

# Rockwood School District

Jun 1, 2026 thru Jun 26, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

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Generated on: 5/20/2026 8:34:37 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)
Mon - 06/01/2026													
Rockwood Elementary Break	Total												
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
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
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
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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		2005	55	2019	19.00	17.56	2434.0	180.50	*83.00	66.00	351.25	42.00	11.50
% of Calories								36.0%	*16.6%	13.2%	70.1%	18.9%	5.2%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=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 Elementary Breakfast

Portion Values - Detailed

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Generated on: 5/20/2026 8:34:37 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)
Tue - 06/02/2026													
Rockwood Elementary Break	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
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
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
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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		1955	76	2159	18.00	16.86	2614.0	175.50	*76.50	73.00	338.25	38.00	10.50
% of Calories								35.9%	*15.7%	14.9%	69.2%	17.5%	4.8%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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

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Jun 1, 2026 thru Jun 26, 2026

Base Menu Spreadsheet

Rockwood Elementary 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 - 06/03/2026													
Rockwood Elementary Break	Total												
French Toast Sticks, Cinn Glzd	3 stick	210	105	300	2.00	1.80	40.0	8.00	*8.00	8.0	28.0	7.0	2.50
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
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
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
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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		2075	160	2139	18.00	17.16	2474.0	197.50	*84.00	69.00	376.25	37.00	9.50
% of Calories								38.1%	*16.2%	13.3%	72.5%	16.0%	4.1%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Base Menu Spreadsheet

Rockwood Elementary Breakfast

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	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 Elementary Break	Total												
Pancake Whole Grain (1)	Serving	63	3	127	1.00	0.54	10.0	3.00	*N/A*	2.0	12.0	1.0	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
Sausage Patty Pork Jones	patty	230	45	160	0.00	0.72	0.0	0.00	*0.00	7.0	0.0	22.0	7.00
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
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
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
Annie's Organic Bunny Grahamz	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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		2418	143	2306	17.00	17.34	2444.0	192.50	*76.00	78.00	360.25	79.00	22.00
% of Calories								31.8%	*12.6%	12.9%	59.6%	29.4%	8.2%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood Elementary Breakfast

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Fri - 06/05/2026													
Rockwood Elementary Break	Total												
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
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
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
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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		1975	55	2079	19.00	17.36	2464.0	186.50	*89.00	66.00	358.25	37.00	9.00
% of Calories								37.8%	*18.0%	13.4%	72.6%	16.9%	4.1%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Mon - 06/08/2026													
Rockwood Elementary Break	Total												
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
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
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
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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		2005	55	2019	19.00	17.56	2434.0	180.50	*83.00	66.00	351.25	42.00	11.50
% of Calories								36.0%	*16.6%	13.2%	70.1%	18.9%	5.2%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=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 Elementary 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)
Tue - 06/09/2026													
Rockwood Elementary Break	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
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
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
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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		1955	76	2159	18.00	16.86	2614.0	175.50	*76.50	73.00	338.25	38.00	10.50
% of Calories								35.9%	*15.7%	14.9%	69.2%	17.5%	4.8%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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# Rockwood School District

Jun 1, 2026 thru Jun 26, 2026

Base Menu Spreadsheet

Rockwood Elementary 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 Elementary Break	Total												
French Toast Sticks, Cinn Glzd	3 stick	210	105	300	2.00	1.80	40.0	8.00	*8.00	8.0	28.0	7.0	2.50
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
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
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
Annie's Organic Bunny Grahamz	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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		2075	160	2139	18.00	17.16	2474.0	197.50	*84.00	69.00	376.25	37.00	9.50
% of Calories								38.1%	*16.2%	13.3%	72.5%	16.0%	4.1%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=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 Elementary 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 Elementary Break	Total												
Pancake Whole Grain (1)	Serving	63	3	127	1.00	0.54	10.0	3.00	*N/A*	2.0	12.0	1.0	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
Sausage Patty Pork Jones	patty	230	45	160	0.00	0.72	0.0	0.00	*0.00	7.0	0.0	22.0	7.00
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
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
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
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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		2418	143	2306	17.00	17.34	2444.0	192.50	*76.00	78.00	360.25	79.00	22.00
% of Calories								31.8%	*12.6%	12.9%	59.6%	29.4%	8.2%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Jun 1, 2026 thru Jun 26, 2026

Base Menu Spreadsheet

Rockwood Elementary 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 - 06/12/2026													
Rockwood Elementary Break	Total												
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
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
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
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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		1975	55	2079	19.00	17.36	2464.0	186.50	*89.00	66.00	358.25	37.00	9.00
% of Calories								37.8%	*18.0%	13.4%	72.6%	16.9%	4.1%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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# Rockwood School District

Jun 1, 2026 thru Jun 26, 2026

Base Menu Spreadsheet

Rockwood Elementary 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 - 06/15/2026													
Rockwood Elementary Break	Total												
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
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
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
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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		2005	55	2019	19.00	17.56	2434.0	180.50	*83.00	66.00	351.25	42.00	11.50
% of Calories								36.0%	*16.6%	13.2%	70.1%	18.9%	5.2%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=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 Elementary 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)
Tue - 06/16/2026													
Rockwood Elementary Break	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
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
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
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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		1955	76	2159	18.00	16.86	2614.0	175.50	*76.50	73.00	338.25	38.00	10.50
% of Calories								35.9%	*15.7%	14.9%	69.2%	17.5%	4.8%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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# Rockwood School District

Jun 1, 2026 thru Jun 26, 2026

## Base Menu Spreadsheet

Rockwood Elementary 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 - 06/17/2026													
Rockwood Elementary Break	Total												
French Toast Sticks, Cinn Glzd	3 stick	210	105	300	2.00	1.80	40.0	8.00	*8.00	8.0	28.0	7.0	2.50
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
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
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
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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		2075	160	2139	18.00	17.16	2474.0	197.50	*84.00	69.00	376.25	37.00	9.50
% of Calories								38.1%	*16.2%	13.3%	72.5%	16.0%	4.1%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=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

Jun 1, 2026 thru Jun 26, 2026

## Base Menu Spreadsheet

Rockwood Elementary 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 Elementary Break	Total												
Pancake Whole Grain (1)	Serving	63	3	127	1.00	0.54	10.0	3.00	*N/A*	2.0	12.0	1.0	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
Sausage Patty Pork Jones	patty	230	45	160	0.00	0.72	0.0	0.00	*0.00	7.0	0.0	22.0	7.00
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
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
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
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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		2418	143	2306	17.00	17.34	2444.0	192.50	*76.00	78.00	360.25	79.00	22.00
% of Calories								31.8%	*12.6%	12.9%	59.6%	29.4%	8.2%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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# Rockwood School District

Jun 1, 2026 thru Jun 26, 2026

Base Menu Spreadsheet

Rockwood Elementary 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 Elementary Break	Total												
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
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
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
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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		2005	55	2019	19.00	17.56	2434.0	180.50	*83.00	66.00	351.25	42.00	11.50
% of Calories								36.0%	*16.6%	13.2%	70.1%	18.9%	5.2%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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# Rockwood School District

Jun 1, 2026 thru Jun 26, 2026

Base Menu Spreadsheet

Rockwood Elementary 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)
Tue - 06/23/2026													
Rockwood Elementary Break	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
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
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
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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		1955	76	2159	18.00	16.86	2614.0	175.50	*76.50	73.00	338.25	38.00	10.50
% of Calories								35.9%	*15.7%	14.9%	69.2%	17.5%	4.8%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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# Rockwood School District

Jun 1, 2026 thru Jun 26, 2026

Base Menu Spreadsheet

Rockwood Elementary 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 - 06/24/2026													
Rockwood Elementary Break	Total												
French Toast Sticks, Cinn Glzd	3 stick	210	105	300	2.00	1.80	40.0	8.00	*8.00	8.0	28.0	7.0	2.50
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
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
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
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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		2075	160	2139	18.00	17.16	2474.0	197.50	*84.00	69.00	376.25	37.00	9.50
% of Calories								38.1%	*16.2%	13.3%	72.5%	16.0%	4.1%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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# Rockwood School District

Jun 1, 2026 thru Jun 26, 2026

## Base Menu Spreadsheet

Rockwood Elementary 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 Elementary Break	Total												
Pancake Whole Grain (1)	Serving	63	3	127	1.00	0.54	10.0	3.00	*N/A*	2.0	12.0	1.0	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
Sausage Patty Pork Jones	patty	230	45	160	0.00	0.72	0.0	0.00	*0.00	7.0	0.0	22.0	7.00
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
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
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
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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		2418	143	2306	17.00	17.34	2444.0	192.50	*76.00	78.00	360.25	79.00	22.00
% of Calories								31.8%	*12.6%	12.9%	59.6%	29.4%	8.2%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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# Rockwood School District

Jun 1, 2026 thru Jun 26, 2026

Base Menu Spreadsheet

Rockwood Elementary 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 Elementary Break	Total												
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
Cereal Cinnamon Toast Crunch	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	125	2.00	2.70	100.0	6.00	*6.00	2.0	25.0	1.5	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
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
Annie's Organic Bunny Grahams	Package	160	0	105	3.00	1.00	240.0	9.00	*8.00	3.0	25.0	6.0	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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		1975	55	2079	19.00	17.36	2464.0	186.50	*89.00	66.00	358.25	37.00	9.00
% of Calories								37.8%	*18.0%	13.4%	72.6%	16.9%	4.1%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

Weighted Average		2091	100	2143	18.16	17.25	2487.2	186.50	*81.32	70.63	356.77	47.10	12.68
								80.3%	*35.0%	13.5%	68.2%	20.3%	5.5%

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