

Rockwood School District

Jun 1, 2026 thru Jun 30, 2026

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 06/01/2026													
Rockwood High Lunch	Total												
Pizza, Selfie 5" Cheese Alpha	5" pizza	370	30	580	3.00	1.80	500.0	2.00	*0.00	22.0	38.0	14.0	7.00
Pizza, Selfie 5" Pepperoni	5" pizza	400	35	660	2.00	1.80	450.0	2.00	*0.00	22.0	38.0	16.0	7.00
Cavatappi, Three Cheese HS	6 oz spoodle	432	63	765	2.67	1.33	510.7	5.33	*0.00	21.33	37.33	21.33	12.13
Breadstick, WG 5" BakeCrafters	breadstick	70	0	65	1.00	0.70	10.0	0.50	*0.50	2.0	13.0	1.0	0.00
Corn, frozen steamed	1/2 cup	93	0	41	2.01	0.00	1.0	7.04	*N/A*	3.02	15.6	2.01	0.00
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	5.00	*4.00	28.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Grilled Cheese Sandwich	Sandwich	360	50	760	2.00	1.60	380.0	6.00	*4.00	16.0	34.0	20.0	10.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3815	410	5747	29.68	22.17	2512.7	72.37	*46.50	197.85	382.93	173.34	68.63
% of Calories								7.6%	*4.9%	20.7%	40.1%	40.9%	16.2%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 06/02/2026													
Rockwood High Lunch	Total												
Burrito, Bean & Cheese IW	Burrito	404	21	692	8.00	3.60	300.0	2.00	*0.00	17.0	52.0	14.6	6.40
Burrito, Shredded Beef IW	Burrito	387	44	663	6.00	3.60	300.0	0.75	*0.00	20.6	41.0	15.5	7.40
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
Refried Beans Southwestern	1/2 cup	191	4	744	10.82	*2.36	*52.5	0.94	*0.00	12.05	29.59	2.53	1.20
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.70	69.0	4.00	*4.00	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Grilled Cheese Sandwich	Sandwich	360	50	760	2.00	1.60	380.0	6.00	*4.00	16.0	34.0	20.0	10.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3407	362	5969	44.82	*26.66	*1718.5	61.19	*46.00	177.15	366.59	147.63	56.50
% of Calories								7.2%	*5.4%	20.8%	43.0%	39.0%	14.9%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

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Rockwood School District

Jun 1, 2026 thru Jun 30, 2026

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 06/03/2026													
Rockwood High Lunch	Total												
Bosco Breadsticks	2 breadstick	424	31	559	4.00	4.01	430.9	4.00	*2.00	24.3	50.14	12.29	6.16
Marinara Cup	1 each	40	0	200	2.00	0.00	19.0	4.00	*1.00	1.0	7.0	1.0	0.00
Peas, Italian	1/2 cup	69	0	111	4.53	1.31	22.3	*0.18	*0.00	4.27	12.86	0.23	0.04
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	5.00	*4.00	28.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Grilled Cheese Sandwich	Sandwich	360	50	760	2.00	1.60	380.0	6.00	*4.00	16.0	34.0	20.0	10.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		2983	313	4505	29.53	21.85	1513.2	*63.68	*49.00	157.07	311.00	132.52	48.70
% of Calories								*8.5%	*6.6%	21.1%	41.7%	40.0%	14.7%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 06/04/2026													
Rockwood High Lunch	Total												
Chicken Tenders Gold Creek	3 tenders	220	65	460	2.00	2.00	21.0	0.00	*0.00	22.0	14.0	7.0	1.50
Breadstick, WG 5" BakeCrafters	breadstick	70	0	65	1.00	0.70	10.0	0.50	*0.50	2.0	13.0	1.0	0.00
French Fries, Seasoned Crinkle	1/2 cup	103	0	175	0.00	0.31	10.3	0.00	*0.00	1.03	15.44	3.09	0.00
French Fries, Seasoned Spirals	1/2 cup	100	0	190	1.00	0.30	10.0	0.00	*0.00	1.0	17.0	3.0	0.00
Potato Smiles	4 smiles	130	0	180	2.00	0.40	10.0	0.00	*0.00	2.0	20.0	4.5	0.50
Tater Tots (Golden Nuggets)	1/2 cup	131	0	252	2.01	0.36	5.0	0.00	0.00	2.01	17.11	6.54	0.50
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.70	69.0	4.00	*4.00	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Grilled Cheese Sandwich	Sandwich	360	50	760	2.00	1.60	380.0	6.00	*4.00	16.0	34.0	20.0	10.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3154	357	4997	27.01	20.17	1116.3	55.00	*46.50	156.54	335.55	140.13	44.00
% of Calories								7.0%	*5.9%	19.9%	42.6%	40.0%	12.6%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

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Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 06/05/2026													
Rockwood High Lunch	Total												
Pizza, Alpha Cheese Skinny	Slice	340	30	540	3.00	2.00	500.0	3.00	*0.00	20.0	31.0	15.0	6.00
Pizza, Alpha Pepperoni Skinny	slice	370	35	580	3.00	2.00	450.0	3.00	*0.00	20.0	31.0	18.0	8.00
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2	54	1.99	0.42	51.7	*0.01	*0.00	2.65	3.92	3.87	0.78
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	5.00	*4.00	28.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Grilled Cheese Sandwich	Sandwich	360	50	760	2.00	1.60	380.0	6.00	*4.00	16.0	34.0	20.0	10.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3215	349	4809	27.00	20.96	2042.7	*61.50	*46.00	170.15	306.92	155.87	57.28
% of Calories								*7.7%	*5.7%	21.2%	38.2%	43.6%	16.0%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Mon - 06/08/2026													
Rockwood High Lunch	Total												
Pizza, Selfie 5" Cheese Alpha	5" pizza	370	30	580	3.00	1.80	500.0	2.00	*0.00	22.0	38.0	14.0	7.00
Pizza, Selfie 5" Pepperoni	5" pizza	400	35	660	2.00	1.80	450.0	2.00	*0.00	22.0	38.0	16.0	7.00
Cavatappi, Three Cheese HS	6 oz spoodle	432	63	765	2.67	1.33	510.7	5.33	*0.00	21.33	37.33	21.33	12.13
Breadstick, WG 5" BakeCrafters	breadstick	70	0	65	1.00	0.70	10.0	0.50	*0.50	2.0	13.0	1.0	0.00
Corn, frozen steamed	1/2 cup	93	0	41	2.01	0.00	1.0	7.04	*N/A*	3.02	15.6	2.01	0.00
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	5.00	*4.00	28.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Grilled Cheese Sandwich	Sandwich	360	50	760	2.00	1.60	380.0	6.00	*4.00	16.0	34.0	20.0	10.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3815	410	5747	29.68	22.17	2512.7	72.37	*46.50	197.85	382.93	173.34	68.63
% of Calories								7.6%	*4.9%	20.7%	40.1%	40.9%	16.2%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

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Jun 1, 2026 thru Jun 30, 2026

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 06/09/2026													
Rockwood High Lunch	Total												
Nacho Supreme w Queso 9-12	Serving	403	65	575	3.82	2.49	271.9	3.25	*0.00	23.95	23.98	22.4	7.71
Nacho Supreme w/Queso K-8	Serving	322	57	572	3.11	2.09	235.3	4.51	*0.00	20.34	18.81	17.31	6.64
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
Refried Beans Southwestern	1/2 cup	191	4	744	10.82	*2.36	*52.5	0.94	*0.00	12.05	29.59	2.53	1.20
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.70	69.0	4.00	*4.00	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Grilled Cheese Sandwich	Sandwich	360	50	760	2.00	1.60	380.0	6.00	*4.00	16.0	34.0	20.0	10.00
Un crustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3341	417	5761	37.75	*24.04	*1625.7	66.20	*46.00	183.85	316.39	157.25	57.04
% of Calories								7.9%	*5.5%	22.0%	37.9%	42.4%	15.4%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 06/10/2026													
Rockwood High Lunch	Total												
Mozzarella Sticks Breaded	6 sticks	310	15	540	3.00	1.70	520.0	3.00	*0.00	20.0	32.0	11.0	3.50
Marinara Cup	1 each	40	0	200	2.00	0.00	19.0	4.00	*1.00	1.0	7.0	1.0	0.00
Peas, Italian	1/2 cup	69	0	111	4.53	1.31	22.3	*0.18	*0.00	4.27	12.86	0.23	0.04
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	5.00	*4.00	28.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Grilled Cheese Sandwich	Sandwich	360	50	760	2.00	1.60	380.0	6.00	*4.00	16.0	34.0	20.0	10.00
Un crustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		2869	298	4486	28.53	19.55	1602.3	*62.68	*47.00	152.77	292.86	131.23	46.04
% of Calories								*8.7%	*6.6%	21.3%	40.8%	41.2%	14.4%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

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Portion Values - Detailed

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Generated on: 5/20/2026 8:32:55 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)
Thu - 06/11/2026													
Rockwood High Lunch	Total												
Chicken Tenders Gold Creek	3 tenders	220	65	460	2.00	2.00	21.0	0.00	*0.00	22.0	14.0	7.0	1.50
Breadstick, WG 5" BakeCrafters	breadstick	70	0	65	1.00	0.70	10.0	0.50	*0.50	2.0	13.0	1.0	0.00
French Fries, Seasoned Crinkle	1/2 cup	103	0	175	0.00	0.31	10.3	0.00	*0.00	1.03	15.44	3.09	0.00
French Fries, Seasoned Spirals	1/2 cup	100	0	190	1.00	0.30	10.0	0.00	*0.00	1.0	17.0	3.0	0.00
Potato Smiles	4 smiles	130	0	180	2.00	0.40	10.0	0.00	*0.00	2.0	20.0	4.5	0.50
Tater Tots (Golden Nuggets)	1/2 cup	131	0	252	2.01	0.36	5.0	0.00	0.00	2.01	17.11	6.54	0.50
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.70	69.0	4.00	*4.00	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Grilled Cheese Sandwich	Sandwich	360	50	760	2.00	1.60	380.0	6.00	*4.00	16.0	34.0	20.0	10.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3154	357	4997	27.01	20.17	1116.3	55.00	*46.50	156.54	335.55	140.13	44.00
% of Calories								7.0%	*5.9%	19.9%	42.6%	40.0%	12.6%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 06/12/2026													
Rockwood High Lunch	Total												
Pizza, Alpha Cheese Skinny	Slice	340	30	540	3.00	2.00	500.0	3.00	*0.00	20.0	31.0	15.0	6.00
Pizza, Alpha Pepperoni Skinny	slice	370	35	580	3.00	2.00	450.0	3.00	*0.00	20.0	31.0	18.0	8.00
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2	54	1.99	0.42	51.7	*0.01	*0.00	2.65	3.92	3.87	0.78
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	5.00	*4.00	28.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Grilled Cheese Sandwich	Sandwich	360	50	760	2.00	1.60	380.0	6.00	*4.00	16.0	34.0	20.0	10.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3215	349	4809	27.00	20.96	2042.7	*61.50	*46.00	170.15	306.92	155.87	57.28
% of Calories								*7.7%	*5.7%	21.2%	38.2%	43.6%	16.0%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

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Rockwood School District

Jun 1, 2026 thru Jun 30, 2026

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 06/15/2026													
Rockwood High Lunch	Total												
Pizza, Selfie 5" Cheese Alpha	5" pizza	370	30	580	3.00	1.80	500.0	2.00	*0.00	22.0	38.0	14.0	7.00
Pizza, Selfie 5" Pepperoni	5" pizza	400	35	660	2.00	1.80	450.0	2.00	*0.00	22.0	38.0	16.0	7.00
Cavatappi, Three Cheese HS	6 oz spoodle	432	63	765	2.67	1.33	510.7	5.33	*0.00	21.33	37.33	21.33	12.13
Breadstick, WG 5" BakeCrafters	breadstick	70	0	65	1.00	0.70	10.0	0.50	*0.50	2.0	13.0	1.0	0.00
Corn, frozen steamed	1/2 cup	93	0	41	2.01	0.00	1.0	7.04	*N/A*	3.02	15.6	2.01	0.00
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	5.00	*4.00	28.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Grilled Cheese Sandwich	Sandwich	360	50	760	2.00	1.60	380.0	6.00	*4.00	16.0	34.0	20.0	10.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3815	410	5747	29.68	22.17	2512.7	72.37	*46.50	197.85	382.93	173.34	68.63
% of Calories								7.6%	*4.9%	20.7%	40.1%	40.9%	16.2%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 06/16/2026													
Rockwood High Lunch	Total												
Burrito, Bean & Cheese IW	Burrito	404	21	692	8.00	3.60	300.0	2.00	*0.00	17.0	52.0	14.6	6.40
Burrito, Shredded Beef IW	Burrito	387	44	663	6.00	3.60	300.0	0.75	*0.00	20.6	41.0	15.5	7.40
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
Refried Beans Southwestern	1/2 cup	191	4	744	10.82	*2.36	*52.5	0.94	*0.00	12.05	29.59	2.53	1.20
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.70	69.0	4.00	*4.00	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Grilled Cheese Sandwich	Sandwich	360	50	760	2.00	1.60	380.0	6.00	*4.00	16.0	34.0	20.0	10.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3407	362	5969	44.82	*26.66	*1718.5	61.19	*46.00	177.15	366.59	147.63	56.50
% of Calories								7.2%	*5.4%	20.8%	43.0%	39.0%	14.9%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

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Rockwood School District

Jun 1, 2026 thru Jun 30, 2026

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 06/17/2026													
Rockwood High Lunch	Total												
Bosco Breadsticks	2 breadstick	424	31	559	4.00	4.01	430.9	4.00	*2.00	24.3	50.14	12.29	6.16
Marinara Cup	1 each	40	0	200	2.00	0.00	19.0	4.00	*1.00	1.0	7.0	1.0	0.00
Peas, Italian	1/2 cup	69	0	111	4.53	1.31	22.3	*0.18	*0.00	4.27	12.86	0.23	0.04
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	5.00	*4.00	28.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Grilled Cheese Sandwich	Sandwich	360	50	760	2.00	1.60	380.0	6.00	*4.00	16.0	34.0	20.0	10.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		2983	313	4505	29.53	21.85	1513.2	*63.68	*49.00	157.07	311.00	132.52	48.70
% of Calories								*8.5%	*6.6%	21.1%	41.7%	40.0%	14.7%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 06/18/2026													
Rockwood High Lunch	Total												
Chicken Tenders Gold Creek	3 tenders	220	65	460	2.00	2.00	21.0	0.00	*0.00	22.0	14.0	7.0	1.50
Breadstick, WG 5" BakeCrafters	breadstick	70	0	65	1.00	0.70	10.0	0.50	*0.50	2.0	13.0	1.0	0.00
French Fries, Seasoned Crinkle	1/2 cup	103	0	175	0.00	0.31	10.3	0.00	*0.00	1.03	15.44	3.09	0.00
French Fries, Seasoned Spirals	1/2 cup	100	0	190	1.00	0.30	10.0	0.00	*0.00	1.0	17.0	3.0	0.00
Potato Smiles	4 smiles	130	0	180	2.00	0.40	10.0	0.00	*0.00	2.0	20.0	4.5	0.50
Tater Tots (Golden Nuggets)	1/2 cup	131	0	252	2.01	0.36	5.0	0.00	0.00	2.01	17.11	6.54	0.50
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.70	69.0	4.00	*4.00	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Grilled Cheese Sandwich	Sandwich	360	50	760	2.00	1.60	380.0	6.00	*4.00	16.0	34.0	20.0	10.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3154	357	4997	27.01	20.17	1116.3	55.00	*46.50	156.54	335.55	140.13	44.00
% of Calories								7.0%	*5.9%	19.9%	42.6%	40.0%	12.6%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

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Rockwood School District

Jun 1, 2026 thru Jun 30, 2026

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 06/22/2026													
Rockwood High Lunch	Total												
Pizza, Selfie 5" Cheese Alpha	5" pizza	370	30	580	3.00	1.80	500.0	2.00	*0.00	22.0	38.0	14.0	7.00
Pizza, Selfie 5" Pepperoni	5" pizza	400	35	660	2.00	1.80	450.0	2.00	*0.00	22.0	38.0	16.0	7.00
Cavatappi, Three Cheese HS	6 oz spoodle	432	63	765	2.67	1.33	510.7	5.33	*0.00	21.33	37.33	21.33	12.13
Breadstick, WG 5" BakeCrafters	breadstick	70	0	65	1.00	0.70	10.0	0.50	*0.50	2.0	13.0	1.0	0.00
Corn, frozen steamed	1/2 cup	93	0	41	2.01	0.00	1.0	7.04	*N/A*	3.02	15.6	2.01	0.00
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	5.00	*4.00	28.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Grilled Cheese Sandwich	Sandwich	360	50	760	2.00	1.60	380.0	6.00	*4.00	16.0	34.0	20.0	10.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3815	410	5747	29.68	22.17	2512.7	72.37	*46.50	197.85	382.93	173.34	68.63
% of Calories								7.6%	*4.9%	20.7%	40.1%	40.9%	16.2%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 06/23/2026													
Rockwood High Lunch	Total												
Nacho Supreme w Queso 9-12	Serving	403	65	575	3.82	2.49	271.9	3.25	*0.00	23.95	23.98	22.4	7.71
Nacho Supreme w/Queso K-8	Serving	322	57	572	3.11	2.09	235.3	4.51	*0.00	20.34	18.81	17.31	6.64
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
Refried Beans Southwestern	1/2 cup	191	4	744	10.82	*2.36	*52.5	0.94	*0.00	12.05	29.59	2.53	1.20
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.70	69.0	4.00	*4.00	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Grilled Cheese Sandwich	Sandwich	360	50	760	2.00	1.60	380.0	6.00	*4.00	16.0	34.0	20.0	10.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3341	417	5761	37.75	*24.04	*1625.7	66.20	*46.00	183.85	316.39	157.25	57.04
% of Calories								7.9%	*5.5%	22.0%	37.9%	42.4%	15.4%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

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Rockwood School District

Jun 1, 2026 thru Jun 30, 2026

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 06/24/2026													
Rockwood High Lunch	Total												
Mozzarella Sticks Breaded	6 sticks	310	15	540	3.00	1.70	520.0	3.00	*0.00	20.0	32.0	11.0	3.50
Marinara Cup	1 each	40	0	200	2.00	0.00	19.0	4.00	*1.00	1.0	7.0	1.0	0.00
Peas, Italian	1/2 cup	69	0	111	4.53	1.31	22.3	*0.18	*0.00	4.27	12.86	0.23	0.04
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	5.00	*4.00	28.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Grilled Cheese Sandwich	Sandwich	360	50	760	2.00	1.60	380.0	6.00	*4.00	16.0	34.0	20.0	10.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		2869	298	4486	28.53	19.55	1602.3	*62.68	*47.00	152.77	292.86	131.23	46.04
% of Calories								*8.7%	*6.6%	21.3%	40.8%	41.2%	14.4%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 06/25/2026													
Rockwood High Lunch	Total												
Chicken Tenders Gold Creek	3 tenders	220	65	460	2.00	2.00	21.0	0.00	*0.00	22.0	14.0	7.0	1.50
Breadstick, WG 5" BakeCrafters	breadstick	70	0	65	1.00	0.70	10.0	0.50	*0.50	2.0	13.0	1.0	0.00
French Fries, Seasoned Crinkle	1/2 cup	103	0	175	0.00	0.31	10.3	0.00	*0.00	1.03	15.44	3.09	0.00
French Fries, Seasoned Spirals	1/2 cup	100	0	190	1.00	0.30	10.0	0.00	*0.00	1.0	17.0	3.0	0.00
Potato Smiles	4 smiles	130	0	180	2.00	0.40	10.0	0.00	*0.00	2.0	20.0	4.5	0.50
Tater Tots (Golden Nuggets)	1/2 cup	131	0	252	2.01	0.36	5.0	0.00	0.00	2.01	17.11	6.54	0.50
Chicken Breaded Sandwich GC	Sandwich	340	60	710	3.00	2.70	69.0	4.00	*4.00	27.0	43.0	8.5	1.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Grilled Cheese Sandwich	Sandwich	360	50	760	2.00	1.60	380.0	6.00	*4.00	16.0	34.0	20.0	10.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3154	357	4997	27.01	20.17	1116.3	55.00	*46.50	156.54	335.55	140.13	44.00
% of Calories								7.0%	*5.9%	19.9%	42.6%	40.0%	12.6%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

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Rockwood School District

Jun 1, 2026 thru Jun 30, 2026

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 06/26/2026													
Rockwood High Lunch	Total												
Pizza, Alpha Cheese Skinny	Slice	340	30	540	3.00	2.00	500.0	3.00	*0.00	20.0	31.0	15.0	6.00
Pizza, Alpha Pepperoni Skinny	slice	370	35	580	3.00	2.00	450.0	3.00	*0.00	20.0	31.0	18.0	8.00
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2	54	1.99	0.42	51.7	*0.01	*0.00	2.65	3.92	3.87	0.78
Chicken Spicy Brd Sandwich	Sandwich	390	50	670	3.00	3.14	60.0	5.00	*4.00	28.0	45.0	12.5	2.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	73	630	2.00	3.70	134.0	4.50	*4.00	26.5	31.0	19.0	7.50
Grilled Cheese Sandwich	Sandwich	360	50	760	2.00	1.60	380.0	6.00	*4.00	16.0	34.0	20.0	10.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	545	3.00	2.40	330.0	6.00	*4.00	15.0	37.0	21.0	11.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3215	349	4809	27.00	20.96	2042.7	*61.50	*46.00	170.15	306.92	155.87	57.28
% of Calories								*7.7%	*5.7%	21.2%	38.2%	43.6%	16.0%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Weighted Average		3301	363	5202	31.00	*21.92	*1766.5	*63.24 *17.2%	*46.63 *12.7%	172.09 20.9%	335.18 40.6%	150.46 41.0%	54.68 14.9%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	3301		750 - 850	388%			2451	Correction Required - Calories too High
Cholesterol (mg)	363							
Sodium 1a (mg)	5202		1280	406%			3922	Correction Required - Sodium too High
Fiber (g)	31.00							
Iron (mg)	21.92		4.50	487%	Missing			
Calcium (mg)	1766.5		400.00	442%	Missing			
Total Sugars (g)	63.24	7.66%			Missing			
Added Sugars (g)	46.63	5.65%			Missing			
Protein (g)	172.09	20.85%	15.00	1147%	Missing			
Carbohydrate (g)	335.18	40.61%						
Total Fat (g)	150.46	41.02%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	54.68	14.91%	<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.