	6.00	*4.00	16.0	34.0	20.0	10.00
Soup Tomato Bisque Housemade	3/4 Cup	138	23	214	2.09	1.05	61.9	9.80	*4.18	3.13	16.06	7.63	4.37
Baked Beans Bush's Best	1/2 Cup	140	0	371	5.02	1.81	40.1	12.04	*N/A*	5.02	30.09	0.0	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3976	453	6823	47.21	30.08	2136.9	112.78	*60.98	204.08	458.42	161.70	60.26
% of Calories								11.3%	*6.1%	20.5%	46.1%	36.6%	13.6%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

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Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/10/2026													
Rockwood Middle Lunch	Total												
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3.00	*N/A*	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3.00	*N/A*	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3.00	*N/A*	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2.00	*N/A*	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2.00	*N/A*	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2.00	*N/A*	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5.00	*N/A*	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5.00	*N/A*	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5.00	*N/A*	16.0	39.0	19.0	9.00
Corn, Canned	1/2 CUP	102	0	70	3.04	0.54	1.2	4.57	*N/A*	3.04	23.49	1.52	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Weighted Daily Average		5952	687	12049	50.15	43.52	3845.0	92.01	*34.00	291.93	640.45	252.53	112.47
% of Calories								6.2%	*2.3%	19.6%	43.0%	38.2%	17.0%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Wed - 02/11/2026													
Rockwood Middle Lunch	Total												
Mandarin Orange Chx Rice Bowl	#8 scoop	391	39	481	1.18	2.87	59.9	10.85	*10.63	15.57	72.54	3.58	0.68
Broccoli, Roast/Steamed	1/2 Cup	26	0	22	2.76	0.55	46.3	*N/A*	*N/A*	2.81	4.86	0.1	0.02
Cookie, Fortune	1 each	12	0	0	0.00	0.00	0.5	1.67	*1.67	0.17	2.67	0.0	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92

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

Thu - 02/12/2026													
Rockwood Middle Lunch	Total												
Pizza Bagels Mini Cheese	4 each	260	20	560	4.00	1.80	350.0	4.00	*N/A*	21.0	24.0	9.0	5.00
Carrots, Italian Roasted	1/2 CUP	122	3	218	2.68	0.85	56.1	*4.33	*0.00	1.51	8.14	9.92	1.70
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3398	363	5616	41.79	25.57	2009.0	*84.28	*48.80	181.44	374.40	141.49	49.09
% of Calories								*9.9%	*5.7%	21.4%	44.1%	37.5%	13.0%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Fri - 02/13/2026													
Rockwood Middle 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, steamed	1/2 cup	66	0	110	4.45	1.28	20.8	*0.00	*0.00	4.16	12.17	0.23	0.04
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3485	376	5588	43.60	26.76	2002.9	*76.27	*48.80	183.37	399.26	137.68	50.55
% of Calories								*8.8%	*5.6%	21.0%	45.8%	35.6%	13.1%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

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Rockwood School District

Feb 1, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/17/2026													
Rockwood Middle Lunch	Total												
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3.00	*N/A*	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3.00	*N/A*	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3.00	*N/A*	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2.00	*N/A*	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2.00	*N/A*	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2.00	*N/A*	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5.00	*N/A*	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5.00	*N/A*	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5.00	*N/A*	16.0	39.0	19.0	9.00
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2	54	1.99	0.42	51.7	*0.01	*0.00	2.65	3.92	3.87	0.78
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Weighted Daily Average		5905	689	12033	49.10	43.41	3895.5	*87.45	*34.00	291.54	620.88	254.89	113.25
% of Calories								*5.9%	*2.3%	19.8%	42.1%	38.9%	17.3%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Wed - 02/18/2026													
Rockwood Middle Lunch	Total												
Chili, Beef & Beans 6 oz	3/4 cup	173	30	510	4.50	0.81	75.0	*N/A*	*N/A*	12.75	14.25	7.5	2.63
Cinnamon Roll, 1 GR	1 each	176	0	150	1.00	1.00	40.0	15.99	*15.99	3.0	28.34	6.0	2.00
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
Potato, Seasoned Wedges McCain	1/2 cup	113	0	205	2.05	0.31	10.3	0.00	*0.00	2.05	18.45	3.59	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92

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Rockwood School District

Feb 1, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		3748	421	6203	44.66	27.46	1828.1	*96.94	*68.78	190.73	434.31	150.15	50.02
% of Calories								*10.3%	*7.3%	20.4%	46.3%	36.1%	12.0%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Thu - 02/19/2026													
Rockwood Middle 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
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
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3448	411	5734	40.11	25.36	1646.6	77.45	*49.30	179.93	391.61	138.07	45.39
% of Calories								9.0%	*5.7%	20.9%	45.4%	36.0%	11.8%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Fri - 02/20/2026													
Rockwood Middle Lunch	Total												
Ravioli, Toasted Cheese WG	7 pieces	360	5	730	7.00	4.00	150.0	5.00	*1.00	19.0	64.0	4.0	1.50
Marinara Cup	1 each	40	0	200	2.00	0.00	19.0	4.00	*1.00	1.0	7.0	1.0	0.00
Green Beans, Italian	1/2 cup	28	0	263	3.40	0.61	34.4	*1.74	*0.00	1.7	5.22	0.0	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92

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Rockwood School District

Feb 1, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		3444	346	6031	47.50	27.53	1806.3	*86.69	*50.80	180.63	418.48	127.57	43.89
% of Calories								*10.1%	*5.9%	21.0%	48.6%	33.3%	11.5%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Mon - 02/23/2026													
Rockwood Middle Lunch	Total												
Corn Dog, Chicken Foster Farms	1 Each	240	40	470	2.00	1.50	100.0	8.00	*7.00	9.0	30.0	9.0	2.50
Baked Beans Bush's Best	1/2 Cup	140	0	371	5.02	1.81	40.1	12.04	*N/A*	5.02	30.09	0.0	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3397	381	5679	42.12	26.23	1743.0	95.99	*55.80	172.95	402.36	131.57	44.89
% of Calories								11.3%	*6.6%	20.4%	47.4%	34.9%	11.9%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

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Rockwood School District

Feb 1, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/24/2026													
Rockwood Middle Lunch	Total												
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3.00	*N/A*	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3.00	*N/A*	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3.00	*N/A*	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2.00	*N/A*	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2.00	*N/A*	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2.00	*N/A*	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5.00	*N/A*	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5.00	*N/A*	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5.00	*N/A*	16.0	39.0	19.0	9.00
Peas, Italian	1/2 cup	69	0	111	4.53	1.31	22.3	*0.18	*0.00	4.27	12.86	0.23	0.04
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Weighted Daily Average		5918	687	12090	51.63	44.29	3866.1	*87.62	*34.00	293.16	629.81	251.25	112.51
% of Calories								*5.9%	*2.3%	19.8%	42.6%	38.2%	17.1%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Wed - 02/25/2026													
Rockwood Middle Lunch	Total												
Spaghetti w/Meatballs(Chicken)	3/4 cup/3m eatba	405	55	391	7.74	3.82	83.3	*9.95	*4.97	24.86	53.39	12.88	2.62
Spaghetti Bolognese Vegetarian	1 cup	303	10	484	5.75	*3.39	*75.2	*6.01	*3.01	19.6	42.68	7.54	2.60
Garlic Toast Mini WG Baker Boy	piece	80	0	95	1.00	0.72	5.0	0.00	*0.00	2.0	12.0	2.5	0.50
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2	54	1.99	0.42	51.7	*0.01	*0.00	2.65	3.92	3.87	0.78
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92

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Rockwood School District

Feb 1, 2026 thru Feb 28, 2026

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

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

Thu - 02/26/2026													
Rockwood Middle Lunch	Total												
Chicken and Waffles	3 strip/1 waffl	300	66	575	3.00	2.72	84.5	2.00	*1.00	24.0	26.0	10.0	1.50
Sweet Potato Battered Seasoned	3 oz	173	0	205	1.08	0.54	32.4	7.55	*0.00	1.08	26.97	7.55	1.08
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3489	407	5618	39.19	26.18	1719.8	85.50	*49.80	184.01	395.23	140.12	44.97
% of Calories								9.8%	*5.7%	21.1%	45.3%	36.1%	11.6%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Fri - 02/27/2026													
Rockwood Middle Lunch	Total												
Pizza, Selfie 5" Cheese Alpha	5" pizza	370	30	580	3.00	1.80	500.0	2.00	*0.00	22.0	38.0	14.0	7.00
Pizza, Selfie 5" Pepperoni	5" pizza	400	35	660	2.00	1.80	450.0	2.00	*0.00	22.0	38.0	16.0	7.00
Corn, Canned	1/2 CUP	102	0	70	3.04	0.54	1.2	4.57	*N/A*	3.04	23.49	1.52	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3889	406	6148	43.15	27.06	2554.1	84.52	*48.80	205.98	441.75	154.08	56.39
% of Calories								8.7%	*5.0%	21.2%	45.4%	35.7%	13.1%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

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