

# Rockwood School District

May 1, 2026 thru May 22, 2026

## Base Menu Spreadsheet

Rockwood High Lunch

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/01/2026													
Rockwood High Lunch	Total												
Tortellini Rosa	6 oz	318	25	425	4.02	*2.37	*257.3	1.30	*0.33	19.37	39.31	8.92	5.34
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
Garlic Knot	Roll	170	0	170	3.00	2.00	10.0	3.00	*2.00	5.0	27.0	6.0	1.50
Calzone, Cheese Albie's	Calzone	300	30	490	3.00	2.00	350.0	4.00	*2.00	18.0	30.0	12.0	6.00
Calzone, Pepperoni Pizza Albie	Calzone	330	25	700	3.00	2.00	213.0	4.00	*2.00	18.0	31.0	17.0	7.00
Carrots, Italian Roasted	1/2 CUP	122	3	218	2.68	0.85	56.1	*4.33	*0.00	1.51	8.14	9.92	1.70
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	5.00	*4.00	28.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Weighted Daily Average		4395	401	7003	48.70	*31.70	*2108.3	*89.63	*57.33	237.37	487.44	182.34	62.54
% of Calories								*8.2%	*5.2%	21.6%	44.4%	37.3%	12.8%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Mon - 05/04/2026													
Rockwood High Lunch	Total												
Wild Mike's Cheese Bites	4 pieces	280	35	460	2.00	2.00	453.0	2.00	*1.00	19.0	28.0	10.0	6.00
Marinara Cup	1 each	40	0	200	2.00	0.00	19.0	4.00	*1.00	1.0	7.0	1.0	0.00
Meatball Marinara Sub (Chicken	Sandwich	386	60	597	3.83	*3.12	*89.7	7.32	*5.66	27.49	41.51	14.49	3.54
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2	54	1.99	0.42	51.7	*0.01	*0.00	2.65	3.92	3.87	0.78
Chicken Spicy Breaded Sandwich	4 oz fillet	370	40	780	3.00	2.78	70.0	4.00	*4.00	24.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Weighted Daily Average		3817	405	6326	41.83	*26.94	*1840.3	*85.32	*58.66	219.64	420.43	155.37	50.82
% of Calories								*8.9%	*6.1%	23.0%	44.1%	36.6%	12.0%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

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# Rockwood School District

May 1, 2026 thru May 22, 2026

## Base Menu Spreadsheet

Rockwood High Lunch

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Tue - 05/05/2026</b>													
Rockwood High Lunch	Total												
Nacho Supreme w Queso 9-12	Serving	403	65	575	3.82	2.49	271.9	3.25	*0.00	23.95	23.98	22.4	7.71
Pizza, Alpha Cheese Skinny	Slice	340	30	540	3.00	2.00	500.0	3.00	*0.00	20.0	31.0	15.0	6.00
Pizza, Alpha Pepperoni Skinny	slice	370	35	580	3.00	2.00	450.0	3.00	*0.00	20.0	31.0	18.0	8.00
Refried Beans Southwestern	1/2 cup	191	4	744	10.82	*2.36	*52.5	0.94	*0.00	12.05	29.59	2.53	1.20
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.70	69.0	4.00	*4.00	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Weighted Daily Average		4329	461	7384	52.64	*30.17	*2500.4	82.19	*51.00	248.51	453.58	179.94	62.40
% of Calories								7.6%	*4.7%	23.0%	41.9%	37.4%	13.0%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

<b>Wed - 05/06/2026</b>													
Rockwood High Lunch	Total												
Chicken Popcorn Smackers	10 pieces	270	70	480	3.00	1.44	20.0	0.00	*0.00	19.0	19.0	13.0	3.00
Breadstick, WG 5" BakeCrafters	breadstick	70	0	65	1.00	0.70	10.0	0.50	*0.50	2.0	13.0	1.0	0.00
Pizza, Selfie 5" Cheese Alpha	5" pizza	370	30	580	3.00	1.80	500.0	2.00	*0.00	22.0	38.0	14.0	7.00
Pizza, Selfie 5" Pepperoni	5" pizza	400	35	660	2.00	1.80	450.0	2.00	*0.00	22.0	38.0	16.0	7.00
Potatoes Mashed w/Gravy	1/2 CUP	92	0	351	1.00	0.30	13.7	1.00	*0.00	0.0	17.35	1.5	0.00
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	5.00	*4.00	28.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Weighted Daily Average		4277	452	7041	42.00	27.80	2210.7	78.50	*51.50	238.50	465.35	171.50	57.50
% of Calories								7.3%	*4.8%	22.3%	43.5%	36.1%	12.1%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

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May 1, 2026 thru May 22, 2026

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/07/2026													
Rockwood High Lunch	Total												
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3.00	*N/A*	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3.00	*N/A*	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3.00	*N/A*	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2.00	*N/A*	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2.00	*N/A*	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2.00	*N/A*	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5.00	*N/A*	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5.00	*N/A*	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5.00	*N/A*	16.0	39.0	19.0	9.00
Ham & Cheese Croissant	1 each	267	38	842	2.00	1.29	181.0	4.67	*3.00	16.84	33.33	10.33	4.92
French Fries, Seasoned Crinkle	1/2 cup	103	0	175	0.00	0.31	10.3	0.00	*0.00	1.03	15.44	3.09	0.00
Sugar Snap Peas, Roasted	1/2 cup	52	0	197	2.00	1.59	33.2	*3.03	*0.00	2.15	5.86	2.49	0.35
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.70	69.0	4.00	*4.00	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Weighted Daily Average		6707	765	13709	54.00	48.51	3947.4	*109.69	*54.00	336.51	722.64	283.91	118.76
% of Calories								*6.5%	*3.2%	20.1%	43.1%	38.1%	15.9%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

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May 1, 2026 thru May 22, 2026

## Base Menu Spreadsheet

Rockwood High Lunch

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/08/2026													
Rockwood High Lunch	Total												
Ramen, Chicken & Vegetable	1 1/2 cups	359	42	648	5.86	*2.86	*43.1	*2.43	*1.13	20.15	40.17	13.55	0.02
Burrito, Bean & Cheese IW	Burrito	404	21	692	8.00	3.60	300.0	2.00	*0.00	17.0	52.0	14.6	6.40
Burrito, Shredded Beef IW	Burrito	387	44	663	6.00	3.60	300.0	0.75	*0.00	20.6	41.0	15.5	7.40
Sugar Snap Peas, Roasted	1/2 cup	52	0	197	2.00	1.59	33.2	*3.03	*0.00	2.15	5.86	2.49	0.35
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	5.00	*4.00	28.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Weighted Daily Average		4277	425	7105	53.86	*33.41	*1893.2	*81.20	*52.13	233.40	479.03	172.13	54.67
% of Calories								*7.6%	*4.9%	21.8%	44.8%	36.2%	11.5%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Mon - 05/11/2026													
Rockwood High Lunch	Total												
Mozzarella Sticks Breaded	6 sticks	310	15	540	3.00	1.70	520.0	3.00	*0.00	20.0	32.0	11.0	3.50
Marinara Cup	1 each	40	0	200	2.00	0.00	19.0	4.00	*1.00	1.0	7.0	1.0	0.00
Fish Sandwich	Sandwich	330	45	510	3.00	2.80	50.0	5.00	*4.00	22.0	46.0	8.5	1.00
Fish & Cheddar Sandwich	Sandwich	380	57	640	3.00	2.80	130.0	5.50	*4.00	24.5	47.0	13.0	3.50
Carrots, Italian Roasted	1/2 CUP	122	3	218	2.68	0.85	56.1	*4.33	*0.00	1.51	8.14	9.92	1.70
Chicken Spicy Breaded Sandwich	4 oz fillet	370	40	780	3.00	2.78	70.0	4.00	*4.00	24.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Weighted Daily Average		4237	428	7123	45.69	29.55	2002.1	*93.83	*60.00	238.50	480.13	169.42	50.20
% of Calories								*8.9%	*5.7%	22.5%	45.3%	36.0%	10.7%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

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Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/12/2026													
Rockwood High Lunch	Total												
Mandarin Orange Chx Rice Bowl	#8 scoop	391	39	481	1.18	2.87	59.9	10.85	*10.63	15.57	72.54	3.58	0.68
Pizza Buffalo Chicken Nardone	Slice	300	45	570	2.00	1.70	327.0	3.00	*0.50	18.0	26.0	13.0	6.00
Broccoli, Roast/Steamed	1/2 Cup	26	0	22	2.76	0.55	46.3	*N/A*	*N/A*	2.81	4.86	0.1	0.02
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.70	69.0	4.00	*4.00	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Weighted Daily Average		3742	411	6017	37.94	26.44	1659.2	*85.85	*62.13	208.88	441.40	138.68	46.20
% of Calories								*9.2%	*6.6%	22.3%	47.2%	33.4%	11.1%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/13/2026													
Rockwood High Lunch	Total												
Chicken Tenders Gold Creek	3 tenders	220	65	460	2.00	2.00	21.0	0.00	*0.00	22.0	14.0	7.0	1.50
Biscuit	Biscuit	220	0	320	1.00	2.00	120.0	3.00	*2.00	4.0	29.0	9.0	4.00
Pizza Big Daddy's 4 Cheese	1 each	360	35	490	3.00	2.10	441.0	9.00	*2.00	21.0	35.0	16.0	7.00
Pizza Big Daddy Turk Pepperoni	1 each	360	45	570	3.00	2.20	370.0	8.00	*2.00	21.0	32.0	17.0	8.00
French Fries, Seasoned Crinkle	1/2 cup	103	0	175	0.00	0.31	10.3	0.00	*0.00	1.03	15.44	3.09	0.00
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	5.00	*4.00	28.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Weighted Daily Average		4338	463	6920	41.00	30.37	2179.3	93.00	*57.00	242.53	465.45	178.09	61.00
% of Calories								8.6%	*5.3%	22.4%	42.9%	36.9%	12.7%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

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

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

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# Rockwood School District

May 1, 2026 thru May 22, 2026

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/14/2026													
Rockwood High Lunch	Total												
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3.00	*N/A*	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3.00	*N/A*	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3.00	*N/A*	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2.00	*N/A*	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2.00	*N/A*	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2.00	*N/A*	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5.00	*N/A*	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5.00	*N/A*	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5.00	*N/A*	16.0	39.0	19.0	9.00
Chicken Drumsticks Gold Creek	2 Drumstick	460	150	980	2.00	2.00	46.0	0.00	*0.00	32.0	22.0	28.0	7.00
Garlic Knot	Roll	170	0	170	3.00	2.00	10.0	3.00	*2.00	5.0	27.0	6.0	1.50
French Fries, Seasoned Spirals	1/2 cup	100	0	190	1.00	0.30	10.0	0.00	*0.00	1.0	17.0	3.0	0.00
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.70	69.0	4.00	*4.00	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Weighted Daily Average		7015	878	13835	56.00	49.62	3789.0	105.00	*53.00	354.50	734.00	305.00	122.00
% of Calories								6.0%	*3.0%	20.2%	41.9%	39.1%	15.7%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

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

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# Rockwood School District

May 1, 2026 thru May 22, 2026

## Base Menu Spreadsheet

Rockwood High Lunch

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/15/2026													
Rockwood High Lunch	Total												
Ravioli, Toasted Cheese WG	7 pieces	360	5	730	7.00	4.00	150.0	5.00	*1.00	19.0	64.0	4.0	1.50
Marinara Cup	1 each	40	0	200	2.00	0.00	19.0	4.00	*1.00	1.0	7.0	1.0	0.00
BBQ Pulled Pork Sand Brookwood	#12 scoop	271	35	548	2.00	1.70	57.0	7.50	*5.00	18.0	33.75	8.5	2.50
Corn, frozen steamed	1/2 cup	93	0	41	2.01	0.00	1.0	7.04	*N/A*	3.02	15.6	2.01	0.00
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
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	5.00	*4.00	28.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Weighted Daily Average		3980	358	6795	50.03	29.26	1484.2	108.58	*58.00	219.53	490.45	141.51	44.50
% of Calories								10.9%	*5.8%	22.1%	49.3%	32.0%	10.1%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Mon - 05/18/2026													
Rockwood High Lunch	Total												
Bosco Breadsticks	2 breadstick	424	31	559	4.00	4.01	430.9	4.00	*2.00	24.3	50.14	12.29	6.16
Marinara Cup	1 each	40	0	200	2.00	0.00	19.0	4.00	*1.00	1.0	7.0	1.0	0.00
Pork Rib BBQ Sandwich	Sandwich	320	40	640	3.00	2.70	52.0	9.00	*4.00	21.0	36.0	11.5	3.50
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
Chicken Spicy Breaded Sandwich	4 oz fillet	370	40	780	3.00	2.78	70.0	4.00	*4.00	24.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Weighted Daily Average		3908	378	6525	45.53	29.41	1751.2	*89.18	*58.00	220.07	446.00	151.02	50.20
% of Calories								*9.1%	*5.9%	22.5%	45.6%	34.8%	11.6%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

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Rockwood School District

May 1, 2026 thru May 22, 2026

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/19/2026													
Rockwood High Lunch	Total												
Cajun Chicken Alfredo w/Penne	3/4 cup	345	53	811	0.00	1.33	414.3	8.36	*0.00	22.97	32.72	12.77	7.33
Garlic Toast Mini WG Baker Boy	piece	80	0	95	1.00	0.72	5.0	0.00	*0.00	2.0	12.0	2.5	0.50
Manager's Choice	1 each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Broccoli, Roast/Steamed	1/2 Cup	26	0	22	2.76	0.55	46.3	*N/A*	*N/A*	2.81	4.86	0.1	0.02
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.70	69.0	4.00	*4.00	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Weighted Daily Average		3475	381	5873	35.76	23.93	1691.6	*80.36	*51.00	200.29	387.58	137.37	47.35
% of Calories								*9.2%	*5.9%	23.1%	44.6%	35.6%	12.3%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Wed - 05/20/2026													
Rockwood High Lunch	Total												
Chicken Popcorn Smackers	10 pieces	270	70	480	3.00	1.44	20.0	0.00	*0.00	19.0	19.0	13.0	3.00
Chicken Tenders Gold Creek	3 tenders	220	65	460	2.00	2.00	21.0	0.00	*0.00	22.0	14.0	7.0	1.50
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
Breadstick, WG 5" BakeCrafters	breadstick	70	0	65	1.00	0.70	10.0	0.50	*0.50	2.0	13.0	1.0	0.00
Pizza Buffalo Chicken Nardone	Slice	300	45	570	2.00	1.70	327.0	3.00	*0.50	18.0	26.0	13.0	6.00
Pizza Big Daddy's 4 Cheese	1 each	360	35	490	3.00	2.10	441.0	9.00	*2.00	21.0	35.0	16.0	7.00
Pizza Big Daddy Turk Pepperoni	1 each	360	45	570	3.00	2.20	370.0	8.00	*2.00	21.0	32.0	17.0	8.00
Pizza, Alpha Pepperoni Skinny	slice	370	35	580	3.00	2.00	450.0	3.00	*0.00	20.0	31.0	18.0	8.00
Pizza, Alpha Cheese Skinny	Slice	340	30	540	3.00	2.00	500.0	3.00	*0.00	20.0	31.0	15.0	6.00
Pizza, 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
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	5.00	*4.00	28.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00

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Rockwood School District

May 1, 2026 thru May 22, 2026

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		6215	707	9995	58.00	40.22	4311.0	103.50	*56.00	362.50	629.00	258.50	94.50
% of Calories								6.7%	*3.6%	23.3%	40.5%	37.4%	13.7%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Thu - 05/21/2026													
Rockwood High Lunch	Total												
Manager's Choice	1 each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.70	69.0	4.00	*4.00	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Weighted Daily Average		3025	327	4945	32.00	21.32	1226.0	72.00	*51.00	172.50	338.00	122.00	39.50
% of Calories								9.5%	*6.7%	22.8%	44.7%	36.3%	11.8%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Fri - 05/22/2026													
Rockwood High Lunch	Total												
Manager's Choice	1 each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	5.00	*4.00	28.0	45.0	12.5	2.00
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.70	69.0	4.00	*4.00	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Weighted Daily Average		2865	322	4465	26.00	19.76	1120.0	67.00	*46.00	154.50	306.00	124.50	40.50
% of Calories								9.4%	*6.4%	21.6%	42.7%	39.1%	12.7%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Weighted Average		4413	473	7566	45.06	*31.15	*2232.1	*89.05	*54.80	242.98	484.15	179.46	62.67
								*18.2%	*11.2%	22.0%	43.9%	36.6%	12.8%

\*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

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# Rockwood School District

May 1, 2026 thru May 22, 2026

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	4413		750 - 850	519%			3563	Correction Required - Calories too High
Cholesterol (mg)	473							
Sodium 1a (mg)	7566		1280	591%			6286	Correction Required - Sodium too High
Fiber (g)	45.06							
Iron (mg)	31.15		4.50	692%	Missing			
Calcium (mg)	2232.1		400.00	558%	Missing			
Total Sugars (g)	89.05	8.07%			Missing			
Added Sugars (g)	54.80	4.97%			Missing			
Protein (g)	242.98	22.03%	15.00	1620%	Missing			
Carbohydrate (g)	484.15	43.89%						
Total Fat (g)	179.46	36.60%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	62.67	12.78%	<10.00%					Correction Required - Sat. Fat too High

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