

Rockwood School District

Mar 2, 2026 thru Mar 31, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/02/2026												
Rockwood Elementary Break	Total											
French Toast Sticks, Cinn Glzd	3 stick	210	105	300	2.00	1.80	8.00	*8.00	8.0	28.0	7.0	2.50
Syrup, Pancake 1.5 oz	1.5 oz	120	0	40	0.00	0.00	17.00	*N/A*	0.0	31.0	0.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	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	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	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	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	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	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	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	12.00	7.00	3.0	15.0	0.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	8.00	*8.00	2.0	21.0	4.0	1.00
Cracker Goldfish Colors	1 each	100	0	170	1.00	0.72	0.00	*0.00	2.0	14.0	3.5	0.50
Juice Apple	serving	15	0	1	0.00	0.00	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	13.00	*0.00	0.0	14.0	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	22.00	9.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	11.00	0.00	8.0	11.0	0.0	0.00
Weighted Daily Average		2045	155	2219	17.00	17.42	196.50	*85.00	68.00	373.25	34.50	9.50
% of Calories							38.4%	*16.6%	13.3%	73.0%	15.2%	4.2%
Nutrient Guideline		350-500		540		2.50			5.50		<=30.0	<10.00

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

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

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Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/03/2026												
Rockwood Elementary Break	Total											
Smoothie Fruit & Yogurt	1 each	166	6	90	2.00	*0.43	*17.54	*8.17	5.94	29.43	2.48	1.69
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	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	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	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	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	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	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	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	12.00	7.00	3.0	15.0	0.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	8.00	*8.00	2.0	21.0	4.0	1.00
Cracker Goldfish Colors	1 each	100	0	170	1.00	0.72	0.00	*0.00	2.0	14.0	3.5	0.50
Juice Apple	serving	15	0	1	0.00	0.00	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	13.00	*0.00	0.0	14.0	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	22.00	9.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	11.00	0.00	8.0	11.0	0.0	0.00
Weighted Daily Average		1881	56	1969	17.00	*16.05	*189.04	*85.17	65.93	343.68	29.98	8.68
% of Calories							*40.2%	*18.1%	14.0%	73.1%	14.3%	4.2%
Nutrient Guideline		350-500		540		2.50			5.50		<=30.0	<10.00

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Rockwood Elementary Breakfast

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/04/2026												
Rockwood Elementary Break	Total											
Pancake Puffs, Strawberry	Package	190	0	160	3.00	1.08	8.00	*7.00	3.0	33.0	6.0	1.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	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	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	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	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	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	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	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	12.00	7.00	3.0	15.0	0.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	8.00	*8.00	2.0	21.0	4.0	1.00
Cracker Goldfish Colors	1 each	100	0	170	1.00	0.72	0.00	*0.00	2.0	14.0	3.5	0.50
Juice Apple	serving	15	0	1	0.00	0.00	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	13.00	*0.00	0.0	14.0	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	22.00	9.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	11.00	0.00	8.0	11.0	0.0	0.00
Weighted Daily Average		1905	50	2039	18.00	16.70	179.50	*84.00	63.00	347.25	33.50	8.00
% of Calories							37.7%	*17.6%	13.2%	72.9%	15.8%	3.8%
Nutrient Guideline		350-500		540		2.50			5.50		<=30.0	<10.00

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Thu - 03/05/2026												
Rockwood Elementary Break	Total											
Breakfast Bowl w/Chicken	bowl	361	198	758	3.51	*1.08	0.00	*0.00	18.26	28.52	19.54	4.67
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	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	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	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	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	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	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	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	12.00	7.00	3.0	15.0	0.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	8.00	*8.00	2.0	21.0	4.0	1.00
Cracker Goldfish Colors	1 each	100	0	170	1.00	0.72	0.00	*0.00	2.0	14.0	3.5	0.50
Juice Apple	serving	15	0	1	0.00	0.00	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	13.00	*0.00	0.0	14.0	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	22.00	9.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	11.00	0.00	8.0	11.0	0.0	0.00
Weighted Daily Average		2076	248	2637	18.51	*16.70	171.50	*77.00	78.26	342.77	47.04	11.67
% of Calories							33.0%	*14.8%	15.1%	66.1%	20.4%	5.1%
Nutrient Guideline		350-500		540		2.50			5.50		<=30.0	<10.00

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Fri - 03/06/2026												
Rockwood Elementary Break	Total											
Donut Holes, Glazed	3 donut holes	140	0	168	1.20	0.78	10.03	*0.01	2.4	22.76	4.2	1.80
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	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	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	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	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	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	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	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	12.00	7.00	3.0	15.0	0.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	8.00	*8.00	2.0	21.0	4.0	1.00
Cracker Goldfish Colors	1 each	100	0	170	1.00	0.72	0.00	*0.00	2.0	14.0	3.5	0.50
Juice Apple	serving	15	0	1	0.00	0.00	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	13.00	*0.00	0.0	14.0	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	22.00	9.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	11.00	0.00	8.0	11.0	0.0	0.00
Weighted Daily Average		1855	50	2047	16.20	16.40	181.53	*77.01	62.40	337.00	31.70	8.80
% of Calories							39.1%	*16.6%	13.5%	72.7%	15.4%	4.3%
Nutrient Guideline		350-500		540		2.50			5.50		<=30.0	<10.00

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Mon - 03/09/2026												
Rockwood Elementary Break	Total											
Breakfast Pizza, Turkey Sausag	pizza	210	21	360	2.00	1.50	3.00	*0.50	12.0	21.0	8.0	3.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	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	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	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	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	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	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	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	12.00	7.00	3.0	15.0	0.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	8.00	*8.00	2.0	21.0	4.0	1.00
Cracker Goldfish Colors	1 each	100	0	170	1.00	0.72	0.00	*0.00	2.0	14.0	3.5	0.50
Juice Apple	serving	15	0	1	0.00	0.00	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	13.00	*0.00	0.0	14.0	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	22.00	9.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	11.00	0.00	8.0	11.0	0.0	0.00
Weighted Daily Average		1925	71	2239	17.00	17.12	174.50	*77.50	72.00	335.25	35.50	10.50
% of Calories							36.3%	*16.1%	15.0%	69.7%	16.6%	4.9%
Nutrient Guideline		350-500		540		2.50			5.50		<=30.0	<10.00

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Rockwood School District

Mar 2, 2026 thru Mar 31, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/10/2026												
Rockwood Elementary Break	Total											
Eggs precooked Scrambled	#16 scoop	45	95	130	0.00	0.00	0.00	*0.00	3.0	1.0	3.0	1.00
Biscuit	Biscuit	220	0	320	1.00	2.00	3.00	*2.00	4.0	29.0	9.0	4.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	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	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	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	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	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	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	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	12.00	7.00	3.0	15.0	0.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	8.00	*8.00	2.0	21.0	4.0	1.00
Cracker Goldfish Colors	1 each	100	0	170	1.00	0.72	0.00	*0.00	2.0	14.0	3.5	0.50
Juice Apple	serving	15	0	1	0.00	0.00	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	13.00	*0.00	0.0	14.0	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	22.00	9.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	11.00	0.00	8.0	11.0	0.0	0.00
Weighted Daily Average		1980	145	2329	16.00	17.62	174.50	*79.00	67.00	344.25	39.50	12.00
% of Calories							35.3%	*16.0%	13.5%	69.5%	18.0%	5.5%
Nutrient Guideline		350-500		540		2.50			5.50		<=30.0	<10.00

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Rockwood School District

Mar 2, 2026 thru Mar 31, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/11/2026												
Rockwood Elementary Break	Total											
Cinnamon Breakfast Cake	1 Each	192	10	211	1.00	2.71	25.86	*0.81	2.0	39.13	3.0	1.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	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	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	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	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	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	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	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	12.00	7.00	3.0	15.0	0.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	8.00	*8.00	2.0	21.0	4.0	1.00
Cracker Goldfish Colors	1 each	100	0	170	1.00	0.72	0.00	*0.00	2.0	14.0	3.5	0.50
Juice Apple	serving	15	0	1	0.00	0.00	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	13.00	*0.00	0.0	14.0	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	22.00	9.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	11.00	0.00	8.0	11.0	0.0	0.00
Weighted Daily Average		1907	60	2090	16.00	18.33	197.36	*77.81	62.00	353.37	30.50	8.00
% of Calories							41.4%	*16.3%	13.0%	74.1%	14.4%	3.8%
Nutrient Guideline		350-500		540		2.50			5.50		<=30.0	<10.00

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Rockwood School District

Mar 2, 2026 thru Mar 31, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/12/2026												
Rockwood Elementary Break	Total											
Mini Cinnis Pillsbury	1 Each	230	0	280	3.00	2.00	14.00	*13.00	5.0	41.0	7.0	2.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	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	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	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	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	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	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	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	12.00	7.00	3.0	15.0	0.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	8.00	*8.00	2.0	21.0	4.0	1.00
Cracker Goldfish Colors	1 each	100	0	170	1.00	0.72	0.00	*0.00	2.0	14.0	3.5	0.50
Juice Apple	serving	15	0	1	0.00	0.00	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	13.00	*0.00	0.0	14.0	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	22.00	9.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	11.00	0.00	8.0	11.0	0.0	0.00
Weighted Daily Average		1945	50	2159	18.00	17.62	185.50	*90.00	65.00	355.25	34.50	9.00
% of Calories							38.1%	*18.5%	13.4%	73.1%	16.0%	4.2%
Nutrient Guideline		350-500		540		2.50			5.50		<=30.0	<10.00

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Rockwood School District

Mar 2, 2026 thru Mar 31, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/23/2026												
Rockwood Elementary Break	Total											
Waffles, Eggo Froot Loops IW	2 waffles	180	0	210	3.00	3.60	5.00	*5.00	4.0	32.0	6.0	1.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	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	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	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	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	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	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	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	12.00	7.00	3.0	15.0	0.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	8.00	*8.00	2.0	21.0	4.0	1.00
Cracker Goldfish Colors	1 each	100	0	170	1.00	0.72	0.00	*0.00	2.0	14.0	3.5	0.50
Juice Apple	serving	15	0	1	0.00	0.00	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	13.00	*0.00	0.0	14.0	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	22.00	9.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	11.00	0.00	8.0	11.0	0.0	0.00
Weighted Daily Average		1895	50	2089	18.00	19.22	176.50	*82.00	64.00	346.25	33.50	8.50
% of Calories							37.3%	*17.3%	13.5%	73.1%	15.9%	4.0%
Nutrient Guideline		350-500		540		2.50			5.50		<=30.0	<10.00

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Rockwood School District

Mar 2, 2026 thru Mar 31, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/24/2026												
Rockwood Elementary Break	Total											
Biscuit, Egg and Cheese	Sandwich	320	113	575	1.00	9.56	3.50	*2.00	9.5	30.0	17.0	7.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	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	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	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	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	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	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	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	12.00	7.00	3.0	15.0	0.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	8.00	*8.00	2.0	21.0	4.0	1.00
Cracker Goldfish Colors	1 each	100	0	170	1.00	0.72	0.00	*0.00	2.0	14.0	3.5	0.50
Juice Apple	serving	15	0	1	0.00	0.00	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	13.00	*0.00	0.0	14.0	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	22.00	9.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	11.00	0.00	8.0	11.0	0.0	0.00
Weighted Daily Average		2035	163	2454	16.00	25.18	175.00	*79.00	69.50	344.25	44.50	14.50
% of Calories							34.4%	*15.5%	13.7%	67.7%	19.7%	6.4%
Nutrient Guideline		350-500		540		2.50			5.50		<=30.0	<10.00

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Rockwood School District

Mar 2, 2026 thru Mar 31, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/25/2026												
Rockwood Elementary Break	Total											
Pancake & Sausage Patty Breakf	servng	293	48	287	1.00	1.26	3.00	*0.00	9.0	12.0	23.0	7.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	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	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	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	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	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	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	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	12.00	7.00	3.0	15.0	0.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	8.00	*8.00	2.0	21.0	4.0	1.00
Cracker Goldfish Colors	1 each	100	0	170	1.00	0.72	0.00	*0.00	2.0	14.0	3.5	0.50
Juice Apple	servng	15	0	1	0.00	0.00	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	servng	20	0	2	0.00	0.00	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	13.00	*0.00	0.0	14.0	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	22.00	9.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	11.00	0.00	8.0	11.0	0.0	0.00
Weighted Daily Average		2008	98	2166	16.00	16.88	174.50	*77.00	69.00	326.25	50.50	14.00
% of Calories							34.8%	*15.3%	13.7%	65.0%	22.6%	6.3%
Nutrient Guideline		350-500		540		2.50			5.50		<=30.0	<10.00

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Rockwood School District

Mar 2, 2026 thru Mar 31, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/26/2026												
Rockwood Elementary Break	Total											
Smoothie, Hulk	1 each	148	3	77	2.94	0.49	23.23	*4.49	3.88	33.41	0.07	0.01
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	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	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	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	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	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	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	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	12.00	7.00	3.0	15.0	0.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	8.00	*8.00	2.0	21.0	4.0	1.00
Cracker Goldfish Colors	1 each	100	0	170	1.00	0.72	0.00	*0.00	2.0	14.0	3.5	0.50
Juice Apple	serving	15	0	1	0.00	0.00	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	13.00	*0.00	0.0	14.0	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	22.00	9.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	11.00	0.00	8.0	11.0	0.0	0.00
Weighted Daily Average		1863	53	1955	17.94	16.10	194.73	*81.49	63.88	347.66	27.57	7.01
% of Calories							41.8%	*17.5%	13.7%	74.6%	13.3%	3.4%
Nutrient Guideline		350-500		540		2.50			5.50		<=30.0	<10.00

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Rockwood School District

Mar 2, 2026 thru Mar 31, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/27/2026												
Rockwood Elementary Break	Total											
Cinnamon Roll	1 each	241	5	210	1.00	1.81	20.85	*0.50	5.0	49.11	3.5	1.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	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	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	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	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	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	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	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	12.00	7.00	3.0	15.0	0.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	8.00	*8.00	2.0	21.0	4.0	1.00
Cracker Goldfish Colors	1 each	100	0	170	1.00	0.72	0.00	*0.00	2.0	14.0	3.5	0.50
Juice Apple	serving	15	0	1	0.00	0.00	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	13.00	*0.00	0.0	14.0	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	22.00	9.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	11.00	0.00	8.0	11.0	0.0	0.00
Weighted Daily Average		1956	55	2089	16.00	17.43	192.35	*77.50	65.00	363.36	31.00	8.00
% of Calories							39.3%	*15.8%	13.3%	74.3%	14.3%	3.7%
Nutrient Guideline		350-500		540		2.50			5.50		<=30.0	<10.00

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Rockwood School District

Mar 2, 2026 thru Mar 31, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/30/2026												
Rockwood Elementary Break	Total											
UBR, Choc Chip Nut Free IW	Round	270	5	180	5.00	1.80	19.00	18.00	5.0	44.0	8.0	3.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	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	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	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	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	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	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	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	12.00	7.00	3.0	15.0	0.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	8.00	*8.00	2.0	21.0	4.0	1.00
Cracker Goldfish Colors	1 each	100	0	170	1.00	0.72	0.00	*0.00	2.0	14.0	3.5	0.50
Juice Apple	serving	15	0	1	0.00	0.00	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	13.00	*0.00	0.0	14.0	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	22.00	9.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	11.00	0.00	8.0	11.0	0.0	0.00
Weighted Daily Average		1985	55	2059	20.00	17.42	190.50	*95.00	65.00	358.25	35.50	10.00
% of Calories							38.4%	*19.1%	13.1%	72.2%	16.1%	4.5%
Nutrient Guideline		350-500		540		2.50			5.50		<=30.0	<10.00

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Rockwood School District

Mar 2, 2026 thru Mar 31, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/31/2026												
Rockwood Elementary Break	Total											
Bagelicious-Egg & Cheese	1/2 bagel	170	113	340	2.00	8.26	3.00	*2.50	9.0	15.5	8.5	3.50
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	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	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	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	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	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	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	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	12.00	7.00	3.0	15.0	0.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	8.00	*8.00	2.0	21.0	4.0	1.00
Cracker Goldfish Colors	1 each	100	0	170	1.00	0.72	0.00	*0.00	2.0	14.0	3.5	0.50
Juice Apple	serving	15	0	1	0.00	0.00	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	13.00	*0.00	0.0	14.0	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	12.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% White	Carton	100	15	120	0.00	0.00	11.00	0.00	8.0	11.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	22.00	9.00	8.0	22.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	11.00	0.00	8.0	11.0	0.0	0.00
Weighted Daily Average		1885	163	2219	17.00	23.88	174.50	*79.50	69.00	329.75	36.00	10.50
% of Calories							37.0%	*16.9%	14.6%	70.0%	17.2%	5.0%
Nutrient Guideline		350-500		540		2.50			5.50		<=30.0	<10.00

Weighted Average		1947	95	2172	17.17	*18.13	*183.00	*81.50	66.81	346.74	35.95	9.91
							*84.6%	*37.7%	13.7%	71.2%	16.6%	4.6%

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Rockwood School District

Mar 2, 2026 thru Mar 31, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

Nutrient	Menu AVG	% of Cals	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Error Messages (if any)
			Weekly Target	% of Target	Miss Data	Shortfall	Overage								
Calories	1947		350 - 500	389%					1447						Correction Required - Calories too High
Cholesterol (mg)	95														
Sodium 1 (mg)	2172		540	402%					1632						Correction Required - Sodium too High
Fiber (g)	17.17														
Iron (mg)	18.13		2.50	725%	Missing										
Total Sugars (g)	183.00	37.60%			Missing										
Added Sugars (g)	81.50	16.75%			Missing										
Protein (g)	66.81	13.73%	5.50	1215%											
Carbohydrate (g)	346.74	71.25%													
Total Fat (g)	35.95	16.62%	<=30.00%												
Saturated Fat (g)	9.91	4.58%	<10.00%												

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