

Rockwood School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Aug 24, 2026 thru Sep 30, 2026

Rockwood Elementary Breakfast

Generated on: 7/31/2026 7:13:55 AM

	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 - 08/24/2026													
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 Cinn Toast Crunch 1 oz	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	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	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 Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
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
Chat Snax Vanilla Grahams	pkg	120	0	105	1.00	0.60	0.0	8.00	*8.00	1.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	1 Each	15	1	18	0.00	0.00	37.5	2.25	*1.00	1.0	3.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz yogurt	18	0	18	0.00	0.00	37.5	2.25	*1.25	1.0	3.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	20	1	16	0.00	0.00	35.0	2.25	*1.25	1.0	3.75	0.13	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
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, Whole White	8 oz carton	149	24	105	0.00	0.07	275.7	12.32	0.00	7.69	11.71	7.93	4.55
Weighted Daily Average		1856	62	1925	16.00	19.55	2065.7	168.57	*78.50	57.68	315.71	44.55	15.55
% of Calories								36.3%	*16.9%	12.4%	68.0%	21.6%	7.5%
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

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 24, 2026 thru Sep 30, 2026

Rockwood Elementary Breakfast

Generated on: 7/31/2026 7:13:55 AM

	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 - 08/25/2026													
Rockwood Elementary Break	Total												
Yogurt Banana Split	1 Each	200	4	76	2.27	*0.27	*172.2	*22.30	*9.33	5.58	39.76	2.56	2.07
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
Chat Snax Vanilla Grahams	pkg	120	0	105	1.00	0.60	0.0	8.00	*8.00	1.0	21.0	4.0	1.00
Cereal Cinn Toast Crunch 1 oz	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	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	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 Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
Yogurt, Danimals Strawberry	1 Each	15	1	18	0.00	0.00	37.5	2.25	*1.00	1.0	3.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz yogurt	18	0	18	0.00	0.00	37.5	2.25	*1.25	1.0	3.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	20	1	16	0.00	0.00	35.0	2.25	*1.25	1.0	3.75	0.13	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
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, Whole White	8 oz carton	149	24	105	0.00	0.07	275.7	12.32	0.00	7.69	11.71	7.93	4.55
Weighted Daily Average		1797	66	1781	15.27	*17.62	*2238.0	*182.87	*80.83	58.27	321.47	35.12	13.12
% of Calories								*40.7%	*18.0%	13.0%	71.6%	17.6%	6.6%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 24, 2026 thru Sep 30, 2026

Rockwood Elementary Breakfast

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	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 - 08/26/2026													
Rockwood Elementary Break	Total												
Biscuit, Egg and Cheese	Sandwich	310	108	585	1.00	9.56	244.5	3.50	*2.00	10.5	30.0	15.5	6.75
Cereal Cinn Toast Crunch 1 oz	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	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	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 Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
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
Chat Snax Vanilla Grahams	pkg	120	0	105	1.00	0.60	0.0	8.00	*8.00	1.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	1 Each	15	1	18	0.00	0.00	37.5	2.25	*1.00	1.0	3.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz yogurt	18	0	18	0.00	0.00	37.5	2.25	*1.25	1.0	3.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	20	1	16	0.00	0.00	35.0	2.25	*1.25	1.0	3.75	0.13	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
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, Whole White	8 oz carton	149	24	105	0.00	0.07	275.7	12.32	0.00	7.69	11.71	7.93	4.55
Weighted Daily Average		1906	169	2290	14.00	26.91	2310.2	164.07	*73.50	63.18	311.71	48.05	17.80
% of Calories								34.4%	*15.4%	13.3%	65.4%	22.7%	8.4%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 4

Aug 24, 2026 thru Sep 30, 2026

Rockwood Elementary Breakfast

Generated on: 7/31/2026 7:13:55 AM

	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 - 08/27/2026													
Rockwood Elementary Break	Total												
Breakfast Pizza, Nardone	pizza	210	21	360	2.00	1.50	180.0	3.00	*0.50	12.0	21.0	8.0	3.50
Pizza, Breakfast Tony's	pizza	200	15	330	2.00	1.70	150.0	5.00	*2.00	9.0	25.0	7.0	2.00
Cereal Cinn Toast Crunch 1 oz	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	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	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 Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
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
Chat Snax Vanilla Grahams	pkg	120	0	105	1.00	0.60	0.0	8.00	*8.00	1.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	1 Each	15	1	18	0.00	0.00	37.5	2.25	*1.00	1.0	3.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz yogurt	18	0	18	0.00	0.00	37.5	2.25	*1.25	1.0	3.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	20	1	16	0.00	0.00	35.0	2.25	*1.25	1.0	3.75	0.13	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
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, Whole White	8 oz carton	149	24	105	0.00	0.07	275.7	12.32	0.00	7.69	11.71	7.93	4.55
Weighted Daily Average		2006	98	2395	17.00	20.55	2395.7	168.57	*74.00	73.68	327.71	47.55	16.55
% of Calories								33.6%	*14.8%	14.7%	65.3%	21.3%	7.4%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

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	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 - 08/28/2026													
Rockwood Elementary Break	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
Cereal Cinn Toast Crunch 1 oz	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	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	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 Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
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
Chat Snax Vanilla Grahams	pkg	120	0	105	1.00	0.60	0.0	8.00	*8.00	1.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	1 Each	15	1	18	0.00	0.00	37.5	2.25	*1.00	1.0	3.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz yogurt	18	0	18	0.00	0.00	37.5	2.25	*1.25	1.0	3.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	20	1	16	0.00	0.00	35.0	2.25	*1.25	1.0	3.75	0.13	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
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, Whole White	8 oz carton	149	24	105	0.00	0.07	275.7	12.32	0.00	7.69	11.71	7.93	4.55
Weighted Daily Average		1838	67	1915	14.00	19.16	2086.0	181.42	*72.00	57.68	330.82	36.05	12.05
% of Calories								39.5%	*15.7%	12.6%	72.0%	17.7%	5.9%
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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	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 - 08/31/2026													
Rockwood Elementary Break	Total												
Waffles, Eggo Froot Loops IW	2 waffles	180	0	210	3.00	3.60	260.0	5.00	*5.00	4.0	32.0	6.0	1.50
Cereal Cinn Toast Crunch 1 oz	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	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	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 Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
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
Chat Snax Vanilla Grahams	pkg	120	0	105	1.00	0.60	0.0	8.00	*8.00	1.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	1 Each	15	1	18	0.00	0.00	37.5	2.25	*1.00	1.0	3.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz yogurt	18	0	18	0.00	0.00	37.5	2.25	*1.25	1.0	3.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	20	1	16	0.00	0.00	35.0	2.25	*1.25	1.0	3.75	0.13	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
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, Whole White	8 oz carton	149	24	105	0.00	0.07	275.7	12.32	0.00	7.69	11.71	7.93	4.55
Weighted Daily Average		1776	62	1915	16.00	20.95	2325.7	165.57	*76.50	56.68	313.71	38.55	12.55
% of Calories								37.3%	*17.2%	12.8%	70.6%	19.5%	6.4%
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

Base Menu Spreadsheet

Portion Values - Detailed

Page 7

Aug 24, 2026 thru Sep 30, 2026

Rockwood Elementary Breakfast

Generated on: 7/31/2026 7:13:55 AM

	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 - 09/01/2026													
Rockwood Elementary Break	Total												
Pancake & Sausage Patty Breakf	serving	293	48	287	1.00	1.26	10.0	3.00	*0.00	9.0	12.0	23.0	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 Cinn Toast Crunch 1 oz	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	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	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 Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
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
Chat Snax Vanilla Grahams	pkg	120	0	105	1.00	0.60	0.0	8.00	*8.00	1.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	1 Each	15	1	18	0.00	0.00	37.5	2.25	*1.00	1.0	3.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz yogurt	18	0	18	0.00	0.00	37.5	2.25	*1.25	1.0	3.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	20	1	16	0.00	0.00	35.0	2.25	*1.25	1.0	3.75	0.13	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
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, Whole White	8 oz carton	149	24	105	0.00	0.07	275.7	12.32	0.00	7.69	11.71	7.93	4.55
Weighted Daily Average		2009	110	2032	14.00	18.61	2075.7	180.57	*71.50	61.68	324.71	55.55	18.05
% of Calories								35.9%	*14.2%	12.3%	64.6%	24.9%	8.1%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 8

Aug 24, 2026 thru Sep 30, 2026

Rockwood Elementary Breakfast

Generated on: 7/31/2026 7:13:55 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)
Wed - 09/02/2026													
Rockwood Elementary Break	Total												
Eggs precooked Scrambled	#16 scoop	45	95	130	0.00	0.00	20.0	0.00	*0.00	3.0	1.0	3.0	1.00
Biscuit	Biscuit	220	0	320	1.00	2.00	120.0	3.00	*2.00	4.0	29.0	9.0	4.00
Cereal Cinn Toast Crunch 1 oz	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	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	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 Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
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
Chat Snax Vanilla Grahams	pkg	120	0	105	1.00	0.60	0.0	8.00	*8.00	1.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	1 Each	15	1	18	0.00	0.00	37.5	2.25	*1.00	1.0	3.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz yogurt	18	0	18	0.00	0.00	37.5	2.25	*1.25	1.0	3.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	20	1	16	0.00	0.00	35.0	2.25	*1.25	1.0	3.75	0.13	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
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, Whole White	8 oz carton	149	24	105	0.00	0.07	275.7	12.32	0.00	7.69	11.71	7.93	4.55
Weighted Daily Average		1861	157	2155	14.00	19.35	2205.7	163.57	*73.50	59.68	311.71	44.55	16.05
% of Calories								35.2%	*15.8%	12.8%	67.0%	21.5%	7.8%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

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	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 - 09/03/2026													
Rockwood Elementary Break	Total												
Smoothie Fruit & Yogurt	1 each	169	6	91	2.00	*0.09	*200.1	21.04	*9.17	5.67	29.87	2.48	2.19
Cereal Cinn Toast Crunch 1 oz	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	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	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 Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
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
Chat Snax Vanilla Grahams	pkg	120	0	105	1.00	0.60	0.0	8.00	*8.00	1.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	1 Each	15	1	18	0.00	0.00	37.5	2.25	*1.00	1.0	3.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz yogurt	18	0	18	0.00	0.00	37.5	2.25	*1.25	1.0	3.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	20	1	16	0.00	0.00	35.0	2.25	*1.25	1.0	3.75	0.13	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
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, Whole White	8 oz carton	149	24	105	0.00	0.07	275.7	12.32	0.00	7.69	11.71	7.93	4.55
Weighted Daily Average		1766	68	1795	15.00	*17.44	*2265.8	181.61	*80.67	58.35	311.58	35.03	13.24
% of Calories								41.1%	*18.3%	13.2%	70.6%	17.9%	6.7%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

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	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 - 09/04/2026													
Rockwood Elementary Break	Total												
Donut Holes, Glazed	3 donut hole	140	0	168	1.20	0.78	6.1	10.03	*9.42	2.4	22.76	4.2	1.80
Cereal Cinn Toast Crunch 1 oz	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	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	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 Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
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
Chat Snax Vanilla Grahams	pkg	120	0	105	1.00	0.60	0.0	8.00	*8.00	1.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	1 Each	15	1	18	0.00	0.00	37.5	2.25	*1.00	1.0	3.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz yogurt	18	0	18	0.00	0.00	37.5	2.25	*1.25	1.0	3.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	20	1	16	0.00	0.00	35.0	2.25	*1.25	1.0	3.75	0.13	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
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, Whole White	8 oz carton	149	24	105	0.00	0.07	275.7	12.32	0.00	7.69	11.71	7.93	4.55
Weighted Daily Average		1736	62	1873	14.20	18.14	2071.8	170.60	*80.92	55.08	304.47	36.75	12.85
% of Calories								39.3%	*18.6%	12.7%	70.2%	19.1%	6.7%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

Page 11

Generated on: 7/31/2026 7:13:56 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 - 09/08/2026													
Rockwood Elementary Break	Total												
Bagel, White WG	1 each	150	0	170	4.00	1.40	30.0	5.00	*5.00	7.0	29.0	1.0	0.00
Bagel, Blueberry WG Toasted	bagel	170	0	170	4.00	1.40	35.0	7.00	*6.00	7.0	32.0	1.5	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	*N/A*	1.0	2.0	7.0	4.00
Cereal Cinn Toast Crunch 1 oz	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	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	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 Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
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
Chat Snax Vanilla Grahams	pkg	120	0	105	1.00	0.60	0.0	8.00	*8.00	1.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	1 Each	15	1	18	0.00	0.00	37.5	2.25	*1.00	1.0	3.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz yogurt	18	0	18	0.00	0.00	37.5	2.25	*1.25	1.0	3.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	20	1	16	0.00	0.00	35.0	2.25	*1.25	1.0	3.75	0.13	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
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, Whole White	8 oz carton	149	24	105	0.00	0.07	275.7	12.32	0.00	7.69	11.71	7.93	4.55
Weighted Daily Average		1986	82	2155	21.00	20.15	2150.7	174.57	*82.50	67.68	344.71	42.05	15.05
% of Calories								35.2%	*16.6%	13.6%	69.4%	19.1%	6.8%
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

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

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	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 - 09/09/2026													
Rockwood Elementary Break	Total												
Cinnamon Breakfast Cake	1 Each	192	10	211	1.00	2.71	20.9	25.86	*0.81	2.0	39.13	3.0	1.00
Cereal Cinn Toast Crunch 1 oz	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	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	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 Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
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
Chat Snax Vanilla Grahams	pkg	120	0	105	1.00	0.60	0.0	8.00	*8.00	1.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	1 Each	15	1	18	0.00	0.00	37.5	2.25	*1.00	1.0	3.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz yogurt	18	0	18	0.00	0.00	37.5	2.25	*1.25	1.0	3.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	20	1	16	0.00	0.00	35.0	2.25	*1.25	1.0	3.75	0.13	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
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, Whole White	8 oz carton	149	24	105	0.00	0.07	275.7	12.32	0.00	7.69	11.71	7.93	4.55
Weighted Daily Average		1788	72	1916	14.00	20.06	2086.6	186.43	*72.31	54.68	320.84	35.56	12.05
% of Calories								41.7%	*16.2%	12.2%	71.8%	17.9%	6.1%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 13

Aug 24, 2026 thru Sep 30, 2026

Rockwood Elementary Breakfast

Generated on: 7/31/2026 7:13:56 AM

	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 - 09/10/2026													
Rockwood Elementary Break	Total												
Breakfast Nachos Egg&Cheese	#16 scoop	231	104	373	1.00	0.36	114.1	0.00	*0.00	7.29	18.37	13.2	3.56
Cereal Cinn Toast Crunch 1 oz	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	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	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 Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
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
Chat Snax Vanilla Grahams	pkg	120	0	105	1.00	0.60	0.0	8.00	*8.00	1.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	1 Each	15	1	18	0.00	0.00	37.5	2.25	*1.00	1.0	3.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz yogurt	18	0	18	0.00	0.00	37.5	2.25	*1.25	1.0	3.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	20	1	16	0.00	0.00	35.0	2.25	*1.25	1.0	3.75	0.13	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
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, Whole White	8 oz carton	149	24	105	0.00	0.07	275.7	12.32	0.00	7.69	11.71	7.93	4.55
Weighted Daily Average		1827	166	2078	14.00	17.71	2179.8	160.57	*71.50	59.97	300.08	45.75	14.61
% of Calories								35.2%	*15.7%	13.1%	65.7%	22.5%	7.2%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

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	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 - 09/11/2026													
Rockwood Elementary Break	Total												
Dutch Waffle	Waffle	334	15	330	3.00	1.80	40.0	13.02	*12.02	4.0	39.04	19.0	3.00
Cereal Cinn Toast Crunch 1 oz	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	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	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 Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
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
Chat Snax Vanilla Grahams	pkg	120	0	105	1.00	0.60	0.0	8.00	*8.00	1.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	1 Each	15	1	18	0.00	0.00	37.5	2.25	*1.00	1.0	3.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz yogurt	18	0	18	0.00	0.00	37.5	2.25	*1.25	1.0	3.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	20	1	16	0.00	0.00	35.0	2.25	*1.25	1.0	3.75	0.13	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
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, Whole White	8 oz carton	149	24	105	0.00	0.07	275.7	12.32	0.00	7.69	11.71	7.93	4.55
Weighted Daily Average		1930	77	2035	16.00	19.15	2105.7	173.59	*83.52	56.68	320.75	51.55	14.05
% of Calories								36.0%	*17.3%	11.7%	66.5%	24.0%	6.5%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 15

Aug 24, 2026 thru Sep 30, 2026

Rockwood Elementary Breakfast

Generated on: 7/31/2026 7:13:56 AM

	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 - 09/14/2026													
Rockwood Elementary Break	Total												
Pancake Puffs, Maple	Package	190	0	160	2.00	1.08	60.0	10.00	*9.00	3.0	33.0	6.0	1.00
Cereal Cinn Toast Crunch 1 oz	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	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	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 Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
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
Chat Snax Vanilla Grahams	pkg	120	0	105	1.00	0.60	0.0	8.00	*8.00	1.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	1 Each	15	1	18	0.00	0.00	37.5	2.25	*1.00	1.0	3.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz yogurt	18	0	18	0.00	0.00	37.5	2.25	*1.25	1.0	3.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	20	1	16	0.00	0.00	35.0	2.25	*1.25	1.0	3.75	0.13	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
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, Whole White	8 oz carton	149	24	105	0.00	0.07	275.7	12.32	0.00	7.69	11.71	7.93	4.55
Weighted Daily Average		1786	62	1865	15.00	18.43	2125.7	170.57	*80.50	55.68	314.71	38.55	12.05
% of Calories								38.2%	*18.0%	12.5%	70.5%	19.4%	6.1%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

Page 16

Generated on: 7/31/2026 7:13:56 AM

	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 - 09/15/2026													
Rockwood Elementary Break	Total												
Biscuit, Egg and Cheese	Sandwich	310	108	585	1.00	9.56	244.5	3.50	*2.00	10.5	30.0	15.5	6.75
Cereal Cinn Toast Crunch 1 oz	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	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	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 Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
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
Chat Snax Vanilla Grahams	pkg	120	0	105	1.00	0.60	0.0	8.00	*8.00	1.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	1 Each	15	1	18	0.00	0.00	37.5	2.25	*1.00	1.0	3.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz yogurt	18	0	18	0.00	0.00	37.5	2.25	*1.25	1.0	3.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	20	1	16	0.00	0.00	35.0	2.25	*1.25	1.0	3.75	0.13	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
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, Whole White	8 oz carton	149	24	105	0.00	0.07	275.7	12.32	0.00	7.69	11.71	7.93	4.55
Weighted Daily Average		1906	169	2290	14.00	26.91	2310.2	164.07	*73.50	63.18	311.71	48.05	17.80
% of Calories								34.4%	*15.4%	13.3%	65.4%	22.7%	8.4%
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

Base Menu Spreadsheet

Portion Values - Detailed

Page 17

Aug 24, 2026 thru Sep 30, 2026

Rockwood Elementary Breakfast

Generated on: 7/31/2026 7:13:56 AM

	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 - 09/16/2026													
Rockwood Elementary Break	Total												
Yogurt Banana Split	1 Each	200	4	76	2.27	*0.27	*172.2	*22.30	*9.33	5.58	39.76	2.56	2.07
Cereal Cinn Toast Crunch 1 oz	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	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	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 Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
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
Chat Snax Vanilla Grahams	pkg	120	0	105	1.00	0.60	0.0	8.00	*8.00	1.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	1 Each	15	1	18	0.00	0.00	37.5	2.25	*1.00	1.0	3.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz yogurt	18	0	18	0.00	0.00	37.5	2.25	*1.25	1.0	3.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	20	1	16	0.00	0.00	35.0	2.25	*1.25	1.0	3.75	0.13	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
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, Whole White	8 oz carton	149	24	105	0.00	0.07	275.7	12.32	0.00	7.69	11.71	7.93	4.55
Weighted Daily Average		1797	66	1781	15.27	*17.62	*2238.0	*182.87	*80.83	58.27	321.47	35.12	13.12
% of Calories								*40.7%	*18.0%	13.0%	71.6%	17.6%	6.6%
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

Base Menu Spreadsheet

Portion Values - Detailed

Page 18

Aug 24, 2026 thru Sep 30, 2026

Rockwood Elementary Breakfast

Generated on: 7/31/2026 7:13:56 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 - 09/17/2026													
Rockwood Elementary Break	Total												
Breakfast Pizza, Nardone	pizza	210	21	360	2.00	1.50	180.0	3.00	*0.50	12.0	21.0	8.0	3.50
Pizza, Breakfast Tony's	pizza	200	15	330	2.00	1.70	150.0	5.00	*2.00	9.0	25.0	7.0	2.00
Cereal Cinn Toast Crunch 1 oz	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	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	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 Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
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
Chat Snax Vanilla Grahams	pkg	120	0	105	1.00	0.60	0.0	8.00	*8.00	1.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	1 Each	15	1	18	0.00	0.00	37.5	2.25	*1.00	1.0	3.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz yogurt	18	0	18	0.00	0.00	37.5	2.25	*1.25	1.0	3.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	20	1	16	0.00	0.00	35.0	2.25	*1.25	1.0	3.75	0.13	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
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, Whole White	8 oz carton	149	24	105	0.00	0.07	275.7	12.32	0.00	7.69	11.71	7.93	4.55
Weighted Daily Average		2006	98	2395	17.00	20.55	2395.7	168.57	*74.00	73.68	327.71	47.55	16.55
% of Calories								33.6%	*14.8%	14.7%	65.3%	21.3%	7.4%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

Page 19

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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)
Fri - 09/18/2026													
Rockwood Elementary Break	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
Cereal Cinn Toast Crunch 1 oz	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	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	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 Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
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
Chat Snax Vanilla Grahams	pkg	120	0	105	1.00	0.60	0.0	8.00	*8.00	1.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	1 Each	15	1	18	0.00	0.00	37.5	2.25	*1.00	1.0	3.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz yogurt	18	0	18	0.00	0.00	37.5	2.25	*1.25	1.0	3.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	20	1	16	0.00	0.00	35.0	2.25	*1.25	1.0	3.75	0.13	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
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, Whole White	8 oz carton	149	24	105	0.00	0.07	275.7	12.32	0.00	7.69	11.71	7.93	4.55
Weighted Daily Average		1838	67	1915	14.00	19.16	2086.0	181.42	*72.00	57.68	330.82	36.05	12.05
% of Calories								39.5%	*15.7%	12.6%	72.0%	17.7%	5.9%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

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Generated on: 7/31/2026 7:13:56 AM

	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 - 09/21/2026													
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 Cinn Toast Crunch 1 oz	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	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	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 Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
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
Chat Snax Vanilla Grahams	pkg	120	0	105	1.00	0.60	0.0	8.00	*8.00	1.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	1 Each	15	1	18	0.00	0.00	37.5	2.25	*1.00	1.0	3.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz yogurt	18	0	18	0.00	0.00	37.5	2.25	*1.25	1.0	3.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	20	1	16	0.00	0.00	35.0	2.25	*1.25	1.0	3.75	0.13	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
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, Whole White	8 oz carton	149	24	105	0.00	0.07	275.7	12.32	0.00	7.69	11.71	7.93	4.55
Weighted Daily Average		1826	62	1985	16.00	19.35	2095.7	174.57	*84.50	57.68	322.71	39.55	13.05
% of Calories								38.2%	*18.5%	12.6%	70.7%	19.5%	6.4%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 21

Aug 24, 2026 thru Sep 30, 2026

Rockwood Elementary Breakfast

Generated on: 7/31/2026 7:13:56 AM

	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 - 09/22/2026													
Rockwood Elementary Break	Total												
Smoothie Fruit & Yogurt	1 each	169	6	91	2.00	*0.09	*200.1	21.04	*9.17	5.67	29.87	2.48	2.19
Cereal Cinn Toast Crunch 1 oz	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	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	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 Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
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
Chat Snax Vanilla Grahams	pkg	120	0	105	1.00	0.60	0.0	8.00	*8.00	1.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	1 Each	15	1	18	0.00	0.00	37.5	2.25	*1.00	1.0	3.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz yogurt	18	0	18	0.00	0.00	37.5	2.25	*1.25	1.0	3.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	20	1	16	0.00	0.00	35.0	2.25	*1.25	1.0	3.75	0.13	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
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, Whole White	8 oz carton	149	24	105	0.00	0.07	275.7	12.32	0.00	7.69	11.71	7.93	4.55
Weighted Daily Average		1766	68	1795	15.00	*17.44	*2265.8	181.61	*80.67	58.35	311.58	35.03	13.24
% of Calories								41.1%	*18.3%	13.2%	70.6%	17.9%	6.7%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 22

Aug 24, 2026 thru Sep 30, 2026

Rockwood Elementary Breakfast

Generated on: 7/31/2026 7:13:56 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)
Wed - 09/23/2026													
Rockwood Elementary Break	Total												
French Toast Sticks, Cinn Glzd	3 stick	210	120	320	2.00	1.80	40.0	6.00	*5.00	9.0	26.0	8.0	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 Cinn Toast Crunch 1 oz	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	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	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 Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
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
Chat Snax Vanilla Grahams	pkg	120	0	105	1.00	0.60	0.0	8.00	*8.00	1.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	1 Each	15	1	18	0.00	0.00	37.5	2.25	*1.00	1.0	3.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz yogurt	18	0	18	0.00	0.00	37.5	2.25	*1.25	1.0	3.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	20	1	16	0.00	0.00	35.0	2.25	*1.25	1.0	3.75	0.13	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
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, Whole White	8 oz carton	149	24	105	0.00	0.07	275.7	12.32	0.00	7.69	11.71	7.93	4.55
Weighted Daily Average		1926	182	2065	15.00	19.15	2105.7	183.57	*76.50	61.68	338.71	40.55	13.55
% of Calories								38.1%	*15.9%	12.8%	70.3%	18.9%	6.3%
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

Base Menu Spreadsheet

Portion Values - Detailed

Page 23

Aug 24, 2026 thru Sep 30, 2026

Rockwood Elementary Breakfast

Generated on: 7/31/2026 7:13:56 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 - 09/24/2026													
Rockwood Elementary Break	Total												
Egg Hard Boiled/Egg Pop	1 Each	78	187	62	0.00	0.60	25.0	0.56	0.00	6.29	0.56	5.31	1.63
Cereal Cinn Toast Crunch 1 oz	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	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	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 Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
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
Chat Snax Vanilla Grahams	pkg	120	0	105	1.00	0.60	0.0	8.00	*8.00	1.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	1 Each	15	1	18	0.00	0.00	37.5	2.25	*1.00	1.0	3.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz yogurt	18	0	18	0.00	0.00	37.5	2.25	*1.25	1.0	3.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	20	1	16	0.00	0.00	35.0	2.25	*1.25	1.0	3.75	0.13	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
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, Whole White	8 oz carton	149	24	105	0.00	0.07	275.7	12.32	0.00	7.69	11.71	7.93	4.55
Weighted Daily Average		1674	248	1767	13.00	17.95	2090.7	161.13	*71.50	58.97	282.27	37.86	12.68
% of Calories								38.5%	*17.1%	14.1%	67.5%	20.4%	6.8%
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

Base Menu Spreadsheet

Portion Values - Detailed

Page 24

Aug 24, 2026 thru Sep 30, 2026

Rockwood Elementary Breakfast

Generated on: 7/31/2026 7:13:56 AM

	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 - 09/25/2026													
Rockwood Elementary Break	Total												
Donuts, Mini Cake w/Cinn Sugar	3 donuts	172	15	180	1.50	0.75	14.3	10.50	*10.50	2.25	21.75	8.25	3.00
Cereal Cinn Toast Crunch 1 oz	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	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	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 Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
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
Chat Snax Vanilla Grahams	pkg	120	0	105	1.00	0.60	0.0	8.00	*8.00	1.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	1 Each	15	1	18	0.00	0.00	37.5	2.25	*1.00	1.0	3.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz yogurt	18	0	18	0.00	0.00	37.5	2.25	*1.25	1.0	3.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	20	1	16	0.00	0.00	35.0	2.25	*1.25	1.0	3.75	0.13	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
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, Whole White	8 oz carton	149	24	105	0.00	0.07	275.7	12.32	0.00	7.69	11.71	7.93	4.55
Weighted Daily Average		1769	77	1885	14.50	18.10	2080.0	171.07	*82.00	54.93	303.46	40.80	14.05
% of Calories								38.7%	*18.5%	12.4%	68.6%	20.8%	7.1%
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

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

Page 25

Generated on: 7/31/2026 7:13:57 AM

	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 - 09/28/2026													
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 Cinn Toast Crunch 1 oz	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	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	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 Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
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
Chat Snax Vanilla Grahams	pkg	120	0	105	1.00	0.60	0.0	8.00	*8.00	1.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	1 Each	15	1	18	0.00	0.00	37.5	2.25	*1.00	1.0	3.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz yogurt	18	0	18	0.00	0.00	37.5	2.25	*1.25	1.0	3.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	20	1	16	0.00	0.00	35.0	2.25	*1.25	1.0	3.75	0.13	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
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, Whole White	8 oz carton	149	24	105	0.00	0.07	275.7	12.32	0.00	7.69	11.71	7.93	4.55
Weighted Daily Average		1856	62	1925	16.00	19.55	2065.7	168.57	*78.50	57.68	315.71	44.55	15.55
% of Calories								36.3%	*16.9%	12.4%	68.0%	21.6%	7.5%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 26

Aug 24, 2026 thru Sep 30, 2026

Rockwood Elementary Breakfast

Generated on: 7/31/2026 7:13:57 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 - 09/29/2026													
Rockwood Elementary Break	Total												
Pancake & Sausage Patty Breakf	serving	293	48	287	1.00	1.26	10.0	3.00	*0.00	9.0	12.0	23.0	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 Cinn Toast Crunch 1 oz	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	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	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 Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
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
Chat Snax Vanilla Grahams	pkg	120	0	105	1.00	0.60	0.0	8.00	*8.00	1.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	1 Each	15	1	18	0.00	0.00	37.5	2.25	*1.00	1.0	3.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz yogurt	18	0	18	0.00	0.00	37.5	2.25	*1.25	1.0	3.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	20	1	16	0.00	0.00	35.0	2.25	*1.25	1.0	3.75	0.13	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
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, Whole White	8 oz carton	149	24	105	0.00	0.07	275.7	12.32	0.00	7.69	11.71	7.93	4.55
Weighted Daily Average		2009	110	2032	14.00	18.61	2075.7	180.57	*71.50	61.68	324.71	55.55	18.05
% of Calories								35.9%	*14.2%	12.3%	64.6%	24.9%	8.1%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 27

Aug 24, 2026 thru Sep 30, 2026

Rockwood Elementary Breakfast

Generated on: 7/31/2026 7:13:57 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)
Wed - 09/30/2026													
Rockwood Elementary Break	Total												
Eggs precooked Scrambled	#16 scoop	45	95	130	0.00	0.00	20.0	0.00	*0.00	3.0	1.0	3.0	1.00
Biscuit	Biscuit	220	0	320	1.00	2.00	120.0	3.00	*2.00	4.0	29.0	9.0	4.00
Cereal Cinn Toast Crunch 1 oz	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	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	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 Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
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
Chat Snax Vanilla Grahams	pkg	120	0	105	1.00	0.60	0.0	8.00	*8.00	1.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	1 Each	15	1	18	0.00	0.00	37.5	2.25	*1.00	1.0	3.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz yogurt	18	0	18	0.00	0.00	37.5	2.25	*1.25	1.0	3.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	20	1	16	0.00	0.00	35.0	2.25	*1.25	1.0	3.75	0.13	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
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, Whole White	8 oz carton	149	24	105	0.00	0.07	275.7	12.32	0.00	7.69	11.71	7.93	4.55
Weighted Daily Average		1861	157	2155	14.00	19.35	2205.7	163.57	*73.50	59.68	311.71	44.55	16.05
% of Calories								35.2%	*15.8%	12.8%	67.0%	21.5%	7.8%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

Weighted Average		1856	102	2004	15.08	*19.54	*2174.2	*173.14 *84.0%	*76.71 *37.2%	60.01 12.9%	317.68 68.5%	42.24 20.5%	14.49 7.0%
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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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		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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)						
Calories	1856		350 - 500	371%				1356	Correction Required - Calories too High					
Cholesterol (mg)	102													
Sodium 1 (mg)	2004		540	371%				1464	Correction Required - Sodium too High					
Fiber (g)	15.08													
Iron (mg)	19.54		2.50	782%	Missing									
Calcium (mg)	2174.2		200.00	1087%	Missing									
Total Sugars (g)	173.14	37.32%			Missing									
Added Sugars (g)	76.71	16.54%			Missing									
Protein (g)	60.01	12.93%	5.50	1091%	Missing									
Carbohydrate (g)	317.68	68.47%												
Total Fat (g)	42.24	20.49%	<=30.00%											
Saturated Fat (g)	14.49	7.03%	<10.00%											

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