

# Rockwood School District

May 1, 2026 thru May 22, 2026

## Base Menu Spreadsheet

Rockwood Middle Breakfast

### 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 - 05/01/2026													
Rockwood Middle Breakfast	Total												
Donut, Long John	Donut	253	0	280	3.00	1.44	16.0	13.33	*12.33	6.0	37.67	9.0	3.50
Cinnamon Roll	1 each	241	5	210	1.00	1.81	20.3	20.85	*0.50	5.0	49.11	3.5	1.00
Biscuit, Sausage Egg & Cheese	Sandwich	550	158	735	1.00	10.28	221.0	3.50	*2.00	16.5	30.0	39.0	14.50
Biscuit, Egg and Cheese	Sandwich	320	113	575	1.00	9.56	221.0	3.50	*2.00	9.5	30.0	17.0	7.50
Bagel, White WG	bagel	140	0	170	4.00	1.40	30.0	5.00	*5.00	7.0	29.0	1.0	0.00
Bagel, Blueberry WG Toasted	bagel	170	0	170	4.00	1.40	35.0	7.00	*6.00	7.0	32.0	1.5	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	*N/A*	1.0	2.0	7.0	4.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Donut Holes Cup, Blueberry	1 cup	270	0	220	2.00	1.00	37.0	21.00	*20.00	4.0	41.0	10.0	4.00
Donut Holes Cup, Powdered	1 Cup	280	0	230	2.00	1.00	37.0	20.00	*19.00	4.0	42.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	8.00	3.0	29.0	3.5	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
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 Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	12.00	*12.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	*N/A*	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
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
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	Muffin	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
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	120	2.00	0.72	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	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
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
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

\*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 Middle Breakfast

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 - 05/01/2026													
Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
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
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 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
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
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% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	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
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
Weighted Daily Average		8710	771	9123	94.32	83.39	*4517.1	527.91	*380.74	217.74	1312.6	305.92	101.54
% of Calories								24.2%	*17.5%	10.0%	60.3%	31.6%	10.5%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=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 Middle Breakfast

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 Middle Breakfast	Total												
Breakfast Pizza, Turkey Sausag	pizza	210	21	360	2.00	1.50	180.0	3.00	*0.50	12.0	21.0	8.0	3.50
Breakfast Pizza Bagel Sausage	Pizza Bagel	240	60	450	3.00	1.50	169.0	3.00	*2.00	12.0	31.0	7.0	3.00
Waffle, Liege Vanilla IW	Waffle	260	0	220	3.00	2.20	0.0	8.00	*7.00	5.0	34.0	12.0	4.50
Biscuit, Sausage Egg & Cheese	Sandwich	550	158	735	1.00	10.28	221.0	3.50	*2.00	16.5	30.0	39.0	14.50
Biscuit, Egg and Cheese	Sandwich	320	113	575	1.00	9.56	221.0	3.50	*2.00	9.5	30.0	17.0	7.50
Bagel, White WG	bagel	140	0	170	4.00	1.40	30.0	5.00	*5.00	7.0	29.0	1.0	0.00
Bagel, Blueberry WG Toasted	bagel	170	0	170	4.00	1.40	35.0	7.00	*6.00	7.0	32.0	1.5	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	*N/A*	1.0	2.0	7.0	4.00
Crescent,Choc Filled Pillsbury	Package	240	0	280	3.00	2.00	40.0	11.00	*9.00	6.0	38.0	8.0	1.50
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Donut Holes Cup, Blueberry	1 cup	270	0	220	2.00	1.00	37.0	21.00	*20.00	4.0	41.0	10.0	4.00
Donut Holes Cup, Powdered	1 Cup	280	0	230	2.00	1.00	37.0	20.00	*19.00	4.0	42.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	8.00	3.0	29.0	3.5	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, 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
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	12.00	*12.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	*N/A*	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
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
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	Muffin	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
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	120	2.00	0.72	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	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
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00

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Mon - 05/04/2026														
	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
	Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63
	Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
	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
	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 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
	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
	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% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	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
	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
	Weighted Daily Average		9165	847	9943	101.32	87.35	*4869.8	518.72	*386.41	241.74	1349.9	328.42	109.54
	% of Calories								22.6%	*16.9%	10.6%	58.9%	32.2%	10.8%
	Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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Tue - 05/05/2026													
Rockwood Middle Breakfast	Total												
French Tst Cinn Glz w/ Sausage	3 stick/2 link	470	145	480	2.00	2.52	40.0	8.00	*8.00	16.0	28.0	33.0	10.50
Syrup, Pancake 1.5 oz	1.5 oz	120	0	40	0.00	0.00	0.0	17.00	*N/A*	0.0	31.0	0.0	0.00
Breakfast Burrito Chorizo	Burrito	293	249	563	2.00	*2.53	*91.0	1.73	*0.00	20.94	21.9	13.47	5.59
Salsa Cup, Red Gold 3oz	3 oz cup	25	0	195	1.00	1.00	16.0	3.00	*0.00	1.0	5.0	0.0	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
Bacon Egg & Cheese Croissant	1 each	291	119	664	2.00	8.63	182.0	3.68	*3.18	12.26	30.18	14.41	5.85
Egg & Cheese Croissant	1 each	270	113	555	2.00	8.56	182.0	3.50	*3.00	10.5	30.0	13.0	5.50
Bagel, White WG	bagel	140	0	170	4.00	1.40	30.0	5.00	*5.00	7.0	29.0	1.0	0.00
Bagel, Blueberry WG Toasted	bagel	170	0	170	4.00	1.40	35.0	7.00	*6.00	7.0	32.0	1.5	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	*N/A*	1.0	2.0	7.0	4.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Donut Holes Cup, Blueberry	1 cup	270	0	220	2.00	1.00	37.0	21.00	*20.00	4.0	41.0	10.0	4.00
Donut Holes Cup, Powdered	1 Cup	280	0	230	2.00	1.00	37.0	20.00	*19.00	4.0	42.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	8.00	3.0	29.0	3.5	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
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 Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	12.00	*12.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	*N/A*	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
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
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	Muffin	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
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	120	2.00	0.72	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	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
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00

\*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 Middle Breakfast

Portion Values - Detailed

Page 7

Generated on: 4/8/2026 10:49:24 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)
Tue - 05/05/2026													
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
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
Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
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
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 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
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
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% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	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
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
Weighted Daily Average		9014	1121	10030	103.32	*87.14	*4589.9	534.64	*389.08	245.45	1347.9	317.31	103.49
% of Calories								23.7%	*17.3%	10.9%	59.8%	31.7%	10.3%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=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 Middle Breakfast

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 Middle Breakfast	Total												
Smoothie Fruit & Yogurt	1 each	169	6	91	2.00	*0.09	*200.1	21.04	*9.17	5.67	29.87	2.48	2.19
Yogurt Parfait (secondary)	1 each	209	7	150	2.00	*0.43	*336.0	*23.50	*12.00	9.27	40.56	0.0	0.00
Granola, Vanilla IW GF	2 oz pkg	220	0	90	4.00	1.44	0.0	8.00	*6.00	4.0	32.0	8.0	0.00
Dutch Waffle	Waffle	334	15	330	3.00	1.80	40.0	13.02	*12.02	4.0	39.04	19.0	3.00
Chicken Biscuit	1 each	320	30	550	2.00	3.00	129.0	3.00	*2.00	14.0	35.0	12.5	4.50
Bagel, White WG	bagel	140	0	170	4.00	1.40	30.0	5.00	*5.00	7.0	29.0	1.0	0.00
Bagel, Blueberry WG Toasted	bagel	170	0	170	4.00	1.40	35.0	7.00	*6.00	7.0	32.0	1.5	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	*N/A*	1.0	2.0	7.0	4.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Donut Holes Cup, Blueberry	1 cup	270	0	220	2.00	1.00	37.0	21.00	*20.00	4.0	41.0	10.0	4.00
Donut Holes Cup, Powdered	1 Cup	280	0	230	2.00	1.00	37.0	20.00	*19.00	4.0	42.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	8.00	3.0	29.0	3.5	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
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 Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	12.00	*12.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	*N/A*	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
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
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	Muffin	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
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	120	2.00	0.72	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	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
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
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

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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 Middle Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/06/2026													
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
Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
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
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 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
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
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% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	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
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
Weighted Daily Average		8598	554	8533	101.32	*67.07	*4743.9	*555.28	*405.09	217.68	1342.3	279.40	84.73
% of Calories								*25.8%	*18.8%	10.1%	62.4%	29.2%	8.9%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=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 Middle Breakfast

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 Middle Breakfast	Total												
Breakfast Bowl w/Chicken	bowl	361	198	758	3.51	*1.08	*48.4	0.00	*0.00	18.26	28.52	19.54	4.67
Pancake Whole Grain (2)	2 pancakes	126	6	254	2.00	1.08	20.0	6.00	*N/A*	4.0	24.0	2.0	0.00
Waffles Bakecrafters	2 Waffles	160	2	230	2.00	1.44	127.0	4.00	*2.00	4.0	24.0	6.0	0.00
Sausage, Link Pork Jones	2 links	260	40	180	0.00	0.72	0.0	0.00	*0.00	8.0	0.0	26.0	8.00
Syrup, Pancake 1.5 oz	1.5 oz	120	0	40	0.00	0.00	0.0	17.00	*N/A*	0.0	31.0	0.0	0.00
Mini Cinnis Pillsbury	1 Each	230	0	280	3.00	2.00	30.0	14.00	*13.00	5.0	41.0	7.0	2.00
Bacon Egg & Cheese Croissant	1 each	291	119	664	2.00	8.63	182.0	3.68	*3.18	12.26	30.18	14.41	5.85
Egg & Cheese Croissant	1 each	270	113	555	2.00	8.56	182.0	3.50	*3.00	10.5	30.0	13.0	5.50
Bagel, White WG	bagel	140	0	170	4.00	1.40	30.0	5.00	*5.00	7.0	29.0	1.0	0.00
Bagel, Blueberry WG Toasted	bagel	170	0	170	4.00	1.40	35.0	7.00	*6.00	7.0	32.0	1.5	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	*N/A*	1.0	2.0	7.0	4.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Donut Holes Cup, Blueberry	1 cup	270	0	220	2.00	1.00	37.0	21.00	*20.00	4.0	41.0	10.0	4.00
Donut Holes Cup, Powdered	1 Cup	280	0	230	2.00	1.00	37.0	20.00	*19.00	4.0	42.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	8.00	3.0	29.0	3.5	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
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 Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	12.00	*12.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	*N/A*	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
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
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	Muffin	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
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	120	2.00	0.72	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	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

\*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 Middle Breakfast

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 - 05/07/2026													
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
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
Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
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
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 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
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
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% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	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
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
Weighted Daily Average		9163	974	10284	102.83	*83.82	*4628.2	534.90	*385.08	242.77	1374.5	325.37	101.06
% of Calories								23.3%	*16.8%	10.6%	60.0%	32.0%	9.9%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=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 Middle Breakfast

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 Middle Breakfast	Total												
Donut, Long John	Donut	253	0	280	3.00	1.44	16.0	13.33	*12.33	6.0	37.67	9.0	3.50
Cinnamon Roll	1 each	241	5	210	1.00	1.81	20.3	20.85	*0.50	5.0	49.11	3.5	1.00
Biscuit, Sausage Egg & Cheese	Sandwich	550	158	735	1.00	10.28	221.0	3.50	*2.00	16.5	30.0	39.0	14.50
Biscuit, Egg and Cheese	Sandwich	320	113	575	1.00	9.56	221.0	3.50	*2.00	9.5	30.0	17.0	7.50
Bagel, White WG	bagel	140	0	170	4.00	1.40	30.0	5.00	*5.00	7.0	29.0	1.0	0.00
Bagel, Blueberry WG Toasted	bagel	170	0	170	4.00	1.40	35.0	7.00	*6.00	7.0	32.0	1.5	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	*N/A*	1.0	2.0	7.0	4.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Donut Holes Cup, Blueberry	1 cup	270	0	220	2.00	1.00	37.0	21.00	*20.00	4.0	41.0	10.0	4.00
Donut Holes Cup, Powdered	1 Cup	280	0	230	2.00	1.00	37.0	20.00	*19.00	4.0	42.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	8.00	3.0	29.0	3.5	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
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 Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	12.00	*12.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	*N/A*	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
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
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	Muffin	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
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	120	2.00	0.72	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	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
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
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

\*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 Middle Breakfast

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													
Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
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
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 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
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
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% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	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
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
Weighted Daily Average		8710	771	9123	94.32	83.39	*4517.1	527.91	*380.74	217.74	1312.6	305.92	101.54
% of Calories								24.2%	*17.5%	10.0%	60.3%	31.6%	10.5%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=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 Middle Breakfast

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 Middle Breakfast	Total												
Breakfast Pizza, Turkey Sausag	pizza	210	21	360	2.00	1.50	180.0	3.00	*0.50	12.0	21.0	8.0	3.50
Breakfast Pizza Bagel Sausage	Pizza Bagel	240	60	450	3.00	1.50	169.0	3.00	*2.00	12.0	31.0	7.0	3.00
Waffle, Liege Vanilla IW	Waffle	260	0	220	3.00	2.20	0.0	8.00	*7.00	5.0	34.0	12.0	4.50
Biscuit, Sausage Egg & Cheese	Sandwich	550	158	735	1.00	10.28	221.0	3.50	*2.00	16.5	30.0	39.0	14.50
Biscuit, Egg and Cheese	Sandwich	320	113	575	1.00	9.56	221.0	3.50	*2.00	9.5	30.0	17.0	7.50
Bagel, White WG	bagel	140	0	170	4.00	1.40	30.0	5.00	*5.00	7.0	29.0	1.0	0.00
Bagel, Blueberry WG Toasted	bagel	170	0	170	4.00	1.40	35.0	7.00	*6.00	7.0	32.0	1.5	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	*N/A*	1.0	2.0	7.0	4.00
Crescent,Choc Filled Pillsbury	Package	240	0	280	3.00	2.00	40.0	11.00	*9.00	6.0	38.0	8.0	1.50
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Donut Holes Cup, Blueberry	1 cup	270	0	220	2.00	1.00	37.0	21.00	*20.00	4.0	41.0	10.0	4.00
Donut Holes Cup, Powdered	1 Cup	280	0	230	2.00	1.00	37.0	20.00	*19.00	4.0	42.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	8.00	3.0	29.0	3.5	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, 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
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	12.00	*12.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	*N/A*	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
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
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	Muffin	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
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	120	2.00	0.72	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	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
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00

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Rockwood School District

May 1, 2026 thru May 22, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

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)	
Mon - 05/11/2026														
	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
	Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63
	Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
	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
	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 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
	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
	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% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	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
	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
	Weighted Daily Average		9165	847	9943	101.32	87.35	*4869.8	518.72	*386.41	241.74	1349.9	328.42	109.54
	% of Calories								22.6%	*16.9%	10.6%	58.9%	32.2%	10.8%
	Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=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 Middle Breakfast

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 Middle Breakfast	Total												
French Tst Cinn Glz w/ Sausage	3 stick/2 link	470	145	480	2.00	2.52	40.0	8.00	*8.00	16.0	28.0	33.0	10.50
Syrup, Pancake 1.5 oz	1.5 oz	120	0	40	0.00	0.00	0.0	17.00	*N/A*	0.0	31.0	0.0	0.00
Breakfast Burrito Chorizo	Burrito	293	249	563	2.00	*2.53	*91.0	1.73	*0.00	20.94	21.9	13.47	5.59
Salsa Cup, Red Gold 3oz	3 oz cup	25	0	195	1.00	1.00	16.0	3.00	*0.00	1.0	5.0	0.0	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
Bacon Egg & Cheese Croissant	1 each	291	119	664	2.00	8.63	182.0	3.68	*3.18	12.26	30.18	14.41	5.85
Egg & Cheese Croissant	1 each	270	113	555	2.00	8.56	182.0	3.50	*3.00	10.5	30.0	13.0	5.50
Bagel, White WG	bagel	140	0	170	4.00	1.40	30.0	5.00	*5.00	7.0	29.0	1.0	0.00
Bagel, Blueberry WG Toasted	bagel	170	0	170	4.00	1.40	35.0	7.00	*6.00	7.0	32.0	1.5	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	*N/A*	1.0	2.0	7.0	4.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Donut Holes Cup, Blueberry	1 cup	270	0	220	2.00	1.00	37.0	21.00	*20.00	4.0	41.0	10.0	4.00
Donut Holes Cup, Powdered	1 Cup	280	0	230	2.00	1.00	37.0	20.00	*19.00	4.0	42.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	8.00	3.0	29.0	3.5	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
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 Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	12.00	*12.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	*N/A*	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
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
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	Muffin	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
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	120	2.00	0.72	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	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
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00

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Rockwood School District

May 1, 2026 thru May 22, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

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													
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
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
Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
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
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 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
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
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% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	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
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
Weighted Daily Average		9014	1121	10030	103.32	*87.14	*4589.9	534.64	*389.08	245.45	1347.9	317.31	103.49
% of Calories								23.7%	*17.3%	10.9%	59.8%	31.7%	10.3%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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Rockwood School District

May 1, 2026 thru May 22, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

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 Middle Breakfast	Total												
Smoothie Fruit & Yogurt	1 each	169	6	91	2.00	*0.09	*200.1	21.04	*9.17	5.67	29.87	2.48	2.19
Yogurt Parfait (secondary)	1 each	209	7	150	2.00	*0.43	*336.0	*23.50	*12.00	9.27	40.56	0.0	0.00
Granola, Vanilla IW GF	2 oz pkg	220	0	90	4.00	1.44	0.0	8.00	*6.00	4.0	32.0	8.0	0.00
Dutch Waffle	Waffle	334	15	330	3.00	1.80	40.0	13.02	*12.02	4.0	39.04	19.0	3.00
Chicken Biscuit	1 each	320	30	550	2.00	3.00	129.0	3.00	*2.00	14.0	35.0	12.5	4.50
Bagel, White WG	bagel	140	0	170	4.00	1.40	30.0	5.00	*5.00	7.0	29.0	1.0	0.00
Bagel, Blueberry WG Toasted	bagel	170	0	170	4.00	1.40	35.0	7.00	*6.00	7.0	32.0	1.5	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	*N/A*	1.0	2.0	7.0	4.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Donut Holes Cup, Blueberry	1 cup	270	0	220	2.00	1.00	37.0	21.00	*20.00	4.0	41.0	10.0	4.00
Donut Holes Cup, Powdered	1 Cup	280	0	230	2.00	1.00	37.0	20.00	*19.00	4.0	42.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	8.00	3.0	29.0	3.5	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
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 Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	12.00	*12.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	*N/A*	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
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
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	Muffin	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
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	120	2.00	0.72	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	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
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
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

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Rockwood School District

May 1, 2026 thru May 22, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/13/2026													
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
Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
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
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 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
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
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% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	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
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
Weighted Daily Average		8598	554	8533	101.32	*67.07	*4743.9	*555.28	*405.09	217.68	1342.3	279.40	84.73
% of Calories								*25.8%	*18.8%	10.1%	62.4%	29.2%	8.9%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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# Rockwood School District

May 1, 2026 thru May 22, 2026

## Base Menu Spreadsheet

Rockwood Middle Breakfast

### 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 Middle Breakfast	Total												
Breakfast Bowl w/Chicken	bowl	361	198	758	3.51	*1.08	*48.4	0.00	*0.00	18.26	28.52	19.54	4.67
Pancake Whole Grain (2)	2 pancakes	126	6	254	2.00	1.08	20.0	6.00	*N/A*	4.0	24.0	2.0	0.00
Waffles Bakecrafters	2 Waffles	160	2	230	2.00	1.44	127.0	4.00	*2.00	4.0	24.0	6.0	0.00
Sausage, Link Pork Jones	2 links	260	40	180	0.00	0.72	0.0	0.00	*0.00	8.0	0.0	26.0	8.00
Syrup, Pancake 1.5 oz	1.5 oz	120	0	40	0.00	0.00	0.0	17.00	*N/A*	0.0	31.0	0.0	0.00
Mini Cinnis Pillsbury	1 Each	230	0	280	3.00	2.00	30.0	14.00	*13.00	5.0	41.0	7.0	2.00
Bacon Egg & Cheese Croissant	1 each	291	119	664	2.00	8.63	182.0	3.68	*3.18	12.26	30.18	14.41	5.85
Egg & Cheese Croissant	1 each	270	113	555	2.00	8.56	182.0	3.50	*3.00	10.5	30.0	13.0	5.50
Bagel, White WG	bagel	140	0	170	4.00	1.40	30.0	5.00	*5.00	7.0	29.0	1.0	0.00
Bagel, Blueberry WG Toasted	bagel	170	0	170	4.00	1.40	35.0	7.00	*6.00	7.0	32.0	1.5	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	*N/A*	1.0	2.0	7.0	4.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Donut Holes Cup, Blueberry	1 cup	270	0	220	2.00	1.00	37.0	21.00	*20.00	4.0	41.0	10.0	4.00
Donut Holes Cup, Powdered	1 Cup	280	0	230	2.00	1.00	37.0	20.00	*19.00	4.0	42.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	8.00	3.0	29.0	3.5	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
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 Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	12.00	*12.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	*N/A*	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
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
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	Muffin	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
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	120	2.00	0.72	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	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

\*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 Middle Breakfast

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													
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
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
Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
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
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 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
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
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% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	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
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
Weighted Daily Average		9163	974	10284	102.83	*83.82	*4628.2	534.90	*385.08	242.77	1374.5	325.37	101.06
% of Calories								23.3%	*16.8%	10.6%	60.0%	32.0%	9.9%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=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 Middle Breakfast

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 Middle Breakfast	Total												
Donut, Long John	Donut	253	0	280	3.00	1.44	16.0	13.33	*12.33	6.0	37.67	9.0	3.50
Cinnamon Roll	1 each	241	5	210	1.00	1.81	20.3	20.85	*0.50	5.0	49.11	3.5	1.00
Biscuit, Sausage Egg & Cheese	Sandwich	550	158	735	1.00	10.28	221.0	3.50	*2.00	16.5	30.0	39.0	14.50
Biscuit, Egg and Cheese	Sandwich	320	113	575	1.00	9.56	221.0	3.50	*2.00	9.5	30.0	17.0	7.50
Bagel, White WG	bagel	140	0	170	4.00	1.40	30.0	5.00	*5.00	7.0	29.0	1.0	0.00
Bagel, Blueberry WG Toasted	bagel	170	0	170	4.00	1.40	35.0	7.00	*6.00	7.0	32.0	1.5	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	*N/A*	1.0	2.0	7.0	4.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Donut Holes Cup, Blueberry	1 cup	270	0	220	2.00	1.00	37.0	21.00	*20.00	4.0	41.0	10.0	4.00
Donut Holes Cup, Powdered	1 Cup	280	0	230	2.00	1.00	37.0	20.00	*19.00	4.0	42.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	8.00	3.0	29.0	3.5	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
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 Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	12.00	*12.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	*N/A*	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
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
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	Muffin	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
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	120	2.00	0.72	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	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
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
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

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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 Middle Breakfast

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													
Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
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
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 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
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
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% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	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
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
Weighted Daily Average		8710	771	9123	94.32	83.39	*4517.1	527.91	*380.74	217.74	1312.6	305.92	101.54
% of Calories								24.2%	*17.5%	10.0%	60.3%	31.6%	10.5%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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Rockwood School District

May 1, 2026 thru May 22, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

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 Middle Breakfast	Total												
Breakfast Pizza, Turkey Sausag	pizza	210	21	360	2.00	1.50	180.0	3.00	*0.50	12.0	21.0	8.0	3.50
Breakfast Pizza Bagel Sausage	Pizza Bagel	240	60	450	3.00	1.50	169.0	3.00	*2.00	12.0	31.0	7.0	3.00
Waffle, Liege Vanilla IW	Waffle	260	0	220	3.00	2.20	0.0	8.00	*7.00	5.0	34.0	12.0	4.50
Biscuit, Sausage Egg & Cheese	Sandwich	550	158	735	1.00	10.28	221.0	3.50	*2.00	16.5	30.0	39.0	14.50
Biscuit, Egg and Cheese	Sandwich	320	113	575	1.00	9.56	221.0	3.50	*2.00	9.5	30.0	17.0	7.50
Bagel, White WG	bagel	140	0	170	4.00	1.40	30.0	5.00	*5.00	7.0	29.0	1.0	0.00
Bagel, Blueberry WG Toasted	bagel	170	0	170	4.00	1.40	35.0	7.00	*6.00	7.0	32.0	1.5	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	*N/A*	1.0	2.0	7.0	4.00
Crescent,Choc Filled Pillsbury	Package	240	0	280	3.00	2.00	40.0	11.00	*9.00	6.0	38.0	8.0	1.50
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Donut Holes Cup, Blueberry	1 cup	270	0	220	2.00	1.00	37.0	21.00	*20.00	4.0	41.0	10.0	4.00
Donut Holes Cup, Powdered	1 Cup	280	0	230	2.00	1.00	37.0	20.00	*19.00	4.0	42.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	8.00	3.0	29.0	3.5	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, 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
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	12.00	*12.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	*N/A*	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
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
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	Muffin	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
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	120	2.00	0.72	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	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
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00

\*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 Middle Breakfast

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)
Mon - 05/18/2026													
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
Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
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
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 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
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
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% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	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
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
Weighted Daily Average		9165	847	9943	101.32	87.35	*4869.8	518.72	*386.41	241.74	1349.9	328.42	109.54
% of Calories								22.6%	*16.9%	10.6%	58.9%	32.2%	10.8%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=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 Middle Breakfast

### 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 Middle Breakfast	Total												
French Tst Cinn Glz w/ Sausage	3 stick/2 link	470	145	480	2.00	2.52	40.0	8.00	*8.00	16.0	28.0	33.0	10.50
Syrup, Pancake 1.5 oz	1.5 oz	120	0	40	0.00	0.00	0.0	17.00	*N/A*	0.0	31.0	0.0	0.00
Breakfast Burrito Chorizo	Burrito	293	249	563	2.00	*2.53	*91.0	1.73	*0.00	20.94	21.9	13.47	5.59
Salsa Cup, Red Gold 3oz	3 oz cup	25	0	195	1.00	1.00	16.0	3.00	*0.00	1.0	5.0	0.0	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
Bacon Egg & Cheese Croissant	1 each	291	119	664	2.00	8.63	182.0	3.68	*3.18	12.26	30.18	14.41	5.85
Egg & Cheese Croissant	1 each	270	113	555	2.00	8.56	182.0	3.50	*3.00	10.5	30.0	13.0	5.50
Bagel, White WG	bagel	140	0	170	4.00	1.40	30.0	5.00	*5.00	7.0	29.0	1.0	0.00
Bagel, Blueberry WG Toasted	bagel	170	0	170	4.00	1.40	35.0	7.00	*6.00	7.0	32.0	1.5	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	*N/A*	1.0	2.0	7.0	4.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Donut Holes Cup, Blueberry	1 cup	270	0	220	2.00	1.00	37.0	21.00	*20.00	4.0	41.0	10.0	4.00
Donut Holes Cup, Powdered	1 Cup	280	0	230	2.00	1.00	37.0	20.00	*19.00	4.0	42.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	8.00	3.0	29.0	3.5	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
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 Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	12.00	*12.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	*N/A*	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
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
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	Muffin	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
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	120	2.00	0.72	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	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
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00

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Rockwood School District

May 1, 2026 thru May 22, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

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													
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
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
Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
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
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 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
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
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% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	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
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
Weighted Daily Average		9014	1121	10030	103.32	*87.14	*4589.9	534.64	*389.08	245.45	1347.9	317.31	103.49
% of Calories								23.7%	*17.3%	10.9%	59.8%	31.7%	10.3%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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Rockwood School District

May 1, 2026 thru May 22, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

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 Middle Breakfast	Total												
Smoothie Fruit & Yogurt	1 each	169	6	91	2.00	*0.09	*200.1	21.04	*9.17	5.67	29.87	2.48	2.19
Yogurt Parfait (secondary)	1 each	209	7	150	2.00	*0.43	*336.0	*23.50	*12.00	9.27	40.56	0.0	0.00
Granola, Vanilla IW GF	2 oz pkg	220	0	90	4.00	1.44	0.0	8.00	*6.00	4.0	32.0	8.0	0.00
Dutch Waffle	Waffle	334	15	330	3.00	1.80	40.0	13.02	*12.02	4.0	39.04	19.0	3.00
Chicken Biscuit	1 each	320	30	550	2.00	3.00	129.0	3.00	*2.00	14.0	35.0	12.5	4.50
Bagel, White WG	bagel	140	0	170	4.00	1.40	30.0	5.00	*5.00	7.0	29.0	1.0	0.00
Bagel, Blueberry WG Toasted	bagel	170	0	170	4.00	1.40	35.0	7.00	*6.00	7.0	32.0	1.5	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	*N/A*	1.0	2.0	7.0	4.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Donut Holes Cup, Blueberry	1 cup	270	0	220	2.00	1.00	37.0	21.00	*20.00	4.0	41.0	10.0	4.00
Donut Holes Cup, Powdered	1 Cup	280	0	230	2.00	1.00	37.0	20.00	*19.00	4.0	42.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	8.00	3.0	29.0	3.5	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
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 Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	12.00	*12.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	*N/A*	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
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
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	Muffin	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
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	120	2.00	0.72	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	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
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
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

\*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 Middle Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/20/2026													
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
Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
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
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 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
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
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% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	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
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
Weighted Daily Average		8598	554	8533	101.32	*67.07	*4743.9	*555.28	*405.09	217.68	1342.3	279.40	84.73
% of Calories								*25.8%	*18.8%	10.1%	62.4%	29.2%	8.9%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=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 Middle Breakfast

### 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 - 05/21/2026													
Rockwood Middle Breakfast	Total												
Breakfast Bowl w/Chicken	bowl	361	198	758	3.51	*1.08	*48.4	0.00	*0.00	18.26	28.52	19.54	4.67
Pancake Whole Grain (2)	2 pancakes	126	6	254	2.00	1.08	20.0	6.00	*N/A*	4.0	24.0	2.0	0.00
Waffles Bakecrafters	2 Waffles	160	2	230	2.00	1.44	127.0	4.00	*2.00	4.0	24.0	6.0	0.00
Sausage, Link Pork Jones	2 links	260	40	180	0.00	0.72	0.0	0.00	*0.00	8.0	0.0	26.0	8.00
Syrup, Pancake 1.5 oz	1.5 oz	120	0	40	0.00	0.00	0.0	17.00	*N/A*	0.0	31.0	0.0	0.00
Mini Cinnis Pillsbury	1 Each	230	0	280	3.00	2.00	30.0	14.00	*13.00	5.0	41.0	7.0	2.00
Bacon Egg & Cheese Croissant	1 each	291	119	664	2.00	8.63	182.0	3.68	*3.18	12.26	30.18	14.41	5.85
Egg & Cheese Croissant	1 each	270	113	555	2.00	8.56	182.0	3.50	*3.00	10.5	30.0	13.0	5.50
Bagel, White WG	bagel	140	0	170	4.00	1.40	30.0	5.00	*5.00	7.0	29.0	1.0	0.00
Bagel, Blueberry WG Toasted	bagel	170	0	170	4.00	1.40	35.0	7.00	*6.00	7.0	32.0	1.5	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	*N/A*	1.0	2.0	7.0	4.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Donut Holes Cup, Blueberry	1 cup	270	0	220	2.00	1.00	37.0	21.00	*20.00	4.0	41.0	10.0	4.00
Donut Holes Cup, Powdered	1 Cup	280	0	230	2.00	1.00	37.0	20.00	*19.00	4.0	42.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	8.00	3.0	29.0	3.5	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
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 Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	12.00	*12.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	*N/A*	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
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
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	Muffin	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
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	120	2.00	0.72	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	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

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Rockwood School District

May 1, 2026 thru May 22, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

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													
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
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
Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
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
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 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
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
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% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	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
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
Weighted Daily Average		9163	974	10284	102.83	*83.82	*4628.2	534.90	*385.08	242.77	1374.5	325.37	101.06
% of Calories								23.3%	*16.8%	10.6%	60.0%	32.0%	9.9%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=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 Middle Breakfast

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 Middle Breakfast	Total												
Donut, Long John	Donut	253	0	280	3.00	1.44	16.0	13.33	*12.33	6.0	37.67	9.0	3.50
Cinnamon Roll	1 each	241	5	210	1.00	1.81	20.3	20.85	*0.50	5.0	49.11	3.5	1.00
Biscuit, Sausage Egg & Cheese	Sandwich	550	158	735	1.00	10.28	221.0	3.50	*2.00	16.5	30.0	39.0	14.50
Biscuit, Egg and Cheese	Sandwich	320	113	575	1.00	9.56	221.0	3.50	*2.00	9.5	30.0	17.0	7.50
Bagel, White WG	bagel	140	0	170	4.00	1.40	30.0	5.00	*5.00	7.0	29.0	1.0	0.00
Bagel, Blueberry WG Toasted	bagel	170	0	170	4.00	1.40	35.0	7.00	*6.00	7.0	32.0	1.5	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	*N/A*	1.0	2.0	7.0	4.00
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Donut Holes Cup, Blueberry	1 cup	270	0	220	2.00	1.00	37.0	21.00	*20.00	4.0	41.0	10.0	4.00
Donut Holes Cup, Powdered	1 Cup	280	0	230	2.00	1.00	37.0	20.00	*19.00	4.0	42.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	160	0	120	3.00	1.44	230.0	8.00	8.00	2.0	30.0	3.5	0.00
Cereal Bar Cocoa Puffs	Bar	160	0	105	3.00	1.90	260.0	9.00	8.00	3.0	29.0	3.5	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
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 Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	230	3.00	5.40	200.0	12.00	*12.00	3.0	47.0	2.5	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0	170	2.00	1.80	0.0	6.00	*N/A*	2.0	24.0	0.0	0.00
Cereal, Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
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
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	Muffin	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
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	120	2.00	0.72	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	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
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	4.0	1.00
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

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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 Middle Breakfast

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													
Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63
Sunflower Seeds, Honey Roasted	Package	190	0	65	3.00	1.08	21.0	5.00	*4.00	6.0	11.0	15.0	1.50
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
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 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
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
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% White	Carton	100	15	120	0.00	0.00	250.0	11.00	0.00	8.0	11.0	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
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
Weighted Daily Average		8710	771	9123	94.32	83.39	*4517.1	527.91	*380.74	217.74	1312.6	305.92	101.54
% of Calories								24.2%	*17.5%	10.0%	60.3%	31.6%	10.5%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

Weighted Average		8917	848	9554	100.23	*81.86	*4660.2	*533.89	*388.75	232.12	1343.4	310.95	100.16
								*53.9%	*39.2%	10.4%	60.3%	31.4%	10.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	8917		400 - 550	1621%			8367	Correction Required - Calories too High
Cholesterol (mg)	848							
Sodium 1 (mg)	9554		600	1592%			8954	Correction Required - Sodium too High
Fiber (g)	100.23							
Iron (mg)	81.86		2.50	3274%	Missing			
Calcium (mg)	4660.2		200.00	2330%	Missing			
Total Sugars (g)	533.89	23.95%			Missing			
Added Sugars (g)	388.75	17.44%			Missing			
Protein (g)	232.12	10.41%	7.00	3316%	Missing			
Carbohydrate (g)	1343.45	60.27%						
Total Fat (g)	310.95	31.39%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	100.16	10.11%	<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.