

Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

Page 1

Generated on: 7/31/2026 7:14:41 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 Middle Lunch	Total												
Chicken Tenders Gold Creek	3 tenders	220	65	460	2.00	2.00	21.0	0.00	*0.00	22.0	14.0	7.0	1.50
Breadstick, WG 5" BakeCrafters	breadstick	70	0	65	1.00	0.70	10.0	0.50	*0.50	2.0	13.0	1.0	0.00
Potato Smiles	4 smiles	130	0	180	2.00	0.40	10.0	0.00	*0.00	2.0	20.0	4.5	0.50
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3397	381	5603	41.11	25.83	1811.4	76.45	*47.30	188.93	390.26	128.07	40.64
% of Calories								9.0%	*5.6%	22.2%	46.0%	33.9%	10.8%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Tue - 08/25/2026													
Rockwood Middle Lunch	Total												
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3.00	*N/A*	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3.00	*N/A*	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3.00	*N/A*	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2.00	*N/A*	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2.00	*N/A*	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2.00	*N/A*	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5.00	*N/A*	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5.00	*N/A*	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5.00	*N/A*	16.0	39.0	19.0	9.00
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2	54	1.99	0.42	51.7	*0.01	*0.00	2.65	3.92	3.87	0.78
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92

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

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

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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)
Weighted Daily Average % of Calories		6292	717	12502	56.10	47.14	4319.1	*105.95 *6.7%	*46.80 *3.0%	309.58 19.7%	677.18 43.1%	265.44 38.0%	113.42 16.2%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Wed - 08/26/2026													
Rockwood Middle Lunch	Total												
Nacho Supreme w/Queso K-8	Serving	322	57	572	3.11	2.09	235.3	4.51	*0.00	20.34	18.81	17.31	6.64
Salsa Cup, Red Gold 3oz	3 oz cup	25	0	195	1.00	1.00	16.0	3.00	*0.00	1.0	5.0	0.0	0.00
Fiesta Black Beans	1/2 CUP	113	0	481	4.10	1.84	41.0	2.05	*N/A*	5.12	20.48	1.02	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average % of Calories		3436	372	6147	44.31	27.66	2062.6	85.51 10.0%	*46.80 *5.4%	189.40 22.0%	387.55 45.1%	133.90 35.1%	45.28 11.9%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Thu - 08/27/2026													
Rockwood Middle Lunch	Total												
Bosco Breadsticks	2 breadstick	424	31	559	4.00	4.01	430.9	4.00	*2.00	24.3	50.14	12.29	6.16
Marinara Cup	1 each	40	0	200	2.00	0.00	19.0	4.00	*1.00	1.0	7.0	1.0	0.00
Peas, Italian	1/2 cup	69	0	111	4.53	1.31	22.3	*0.18	*0.00	4.27	12.86	0.23	0.04
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92

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Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

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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)
Weighted Daily Average		3510	346	5768	46.63	28.04	2242.6	*84.13	*49.80	192.50	413.26	129.09	44.84
% of Calories								*9.6%	*5.7%	21.9%	47.1%	33.1%	11.5%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Fri - 08/28/2026													
Rockwood Middle Lunch	Total												
Pizza, Selfie 5" Cheese Alpha	5" pizza	370	30	580	3.00	1.80	500.0	2.00	*0.00	22.0	38.0	14.0	7.00
Pizza, Selfie 5" Pepperoni	5" pizza	400	35	660	2.00	1.80	450.0	2.00	*0.00	22.0	38.0	16.0	7.00
Corn, Canned	1/2 CUP	102	0	70	3.04	0.54	1.2	4.57	*N/A*	3.04	23.49	1.52	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3849	381	6208	44.15	26.86	2721.6	84.52	*46.80	209.98	442.75	147.08	52.64
% of Calories								8.8%	*4.9%	21.8%	46.0%	34.4%	12.3%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Mon - 08/31/2026													
Rockwood Middle Lunch	Total												
Corn Dog Minis Chicken FF	6 pieces	260	15	470	1.00	2.20	70.0	7.00	*6.00	9.0	30.0	12.0	3.50
Baked Beans Bush's Best	1/2 Cup	140	0	371	5.02	1.81	40.1	12.04	*N/A*	5.02	30.09	0.0	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3377	331	5739	42.12	26.73	1880.5	94.99	*52.80	176.95	403.35	127.57	42.14
% of Calories								11.3%	*6.3%	21.0%	47.8%	34.0%	11.2%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

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Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle Lunch

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)
Tue - 09/01/2026													
Rockwood Middle Lunch	Total												
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3.00	*N/A*	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3.00	*N/A*	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3.00	*N/A*	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2.00	*N/A*	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2.00	*N/A*	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2.00	*N/A*	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5.00	*N/A*	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5.00	*N/A*	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5.00	*N/A*	16.0	39.0	19.0	9.00
Carrots, Italian Roasted	1/2 CUP	122	3	218	2.68	0.85	56.1	*4.33	*0.00	1.51	8.14	9.92	1.70
Bell Peppers, Roasted	1/2 cup	83	0	144	2.46	0.75	15.4	*3.31	*0.00	1.67	10.39	4.9	0.68
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		6441	718	12811	59.25	48.33	4338.9	*113.58	*46.80	310.11	691.79	276.39	115.02
% of Calories								*7.1%	*2.9%	19.3%	43.0%	38.6%	16.1%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

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Rockwood Middle Lunch

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Wed - 09/02/2026													
Rockwood Middle Lunch	Total												
Mandarin Orange Chx Rice Bowl	#8 scoop	391	39	481	1.18	2.87	59.9	10.85	*10.63	15.57	72.54	3.58	0.68
Broccoli, Roast/Steamed	1/2 Cup	26	0	22	2.76	0.55	46.3	*N/A*	*N/A*	2.81	4.86	0.1	0.02
Cookie, Fortune	1 each	12	0	0	0.00	0.00	0.5	1.67	*1.67	0.17	2.67	0.0	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3405	354	5401	40.05	26.15	1877.1	*88.47	*59.10	181.48	423.33	119.24	39.34
% of Calories								*10.4%	*6.9%	21.3%	49.7%	31.5%	10.4%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Thu - 09/03/2026													
Rockwood Middle Lunch	Total												
Mozzarella Sticks Breaded	6 sticks	310	15	540	3.00	1.70	520.0	3.00	*0.00	20.0	32.0	11.0	3.50
Marinara Cup	1 each	40	0	200	2.00	0.00	19.0	4.00	*1.00	1.0	7.0	1.0	0.00
Mixed Vegetables, Steamed	1/2 CUP	73	0	95	3.48	*0.00	*1.2	3.48	*N/A*	2.32	14.54	0.0	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3399	331	5733	44.59	*24.43	*2310.6	86.43	*47.80	186.25	396.80	127.57	42.14
% of Calories								10.2%	*5.6%	21.9%	46.7%	33.8%	11.2%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle Lunch

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 Middle Lunch	Total												
Chicken Breaded Sandwich GC	Sandwich	350	60	720	4.00	2.50	119.0	4.00	*2.00	26.0	44.0	9.0	1.00
Chicken Spicy Brd Sandwich	Sandwich	400	50	620	4.00	2.50	110.0	4.00	*2.00	27.0	45.0	13.0	2.00
Potato, Seasoned Wedges McCain	1/2 cup	113	0	205	2.05	0.31	10.3	0.00	*0.00	2.05	18.45	3.59	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3839	426	6443	46.16	28.03	2009.6	83.95	*50.80	217.98	450.71	141.16	41.64
% of Calories								8.7%	*5.3%	22.7%	47.0%	33.1%	9.8%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Tue - 09/08/2026													
Rockwood Middle Lunch	Total												
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3.00	*N/A*	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3.00	*N/A*	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3.00	*N/A*	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2.00	*N/A*	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2.00	*N/A*	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2.00	*N/A*	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5.00	*N/A*	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5.00	*N/A*	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5.00	*N/A*	16.0	39.0	19.0	9.00
Potato Smiles	4 smiles	130	0	180	2.00	0.40	10.0	0.00	*0.00	2.0	20.0	4.5	0.50
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle Lunch

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)
Weighted Daily Average % of Calories		6367	716	12628	56.11	47.13	4277.4	105.95 6.7%	*46.80 *2.9%	308.93 19.4%	693.26 43.6%	266.06 37.6%	113.14 16.0%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Wed - 09/09/2026													
Rockwood Middle Lunch	Total												
French Tst Sticks w/SausageLin	3 stick/2 link	470	145	480	2.00	2.52	40.0	8.00	*8.00	16.0	28.0	33.0	10.50
Syrup, Pancake 1.5 oz	1.5 oz	120	0	40	0.00	0.00	0.0	17.00	*N/A*	0.0	31.0	0.0	0.00
Sweet Potato Battered Seasoned	3 oz	173	0	205	1.08	0.54	32.4	7.55	*0.00	1.08	26.97	7.55	1.08
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average % of Calories		3739	461	5623	39.19	25.78	1842.8	108.50 11.6%	*54.80 *5.9%	180.01 19.3%	429.23 45.9%	156.12 37.6%	50.22 12.1%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Thu - 09/10/2026													
Rockwood Middle Lunch	Total												
Tortellini Alfredo	6 oz	323	35	545	3.05	1.84	374.2	*0.32	*0.00	18.28	32.83	12.39	7.62
Garlic Toast Mini WG Baker Boy	piece	80	0	95	1.00	0.72	5.0	0.00	*0.00	2.0	12.0	2.5	0.50
Chicken Buffalo Grilled Sandwi	1 Each	280	60	1135	2.00	*1.70	*56.0	4.00	*4.00	28.5	31.5	5.0	1.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

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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)
Weighted Daily Average		3660	411	6673	42.16	*26.98	*2205.6	*80.27	*50.80	211.71	419.59	135.45	47.76
% of Calories								*8.8%	*5.6%	23.1%	45.9%	33.3%	11.7%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Fri - 09/11/2026													
Rockwood Middle Lunch	Total												
Pizza, Wild Mike Cheese 10-Cut	slice	390	35	520	1.00	2.00	404.0	6.00	*0.00	19.0	37.0	15.0	7.00
Pizza, Wild Mike PepperoniPork	slice	400	40	610	1.00	2.00	353.0	6.00	*0.00	19.0	36.0	17.0	7.00
Bean and Cheese Dip w/Chips	1 each	435	22	762	6.00	2.52	190.0	1.00	*0.00	15.0	46.0	22.0	7.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		4202	413	6790	44.11	29.24	2717.4	88.95	*46.80	215.93	462.26	169.57	59.64
% of Calories								8.5%	*4.5%	20.6%	44.0%	36.3%	12.8%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Mon - 09/14/2026													
Rockwood Middle Lunch	Total												
Ravioli, Toasted Cheese WG	7 pieces	360	5	730	7.00	4.00	150.0	5.00	*1.00	19.0	64.0	4.0	1.50
Marinara Cup	1 each	40	0	200	2.00	0.00	19.0	4.00	*1.00	1.0	7.0	1.0	0.00
Green Beans, Italian	1/2 cup	28	0	263	3.40	0.61	34.4	*1.74	*0.00	1.7	5.22	0.0	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle Lunch

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)
Weighted Daily Average		3404	321	6091	48.50	27.33	1973.8	*86.69	*48.80	184.63	419.48	120.57	40.14
% of Calories								*10.2%	*5.7%	21.7%	49.3%	31.9%	10.6%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Tue - 09/15/2026													
Rockwood Middle Lunch	Total												
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3.00	*N/A*	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3.00	*N/A*	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3.00	*N/A*	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2.00	*N/A*	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2.00	*N/A*	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2.00	*N/A*	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5.00	*N/A*	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5.00	*N/A*	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5.00	*N/A*	16.0	39.0	19.0	9.00
Carrots, Italian Roasted	1/2 CUP	122	3	218	2.68	0.85	56.1	*4.33	*0.00	1.51	8.14	9.92	1.70
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		6358	718	12666	56.79	47.58	4323.5	*110.28	*46.80	308.44	681.40	271.49	114.34
% of Calories								*6.9%	*2.9%	19.4%	42.9%	38.4%	16.2%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle Lunch

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 - 09/16/2026													
Rockwood Middle Lunch	Total												
Ramen, Chicken & Vegetable	1 1/2 cups	359	42	648	5.86	*2.86	*43.1	*2.43	*1.13	20.15	40.17	13.55	0.02
Broccoli, Roast/Steamed	1/2 Cup	26	0	22	2.76	0.55	46.3	*N/A*	*N/A*	2.81	4.86	0.1	0.02
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3362	358	5568	44.72	*26.14	*1859.8	*78.38	*47.93	185.90	388.29	129.21	38.68
% of Calories								*9.3%	*5.7%	22.1%	46.2%	34.6%	10.4%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Thu - 09/17/2026													
Rockwood Middle Lunch	Total												
Chicken Popcorn Smackers	10 pieces	270	70	480	3.00	1.44	20.0	0.00	*0.00	19.0	19.0	13.0	3.00
Breadstick, WG 5" BakeCrafters	breadstick	70	0	65	1.00	0.70	10.0	0.50	*0.50	2.0	13.0	1.0	0.00
Potato, Cheesy Hashbrown Bake	3/4 cup	239	10	643	1.94	0.58	126.1	3.87	*0.00	5.81	40.14	5.81	3.87
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3556	395	6086	42.04	25.45	1926.5	80.32	*47.30	189.74	415.40	135.38	45.52
% of Calories								9.0%	*5.3%	21.3%	46.7%	34.3%	11.5%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle Lunch

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 - 09/18/2026													
Rockwood Middle Lunch	Total												
Corn Dog, Chicken Foster Farms	1 Each	240	40	470	2.00	1.50	100.0	8.00	*7.00	9.0	30.0	9.0	2.50
BBQ Pulled Pork Sand Brookwood	#12 scoop	280	35	484	3.00	1.50	107.0	7.00	*4.75	17.0	34.25	9.0	2.50
Baked Beans Bush's Best	1/2 Cup	140	0	371	5.02	1.81	40.1	12.04	*N/A*	5.02	30.09	0.0	0.00
Rice Krispies Treat Mini WG	1 Each	50	0	45	0.00	0.60	0.0	3.00	*N/A*	0.0	9.0	1.0	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3687	391	6268	46.12	28.13	2017.5	105.99	*58.55	193.95	446.60	134.57	43.64
% of Calories								11.5%	*6.4%	21.0%	48.4%	32.8%	10.7%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Mon - 09/21/2026													
Rockwood Middle Lunch	Total												
Dumplings, Chicken & Vegetable	6 pieces	250	35	530	1.00	2.00	60.0	2.00	*1.00	18.0	31.0	7.0	0.50
Sweet Chili Sauce	1 oz	55	0	378	0.00	0.00	0.0	12.60	*N/A*	0.0	14.17	0.0	0.00
Soy Sauce, Low Sodium Kikkoman	1 TBSP	10	0	590	0.00	0.00	0.0	0.00	*N/A*	1.0	1.0	0.0	0.00
Broccoli, Roast/Steamed	1/2 Cup	26	0	22	2.76	0.55	46.3	*N/A*	*N/A*	2.81	4.86	0.1	0.02
Bell Peppers, Roasted	1/2 cup	83	0	144	2.46	0.75	15.4	*3.31	*0.00	1.67	10.39	4.9	0.68
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3400	351	6562	42.32	26.03	1892.2	*93.86	*47.80	186.42	404.69	127.57	39.84
% of Calories								*11.0%	*5.6%	21.9%	47.6%	33.8%	10.5%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle Lunch

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)
Tue - 09/22/2026													
Rockwood Middle Lunch	Total												
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3.00	*N/A*	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3.00	*N/A*	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3.00	*N/A*	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2.00	*N/A*	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2.00	*N/A*	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2.00	*N/A*	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5.00	*N/A*	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5.00	*N/A*	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5.00	*N/A*	16.0	39.0	19.0	9.00
Corn, Canned	1/2 CUP	102	0	70	3.04	0.54	1.2	4.57	*N/A*	3.04	23.49	1.52	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		6339	716	12518	57.15	47.26	4268.6	110.52	*46.80	309.98	696.75	263.08	112.64
% of Calories								7.0%	*3.0%	19.6%	44.0%	37.4%	16.0%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Wed - 09/23/2026													
Rockwood Middle Lunch	Total												
Spaghetti w/Meatballs MS/HS	3/4 cup/3m eatba	404	57	426	7.68	3.76	83.5	*10.89	*4.97	22.95	53.97	12.21	3.88
Spaghetti & Meat Sauce Turk HS	1 CUP	296	52	458	5.73	2.80	47.0	*8.01	*4.01	20.01	40.54	6.72	1.65
Garlic Toast Mini WG Baker Boy	piece	80	0	95	1.00	0.72	5.0	0.00	*0.00	2.0	12.0	2.5	0.50
Peas, Italian	1/2 cup	69	0	111	4.53	1.31	22.3	*0.18	*0.00	4.27	12.86	0.23	0.04
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle Lunch

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)
Weighted Daily Average		3825	424	5988	55.04	31.30	1928.2	*95.03	*55.78	212.16	462.62	137.23	44.72
% of Calories								*9.9%	*5.8%	22.2%	48.4%	32.3%	10.5%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Thu - 09/24/2026													
Rockwood Middle Lunch	Total												
Chicken Drumstick Gold Creek	Drumstick	230	75	490	1.00	1.00	23.0	0.00	*0.00	16.0	11.0	14.0	3.50
Biscuit	Biscuit	220	0	320	1.00	2.00	120.0	3.00	*2.00	4.0	29.0	9.0	4.00
Potatoes Mashed w/Gravy	1/2 CUP	92	0	351	1.00	0.30	13.7	1.00	*0.00	0.0	17.35	1.5	0.00
Baked Beans Bush's Best	1/2 Cup	140	0	371	5.02	1.81	40.1	12.04	*N/A*	5.02	30.09	0.0	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3659	391	6431	44.12	27.83	1967.2	91.99	*48.80	187.95	430.71	140.07	46.14
% of Calories								10.1%	*5.3%	20.5%	47.1%	34.5%	11.3%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Fri - 09/25/2026													
Rockwood Middle Lunch	Total												
Bosco Breadsticks	2 breadstick	424	31	559	4.00	4.01	430.9	4.00	*2.00	24.3	50.14	12.29	6.16
Marinara Cup	1 each	40	0	200	2.00	0.00	19.0	4.00	*1.00	1.0	7.0	1.0	0.00
Mixed Vegetables, Steamed	1/2 CUP	73	0	95	3.48	*0.00	*1.2	3.48	*N/A*	2.32	14.54	0.0	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle Lunch

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)
Weighted Daily Average		3514	346	5751	45.59	*26.73	*2221.5	87.43	*49.80	190.55	414.94	128.86	44.80
% of Calories								10.0%	*5.7%	21.7%	47.2%	33.0%	11.5%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Mon - 09/28/2026													
Rockwood Middle Lunch	Total												
Chicken and Waffles	3 strip/1waffl	300	66	575	3.00	2.72	84.5	2.00	*1.00	24.0	26.0	10.0	1.50
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
Sweet Potato Battered Seasoned	3 oz	173	0	205	1.08	0.54	32.4	7.55	*0.00	1.08	26.97	7.55	1.08
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3569	382	5718	40.19	25.98	1887.3	102.50	*47.80	188.01	427.23	133.12	41.22
% of Calories								11.5%	*5.4%	21.1%	47.9%	33.6%	10.4%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle Lunch

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)
Tue - 09/29/2026													
Rockwood Middle Lunch	Total												
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3.00	*N/A*	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3.00	*N/A*	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3.00	*N/A*	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2.00	*N/A*	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2.00	*N/A*	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2.00	*N/A*	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5.00	*N/A*	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5.00	*N/A*	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5.00	*N/A*	16.0	39.0	19.0	9.00
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2	54	1.99	0.42	51.7	*0.01	*0.00	2.65	3.92	3.87	0.78
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		6292	717	12502	56.10	47.14	4319.1	*105.95	*46.80	309.58	677.18	265.44	113.42
% of Calories								*6.7%	*3.0%	19.7%	43.1%	38.0%	16.2%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Wed - 09/30/2026													
Rockwood Middle Lunch	Total												
Nacho Supreme w/Queso K-8	Serving	322	57	572	3.11	2.09	235.3	4.51	*0.00	20.34	18.81	17.31	6.64
Salsa Cup, Red Gold 3oz	3 oz cup	25	0	195	1.00	1.00	16.0	3.00	*0.00	1.0	5.0	0.0	0.00
Refried Beans Southwestern	1/2 cup	196	5	742	10.82	2.36	87.6	0.94	*0.00	11.88	29.59	3.06	1.55
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92

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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)
Weighted Daily Average		3520	377	6407	51.04	28.17	2109.3	84.40	*46.80	196.15	396.67	135.94	46.83
% of Calories								9.6%	*5.3%	22.3%	45.1%	34.8%	12.0%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Weighted Average		4200	453	7505	47.25	*31.61	*2567.1	*93.37	*49.40	219.38	479.38	164.64	59.99
								*20.0%	*10.6%	20.9%	45.7%	35.3%	12.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	4200		600 - 700	600%			3500	Correction Required - Calories too High
Cholesterol (mg)	453							
Sodium 1a (mg)	7505		1225	613%			6280	Correction Required - Sodium too High
Fiber (g)	47.25							
Iron (mg)	31.61		3.30	958%	Missing			
Calcium (mg)	2567.1		267.00	961%	Missing			
Total Sugars (g)	93.37	8.89%			Missing			
Added Sugars (g)	49.40	4.70%			Missing			
Protein (g)	219.38	20.89%	8.65	2536%	Missing			
Carbohydrate (g)	479.38	45.66%						
Total Fat (g)	164.64	35.28%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	59.99	12.86%	<10.00%					Correction Required - Sat. Fat too High

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