

Rockwood School District

May 1, 2026 thru May 22, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 1

Generated on: 4/8/2026 10:48:45 AM

	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 - 05/01/2026													
Rockwood Elementary 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
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
Apricots, Canned Diced	1/2 cup	62	0	3	2.00	0.38	13.0	13.86	*7.56	0.76	15.76	0.14	0.00
Pancakes Mini Confetti Eggo	Pouch	200	0	210	6.00	3.60	40.0	11.00	*11.00	4.0	36.0	6.0	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3548	411	4250	35.88	*22.37	*3117.7	202.06	*84.54	167.94	430.74	136.77	41.58
% of Calories								22.8%	*9.5%	18.9%	48.6%	34.7%	10.5%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Rockwood School District

May 1, 2026 thru May 22, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/04/2026													
Rockwood Elementary Lunch	Total												
Fish Sea Shapes High LIner	4 pieces	260	20	480	5.00	2.60	40.0	3.00	*2.00	16.0	29.0	10.0	1.50
Breadstick, WG 5" BakeCrafters	breadstick	70	0	65	1.00	0.70	10.0	0.50	*0.50	2.0	13.0	1.0	0.00
Potato Smiles	4 smiles	130	0	180	2.00	0.40	10.0	0.00	*0.00	2.0	20.0	4.5	0.50
Whole Fruit 100% Juice Icy	4.4 oz cup	70	0	5	3.00	0.36	80.0	15.50	*0.00	0.0	19.5	0.0	0.00
Soft Pretzel	1 each	150	0	140	3.00	1.80	10.0	0.00	*0.00	5.0	30.0	1.0	0.00
Cheddar Cheese Sauce	3 oz	137	27	398	0.00	0.00	222.2	0.00	*0.00	6.86	4.12	9.6	6.17
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3741	438	4674	34.83	*21.92	*3085.7	187.63	*68.48	171.00	447.10	146.22	43.75
% of Calories								20.1%	*7.3%	18.3%	47.8%	35.2%	10.5%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Rockwood School District

May 1, 2026 thru May 22, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/05/2026													
Rockwood Elementary Lunch	Total												
Taco Soft Shell	1 Each	324	58	463	3.41	*2.49	*58.1	2.41	*0.00	21.03	22.51	16.65	8.22
Fiesta Black Beans	1/2 CUP	113	0	481	4.10	1.84	41.0	2.05	*N/A*	5.12	20.48	1.02	0.00
Cherries, Dried, Cherry Centra	Package	130	0	0	1.00	1.00	12.0	27.00	*10.00	1.0	31.0	0.0	0.00
Churro, Apple Filled IW	Churro	150	0	70	1.00	1.00	10.0	8.00	*8.00	2.0	25.0	5.0	1.00
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
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	*7.00	2.0	21.0	4.0	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		4352	449	5393	44.33	*36.68	*3321.7	*250.11	*120.98	183.44	572.35	157.77	46.15
% of Calories								*23.0%	*11.1%	16.9%	52.6%	32.6%	9.5%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Rockwood School District

May 1, 2026 thru May 22, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/06/2026													
Rockwood Elementary 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 Sauce	1/4 Cup	30	0	70	1.00	0.50	14.0	4.00	2.00	1.0	6.0	0.5	0.00
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
Bananarama	1/2 cup	80	0	1	2.12	0.22	7.0	10.18	*1.00	0.83	18.39	1.25	1.09
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	1 Each	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Goldfish Pretzels	package	90	0	200	1.00	0.72	10.0	0.00	0.00	2.0	16.0	1.5	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		4239	553	4787	37.95	*23.82	*3446.2	*251.81	*131.98	178.62	532.80	162.24	48.94
% of Calories								*23.8%	*12.5%	16.9%	50.3%	34.4%	10.4%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Rockwood School District

May 1, 2026 thru May 22, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/07/2026													
Rockwood Elementary Lunch	Total												
Chicken and Waffle Elem	2 strips/1 wa	232	46	412	3.33	3.13	144.0	2.50	*2.50	16.66	23.33	7.17	1.75
Sweet Potato Battered Seasoned	3 oz	173	0	205	1.08	0.54	32.4	7.55	*0.00	1.08	26.97	7.55	1.08
Apples, Cinnamon, Canned	1/2 cup	55	0	2	1.53	0.16	4.8	*1.07	*1.07	0.21	14.76	0.06	0.00
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3643	442	4280	30.77	*21.79	*3154.7	*188.75	*77.55	162.09	435.55	144.39	39.91
% of Calories								*20.7%	*8.5%	17.8%	47.8%	35.7%	9.9%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Rockwood School District

May 1, 2026 thru May 22, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/08/2026													
Rockwood Elementary Lunch	Total												
Pizza, 4x6 Cheese Nardone	piece	310	40	470	3.00	1.70	433.0	5.00	*1.00	18.0	29.0	14.0	7.00
Pizza, 4x6 Cheese w/Pepperoni	piece	322	45	534	3.00	1.84	433.0	5.19	*1.19	19.17	29.19	14.58	7.19
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
Orange Wedges	Whole Oran	69	0	1	3.08	0.18	60.2	11.90	0.00	1.27	17.56	0.21	0.02
Pancakes Mini Confetti Eggo	Pouch	200	0	210	6.00	3.60	40.0	11.00	*11.00	4.0	36.0	6.0	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3926	476	4692	38.95	*23.91	*3680.9	206.29	*79.17	184.62	466.73	156.42	50.80
% of Calories								21.0%	*8.1%	18.8%	47.5%	35.9%	11.6%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Rockwood School District

May 1, 2026 thru May 22, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/11/2026													
Rockwood Elementary Lunch	Total												
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
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
Pears, Canned Extra Lt Syrup	1/2 CUP	61	0	5	2.02	0.00	0.0	12.11	*N/A*	0.0	16.15	0.0	0.00
Soft Pretzel	1 each	150	0	140	3.00	1.80	10.0	0.00	*0.00	5.0	30.0	1.0	0.00
Cheddar Cheese Sauce	3 oz	137	27	398	0.00	0.00	222.2	0.00	*0.00	6.86	4.12	9.6	6.17
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3686	479	4809	33.08	*21.58	*3069.9	*189.79	*71.63	180.19	428.49	145.21	45.29
% of Calories								*20.6%	*7.8%	19.6%	46.5%	35.5%	11.1%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Rockwood School District

May 1, 2026 thru May 22, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/12/2026													
Rockwood Elementary Lunch	Total												
Cavatappi, Three Cheese	6 oz by weig	332	48	589	2.05	1.03	392.8	4.10	*0.00	16.41	28.72	16.41	9.33
Breadstick, WG 5" BakeCrafters	breadstick	70	0	65	1.00	0.70	10.0	0.50	*0.50	2.0	13.0	1.0	0.00
Broccoli, Roast/Steamed	1/2 Cup	26	0	22	2.76	0.55	46.3	*N/A*	*N/A*	2.81	4.86	0.1	0.02
Blueberries, Frozen	1/2 Cup	40	0	1	2.20	0.14	6.0	*N/A*	*N/A*	0.32	9.5	0.5	0.04
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	*7.00	2.0	21.0	4.0	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		4052	439	4858	40.84	*31.18	*3622.7	*212.23	*103.48	173.68	523.57	150.62	45.97
% of Calories								*21.0%	*10.2%	17.1%	51.7%	33.5%	10.2%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Rockwood School District

May 1, 2026 thru May 22, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/13/2026													
Rockwood Elementary Lunch	Total												
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3.00	*N/A*	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3.00	*N/A*	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3.00	*N/A*	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2.00	*N/A*	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2.00	*N/A*	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2.00	*N/A*	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5.00	*N/A*	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5.00	*N/A*	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5.00	*N/A*	16.0	39.0	19.0	9.00
Carrots, Canned, Butterbuds	1/2 cup	40	0	342	2.02	0.00	42.2	4.06	*N/A*	0.0	8.85	0.0	0.00
Mixed Fruit, Cocktail	1/2 CUP	60	0	5	0.99	0.00	0.0	11.92	*N/A*	0.0	14.9	0.0	0.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	1 Each	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Goldfish Pretzels	package	90	0	200	1.00	0.72	10.0	0.00	0.00	2.0	16.0	1.5	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		7124	936	12019	50.84	*44.98	*5392.7	280.61	*128.98	298.14	826.24	291.61	117.58
% of Calories								15.8%	*7.2%	16.7%	46.4%	36.8%	14.9%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Rockwood School District

May 1, 2026 thru May 22, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/14/2026													
Rockwood Elementary Lunch	Total												
Chicken Drumstick Gold Creek	Drumstick	230	75	490	1.00	1.00	23.0	0.00	*0.00	16.0	11.0	14.0	3.50
Biscuit	Biscuit	220	0	320	1.00	2.00	120.0	3.00	*2.00	4.0	29.0	9.0	4.00
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
STRAWBERRIES,FRESH	1/2 Cup	23	0	1	1.44	0.30	11.5	3.52	0.00	0.48	5.53	0.22	0.01
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3749	471	4824	29.27	*21.55	*3141.8	185.15	*75.98	164.62	433.37	154.33	44.59
% of Calories								19.8%	*8.1%	17.6%	46.2%	37.1%	10.7%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Rockwood School District

May 1, 2026 thru May 22, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/15/2026													
Rockwood Elementary Lunch	Total												
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
Baked Beans BBQ Bush's	1/2 Cup	165	0	478	4.82	1.77	42.1	*14.65	*N/A*	4.83	36.47	0.0	0.00
Grapes, Fresh Seedless	1/2 CUP	52	0	2	0.68	0.27	7.6	11.69	0.00	0.54	13.67	0.12	0.04
Cookie, Choc Chip WG David's	cookie	100	5	85	1.00	1.08	8.0	9.00	*9.00	1.0	18.0	3.5	1.00
Pancakes Mini Confetti Eggo	Pouch	200	0	210	6.00	3.60	40.0	11.00	*11.00	4.0	36.0	6.0	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3712	431	4729	35.33	*24.48	*2868.2	*222.47	*90.98	167.51	469.38	138.24	40.12
% of Calories								*24.0%	*9.8%	18.0%	50.6%	33.5%	9.7%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Rockwood School District

May 1, 2026 thru May 22, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/18/2026													
Rockwood Elementary Lunch	Total												
Pizza, Wild Mike Cheese 10-Cut	slice	390	35	520	1.00	2.00	404.0	6.00	*0.00	19.0	37.0	15.0	7.00
Pizza, Wild Mike Pepperoni	slice	400	40	610	1.00	2.00	353.0	6.00	*0.00	19.0	36.0	17.0	7.00
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
Blueberries, Frozen	1/2 Cup	40	0	1	2.20	0.14	6.0	*N/A*	*N/A*	0.32	9.5	0.5	0.04
Soft Pretzel	1 each	150	0	140	3.00	1.80	10.0	0.00	*0.00	5.0	30.0	1.0	0.00
Cheddar Cheese Sauce	3 oz	137	27	398	0.00	0.00	222.2	0.00	*0.00	6.86	4.12	9.6	6.17
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		4110	493	5186	32.55	*23.31	*3731.1	*180.81	*65.98	193.59	460.96	163.45	55.83
% of Calories								*17.6%	*6.4%	18.8%	44.9%	35.8%	12.2%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Rockwood School District

May 1, 2026 thru May 22, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/19/2026													
Rockwood Elementary Lunch	Total												
French Toast Sticks, Cinn Glzd	3 stick	210	105	300	2.00	1.80	40.0	8.00	*8.00	8.0	28.0	7.0	2.50
Sausage, Link Pork Jones	2 links	260	40	180	0.00	0.72	0.0	0.00	*0.00	8.0	0.0	26.0	8.00
Sweet Potato Battered Seasoned	3 oz	173	0	205	1.08	0.54	32.4	7.55	*0.00	1.08	26.97	7.55	1.08
Apricots, Canned Diced	1/2 cup	62	0	3	2.00	0.38	13.0	13.86	*7.56	0.76	15.76	0.14	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	*7.00	2.0	21.0	4.0	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		4288	536	4869	37.91	*32.20	*3252.9	237.04	*118.54	169.97	538.22	173.30	48.16
% of Calories								22.1%	*11.1%	15.9%	50.2%	36.4%	10.1%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Rockwood School District

May 1, 2026 thru May 22, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/20/2026													
Rockwood Elementary Lunch	Total												
Chicken Popcorn Smackers	10 pieces	270	70	480	3.00	1.44	20.0	0.00	*0.00	19.0	19.0	13.0	3.00
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
Chicken Drumstick Gold Creek	Drumstick	230	75	490	1.00	1.00	23.0	0.00	*0.00	16.0	11.0	14.0	3.50
Chicken Star Nuggets	4 nuggets	180	30	590	3.00	1.80	20.0	2.00	*N/A*	13.0	16.0	7.0	1.50
Breadstick, WG 5" BakeCrafters	breadstick	70	0	65	1.00	0.70	10.0	0.50	*0.50	2.0	13.0	1.0	0.00
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
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	1 Each	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Goldfish Pretzels	package	90	0	200	1.00	0.72	10.0	0.00	0.00	2.0	16.0	1.5	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		4814	776	6302	40.83	*28.64	*2952.5	237.13	*129.48	228.14	557.49	190.11	53.58
% of Calories								19.7%	*10.8%	19.0%	46.3%	35.5%	10.0%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Rockwood School District

May 1, 2026 thru May 22, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/21/2026													
Rockwood Elementary 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*
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3184	396	3662	24.83	*17.96	*2973.5	177.63	*73.98	144.14	370.49	129.62	37.08
% of Calories								22.3%	*9.3%	18.1%	46.5%	36.6%	10.5%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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

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

Rockwood School District

May 1, 2026 thru May 22, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/22/2026													
Rockwood Elementary 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*
Pancakes Mini Confetti Eggo	Pouch	200	0	210	6.00	3.60	40.0	11.00	*11.00	4.0	36.0	6.0	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Turkey on Whole Grain Elem	Sandwich	270	45	610	2.00	2.00	60.0	4.00	*4.00	23.0	30.0	6.5	1.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
Juice Apple	serving	15	0	1	0.00	0.00	0.0	3.00	*0.00	0.0	3.5	0.0	0.00
Juice Grape	serving	20	0	2	0.00	0.00	0.0	4.50	*0.00	0.0	4.75	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5	120	0.00	0.00	300.0	11.00	0.00	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10	190	0.00	0.36	200.0	18.00	6.00	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10	105	0.00	0.00	250.0	22.00	9.00	8.0	22.0	2.5	1.50
Weighted Daily Average		3124	391	3617	26.83	*19.66	*2753.5	179.63	*76.98	143.14	367.49	126.12	36.58
% of Calories								23.0%	*9.9%	18.3%	47.1%	36.3%	10.5%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

Weighted Average		4081	507	5184	35.94	*26.00	*3347.9	*211.82 *46.7%	*93.67 *20.7%	181.93 17.8%	491.31 48.2%	160.40 35.4%	49.74 11.0%
------------------	--	------	-----	------	-------	--------	---------	-------------------	------------------	-----------------	-----------------	-----------------	----------------

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

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

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

Rockwood School District

May 1, 2026 thru May 22, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Nutrient	Menu AVG	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)	Error Messages (if any)
Calories	4081		550 - 650	628%					3431						Correction Required - Calories too High
Cholesterol (mg)	507														
Sodium 1a (mg)	5184		1110	467%					4074						Correction Required - Sodium too High
Fiber (g)	35.94														
Iron (mg)	26.00		3.30	788%	Missing										
Calcium (mg)	3347.9		267.00	1254%	Missing										
Total Sugars (g)	211.82	20.76%			Missing										
Added Sugars (g)	93.67	9.18%			Missing										
Protein (g)	181.93	17.83%	8.65	2103%	Missing										
Carbohydrate (g)	491.31	48.16%													
Total Fat (g)	160.40	35.38%	<=30.00%												Correction Required - Total Fat too High
Saturated Fat (g)	49.74	10.97%	<10.00%												Correction Required - Sat. Fat too High

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

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

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