

Rockwood School District

Jun 1, 2026 thru Jun 26, 2026

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

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Generated on: 5/20/2026 8:33:36 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)
Mon - 06/01/2026													
Rockwood High 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
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
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
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
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 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 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, 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
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 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
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	*7.00	2.0	21.0	4.0	1.00
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
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
Weighted Daily Average		3844	106	4173	51.32	38.55	1973.3	186.01	*164.41	85.53	600.45	130.69	40.95
% of Calories								19.4%	*17.1%	8.9%	62.5%	30.6%	9.6%
Nutrient Guideline		450-600		640		3.40	300.00			11.25		<=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

Jun 1, 2026 thru Jun 26, 2026

Base Menu Spreadsheet

Rockwood High 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 - 06/02/2026													
Rockwood High Breakfast	Total												
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
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
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
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
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 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 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, 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
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 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
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	*7.00	2.0	21.0	4.0	1.00
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
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
Weighted Daily Average		4264	295	4673	48.32	55.39	2066.3	187.01	*165.91	87.53	608.45	171.69	56.45
% of Calories								17.5%	*15.6%	8.2%	57.1%	36.2%	11.9%
Nutrient Guideline		450-600		640		3.40	300.00			11.25		<=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

Jun 1, 2026 thru Jun 26, 2026

Base Menu Spreadsheet

Rockwood High 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 - 06/03/2026													
Rockwood High Breakfast	Total												
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
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
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
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
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 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 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, 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
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 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
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	*7.00	2.0	21.0	4.0	1.00
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
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
Weighted Daily Average		3635	30	3573	47.32	37.36	1644.5	200.87	*162.41	66.53	597.56	119.19	35.45
% of Calories								22.1%	*17.9%	7.3%	65.8%	29.5%	8.8%
Nutrient Guideline		450-600		640		3.40	300.00			11.25		<=30.0	<10.00

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Rockwood School District

Jun 1, 2026 thru Jun 26, 2026

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

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Generated on: 5/20/2026 8:33:37 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 - 06/04/2026													
Rockwood High Breakfast	Total												
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
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
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
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
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 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 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, 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
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 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
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	*7.00	2.0	21.0	4.0	1.00
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
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
Weighted Daily Average		3955	256	4582	50.32	52.74	1988.3	187.19	*168.08	84.29	608.62	143.11	45.81
% of Calories								18.9%	*17.0%	8.5%	61.6%	32.6%	10.4%
Nutrient Guideline		450-600		640		3.40	300.00			11.25		<=30.0	<10.00

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Base Menu Spreadsheet

Rockwood High 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)
Fri - 06/05/2026													
Rockwood High 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
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
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
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
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
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
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 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 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, 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
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 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
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	*7.00	2.0	21.0	4.0	1.00
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
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
Weighted Daily Average		3787	30	3788	49.32	36.99	2110.3	214.34	*185.24	74.53	613.11	124.69	37.95
% of Calories								22.6%	*19.6%	7.9%	64.8%	29.6%	9.0%
Nutrient Guideline		450-600		640		3.40	300.00			11.25		<=30.0	<10.00

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Rockwood High 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 - 06/08/2026													
Rockwood High 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
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
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
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
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 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 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, 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
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 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
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	*7.00	2.0	21.0	4.0	1.00
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
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
Weighted Daily Average		3844	106	4173	51.32	38.55	1973.3	186.01	*164.41	85.53	600.45	130.69	40.95
% of Calories								19.4%	*17.1%	8.9%	62.5%	30.6%	9.6%
Nutrient Guideline		450-600		640		3.40	300.00			11.25		<=30.0	<10.00

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Rockwood School District

Jun 1, 2026 thru Jun 26, 2026

Base Menu Spreadsheet

Rockwood High 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 - 06/09/2026													
Rockwood High Breakfast	Total												
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
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
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
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
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 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 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, 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
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 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
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	*7.00	2.0	21.0	4.0	1.00
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
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
Weighted Daily Average		4264	295	4673	48.32	55.39	2066.3	187.01	*165.91	87.53	608.45	171.69	56.45
% of Calories								17.5%	*15.6%	8.2%	57.1%	36.2%	11.9%
Nutrient Guideline		450-600		640		3.40	300.00			11.25		<=30.0	<10.00

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Rockwood School District

Jun 1, 2026 thru Jun 26, 2026

Base Menu Spreadsheet

Rockwood High 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 - 06/10/2026													
Rockwood High Breakfast	Total												
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
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
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
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
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 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 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, 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
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 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
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	*7.00	2.0	21.0	4.0	1.00
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
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
Weighted Daily Average		3635	30	3573	47.32	37.36	1644.5	200.87	*162.41	66.53	597.56	119.19	35.45
% of Calories								22.1%	*17.9%	7.3%	65.8%	29.5%	8.8%
Nutrient Guideline		450-600		640		3.40	300.00			11.25		<=30.0	<10.00

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Rockwood School District

Jun 1, 2026 thru Jun 26, 2026

Base Menu Spreadsheet

Rockwood High 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 - 06/11/2026													
Rockwood High Breakfast	Total												
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
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
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
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
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 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 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, 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
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 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
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	*7.00	2.0	21.0	4.0	1.00
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
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
Weighted Daily Average		3955	256	4582	50.32	52.74	1988.3	187.19	*168.08	84.29	608.62	143.11	45.81
% of Calories								18.9%	*17.0%	8.5%	61.6%	32.6%	10.4%
Nutrient Guideline		450-600		640		3.40	300.00			11.25		<=30.0	<10.00

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Rockwood School District

Jun 1, 2026 thru Jun 26, 2026

Base Menu Spreadsheet

Rockwood High 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 - 06/12/2026													
Rockwood High 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
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
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
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
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
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
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 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 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, 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
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 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
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	*7.00	2.0	21.0	4.0	1.00
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
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
Weighted Daily Average		3787	30	3788	49.32	36.99	2110.3	214.34	*185.24	74.53	613.11	124.69	37.95
% of Calories								22.6%	*19.6%	7.9%	64.8%	29.6%	9.0%
Nutrient Guideline		450-600		640		3.40	300.00			11.25		<=30.0	<10.00

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Rockwood School District

Jun 1, 2026 thru Jun 26, 2026

Base Menu Spreadsheet

Rockwood High 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 - 06/15/2026													
Rockwood High 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
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
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
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
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 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 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, 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
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 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
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	*7.00	2.0	21.0	4.0	1.00
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
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
Weighted Daily Average		3844	106	4173	51.32	38.55	1973.3	186.01	*164.41	85.53	600.45	130.69	40.95
% of Calories								19.4%	*17.1%	8.9%	62.5%	30.6%	9.6%
Nutrient Guideline		450-600		640		3.40	300.00			11.25		<=30.0	<10.00

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Rockwood School District

Jun 1, 2026 thru Jun 26, 2026

Base Menu Spreadsheet

Rockwood High 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 - 06/16/2026													
Rockwood High Breakfast	Total												
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
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
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
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
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 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 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, 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
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 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
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	*7.00	2.0	21.0	4.0	1.00
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
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
Weighted Daily Average		4264	295	4673	48.32	55.39	2066.3	187.01	*165.91	87.53	608.45	171.69	56.45
% of Calories								17.5%	*15.6%	8.2%	57.1%	36.2%	11.9%
Nutrient Guideline		450-600		640		3.40	300.00			11.25		<=30.0	<10.00

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Rockwood School District

Jun 1, 2026 thru Jun 26, 2026

Base Menu Spreadsheet

Rockwood High 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 - 06/17/2026													
Rockwood High Breakfast	Total												
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
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
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
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
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 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 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, 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
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 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
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	*7.00	2.0	21.0	4.0	1.00
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
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
Weighted Daily Average		3635	30	3573	47.32	37.36	1644.5	200.87	*162.41	66.53	597.56	119.19	35.45
% of Calories								22.1%	*17.9%	7.3%	65.8%	29.5%	8.8%
Nutrient Guideline		450-600		640		3.40	300.00			11.25		<=30.0	<10.00

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Rockwood School District

Jun 1, 2026 thru Jun 26, 2026

Base Menu Spreadsheet

Rockwood High 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 - 06/18/2026													
Rockwood High Breakfast	Total												
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
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
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
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
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 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 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, 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
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 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
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	*7.00	2.0	21.0	4.0	1.00
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
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
Weighted Daily Average		3955	256	4582	50.32	52.74	1988.3	187.19	*168.08	84.29	608.62	143.11	45.81
% of Calories								18.9%	*17.0%	8.5%	61.6%	32.6%	10.4%
Nutrient Guideline		450-600		640		3.40	300.00			11.25		<=30.0	<10.00

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Rockwood School District

Jun 1, 2026 thru Jun 26, 2026

Base Menu Spreadsheet

Rockwood High 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 - 06/22/2026													
Rockwood High 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
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
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
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
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 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 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, 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
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 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
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	*7.00	2.0	21.0	4.0	1.00
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
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
Weighted Daily Average		3844	106	4173	51.32	38.55	1973.3	186.01	*164.41	85.53	600.45	130.69	40.95
% of Calories								19.4%	*17.1%	8.9%	62.5%	30.6%	9.6%
Nutrient Guideline		450-600		640		3.40	300.00			11.25		<=30.0	<10.00

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Rockwood School District

Jun 1, 2026 thru Jun 26, 2026

Base Menu Spreadsheet

Rockwood High 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 - 06/23/2026													
Rockwood High Breakfast	Total												
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
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
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
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
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 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 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, 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
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 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
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	*7.00	2.0	21.0	4.0	1.00
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
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
Weighted Daily Average		4264	295	4673	48.32	55.39	2066.3	187.01	*165.91	87.53	608.45	171.69	56.45
% of Calories								17.5%	*15.6%	8.2%	57.1%	36.2%	11.9%
Nutrient Guideline		450-600		640		3.40	300.00			11.25		<=30.0	<10.00

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Rockwood School District

Jun 1, 2026 thru Jun 26, 2026

Base Menu Spreadsheet

Rockwood High 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 - 06/24/2026													
Rockwood High Breakfast	Total												
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
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
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
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
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 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 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, 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
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 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
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	*7.00	2.0	21.0	4.0	1.00
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
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
Weighted Daily Average		3635	30	3573	47.32	37.36	1644.5	200.87	*162.41	66.53	597.56	119.19	35.45
% of Calories								22.1%	*17.9%	7.3%	65.8%	29.5%	8.8%
Nutrient Guideline		450-600		640		3.40	300.00			11.25		<=30.0	<10.00

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Rockwood School District

Jun 1, 2026 thru Jun 26, 2026

Base Menu Spreadsheet

Rockwood High 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 - 06/25/2026													
Rockwood High Breakfast	Total												
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
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
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
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
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 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 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, 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
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 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
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	8.00	*7.00	2.0	21.0	4.0	1.00
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
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
Weighted Daily Average		3955	256	4582	50.32	52.74	1988.3	187.19	*168.08	84.29	608.62	143.11	45.81
% of Calories								18.9%	*17.0%	8.5%	61.6%	32.6%	10.4%
Nutrient Guideline		450-600		640		3.40	300.00			11.25		<=30.0	<10.00

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

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Rockwood School District

Jun 1, 2026 thru Jun 26, 2026

Base Menu Spreadsheet

Rockwood High 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 - 06/26/2026													
Rockwood High 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
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
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
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
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
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
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 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 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, 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
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 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
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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
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
Weighted Daily Average		3787	30	3788	49.32	36.99	2110.3	214.34	*185.24	74.53	613.11	124.69	37.95
% of Calories								22.6%	*19.6%	7.9%	64.8%	29.6%	9.0%
Nutrient Guideline		450-600		640		3.40	300.00			11.25		<=30.0	<10.00

Weighted Average		3903	149	4177	49.32	44.59	1948.4	194.07	*168.36	79.95	605.25	138.57	43.61
								44.8%	*38.8%	8.2%	62.0%	32.0%	10.1%

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