

Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

Page 2

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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)
Mon - 08/24/2026													
Rockwood Middle Breakfast	Total												
Breakfast Pizza Bagel Sausage	Pizza Bagel	240	60	450	3.00	1.50	169.0	3.00	*2.00	12.0	31.0	7.0	3.00
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
Donut Holes, Glazed MS/HS	6 donut hole	293	0	340	2.00	1.60	20.0	15.75	*13.75	6.0	42.0	12.0	5.00
Biscuit, Sausage Egg & Cheese	Sandwich	410	153	765	1.00	9.56	244.5	3.50	*2.00	18.5	31.0	22.5	8.75
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
Pancakes Mini Confetti Eggo	Pouch	200	0	210	6.00	3.60	40.0	11.00	*11.00	4.0	36.0	6.0	1.00
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Raspberry Roll Hadley Farms	Roll	220	0	220	2.00	1.44	80.0	12.00	*10.00	4.0	38.0	6.0	1.00
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Waffle Bites	Pouch	100	0	85	2.00	0.90	10.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00

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

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle 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)
Mon - 08/24/2026													
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
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
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
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		8729	849	9771	102.32	101.08	*4781.6	488.55	*367.66	238.43	1313.3	299.98	99.59
% of Calories								22.4%	*16.8%	10.9%	60.2%	30.9%	10.3%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=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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Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

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)
Tue - 08/25/2026													
Rockwood Middle Breakfast	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
Donut, Long John	Donut	253	0	280	3.00	1.44	16.0	13.33	*12.33	6.0	37.67	9.0	3.50
Bacon Egg & Cheese Croissant	1 each	291	119	664	2.00	8.63	182.0	3.68	*3.18	12.26	30.18	14.41	5.85
Egg & Cheese Croissant	1 each	260	108	565	2.00	8.56	205.5	3.50	*3.00	11.5	30.0	11.5	4.75
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
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Waffle Bites	Pouch	100	0	85	2.00	0.90	10.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
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
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
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

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Base Menu Spreadsheet

Portion Values - Detailed

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Aug 24, 2026 thru Sep 30, 2026

Rockwood Middle 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)
Tue - 08/25/2026													
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
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		7847	879	8517	92.00	92.18	*4215.8	456.29	*327.01	212.66	1194.7	269.19	82.74
% of Calories								23.3%	*16.7%	10.8%	60.9%	30.9%	9.5%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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Wed - 08/26/2026													
Rockwood Middle Breakfast	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
Granola, Vanilla IW GF	2 oz pkg	220	0	90	4.00	1.44	0.0	8.00	*6.00	4.0	32.0	8.0	0.00
Donut Holes, Glazed MS/HS	6 donut hole	293	0	340	2.00	1.60	20.0	15.75	*13.75	6.0	42.0	12.0	5.00
Chicken Biscuit	1 each	320	30	550	2.00	3.00	129.0	3.00	*2.00	14.0	35.0	12.5	4.50
Pancakes Mini Confetti Eggo	Pouch	200	0	210	6.00	3.60	40.0	11.00	*11.00	4.0	36.0	6.0	1.00
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
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
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
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

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)	Calcmm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 08/26/2026													
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		7325	544	7404	94.00	*77.86	*4121.4	449.58	*323.42	192.56	1149.7	233.76	68.83
% of Calories								24.6%	*17.7%	10.5%	62.8%	28.7%	8.5%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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** - denotes combined nutrient totals with either missing or incomplete nutrient data*
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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle 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 - 08/27/2026													
Rockwood Middle Breakfast	Total												
Breakfast Bowl w/Chicken	bowl	368	198	756	3.51	1.08	98.1	0.00	*0.00	18.01	28.52	20.29	5.17
Donut, Long John	Donut	253	0	280	3.00	1.44	16.0	13.33	*12.33	6.0	37.67	9.0	3.50
Bacon Egg & Cheese Croissant	1 each	291	119	664	2.00	8.63	182.0	3.68	*3.18	12.26	30.18	14.41	5.85
Egg & Cheese Croissant	1 each	260	108	565	2.00	8.56	205.5	3.50	*3.00	11.5	30.0	11.5	4.75
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
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
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
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
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

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle 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 - 08/27/2026													
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		7526	933	8668	91.51	89.84	*4263.9	425.29	*313.01	211.68	1142.2	254.99	77.41
% of Calories								22.6%	*16.6%	11.3%	60.7%	30.5%	9.3%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle 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 Middle Breakfast	Total												
Cinnamon Roll	1 each	241	5	210	1.00	1.81	20.3	20.85	*0.50	5.0	49.11	3.5	1.00
Donut Holes, Glazed MS/HS	6 donut hole	293	0	340	2.00	1.60	20.0	15.75	*13.75	6.0	42.0	12.0	5.00
Biscuit, Sausage Egg & Cheese	Sandwich	410	153	765	1.00	9.56	244.5	3.50	*2.00	18.5	31.0	22.5	8.75
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
Pancakes Mini Confetti Eggo	Pouch	200	0	210	6.00	3.60	40.0	11.00	*11.00	4.0	36.0	6.0	1.00
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
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
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
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

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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													
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		7577	773	8234	89.00	94.26	*4301.5	445.39	*310.75	202.90	1163.0	252.28	78.64
% of Calories								23.5%	*16.4%	10.7%	61.4%	30.0%	9.3%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=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

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle 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)
Mon - 08/31/2026													
Rockwood Middle Breakfast	Total												
Breakfast Pizza Bagel Sausage	Pizza Bagel	240	60	450	3.00	1.50	169.0	3.00	*2.00	12.0	31.0	7.0	3.00
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
Donut Holes, Glazed MS/HS	6 donut hole	293	0	340	2.00	1.60	20.0	15.75	*13.75	6.0	42.0	12.0	5.00
Biscuit, Sausage Egg & Cheese	Sandwich	410	153	765	1.00	9.56	244.5	3.50	*2.00	18.5	31.0	22.5	8.75
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
Pancakes Mini Confetti Eggo	Pouch	200	0	210	6.00	3.60	40.0	11.00	*11.00	4.0	36.0	6.0	1.00
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
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
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
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

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle 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)
Mon - 08/31/2026													
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
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		7785	849	8833	93.00	95.45	*4630.3	430.53	*312.75	221.90	1165.9	263.78	84.14
% of Calories								22.1%	*16.1%	11.4%	59.9%	30.5%	9.7%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

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)
Tue - 09/01/2026													
Rockwood Middle Breakfast	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
Donut, Long John	Donut	253	0	280	3.00	1.44	16.0	13.33	*12.33	6.0	37.67	9.0	3.50
Bacon Egg & Cheese Croissant	1 each	291	119	664	2.00	8.63	182.0	3.68	*3.18	12.26	30.18	14.41	5.85
Egg & Cheese Croissant	1 each	260	108	565	2.00	8.56	205.5	3.50	*3.00	11.5	30.0	11.5	4.75
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
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
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
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
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

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle 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)
Tue - 09/01/2026													
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
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		7747	879	8432	90.00	91.28	*4205.8	450.29	*321.01	209.66	1172.7	267.69	82.74
% of Calories								23.2%	*16.6%	10.8%	60.6%	31.1%	9.6%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

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)
Wed - 09/02/2026													
Rockwood Middle Breakfast	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
Granola, Vanilla IW GF	2 oz pkg	220	0	90	4.00	1.44	0.0	8.00	*6.00	4.0	32.0	8.0	0.00
Donut Holes, Glazed MS/HS	6 donut hole	293	0	340	2.00	1.60	20.0	15.75	*13.75	6.0	42.0	12.0	5.00
Chicken Biscuit	1 each	320	30	550	2.00	3.00	129.0	3.00	*2.00	14.0	35.0	12.5	4.50
Pancakes Mini Confetti Eggo	Pouch	200	0	210	6.00	3.60	40.0	11.00	*11.00	4.0	36.0	6.0	1.00
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Waffle Bites	Pouch	100	0	85	2.00	0.90	10.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
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
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
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

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle 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 - 09/02/2026													
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
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		7425	544	7489	96.00	*78.76	*4131.4	455.58	*329.42	195.56	1171.7	235.26	68.83
% of Calories								24.5%	*17.7%	10.5%	63.1%	28.5%	8.3%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle 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 Middle Breakfast	Total												
Breakfast Bowl w/Chicken	bowl	368	198	756	3.51	1.08	98.1	0.00	*0.00	18.01	28.52	20.29	5.17
Donut, Long John	Donut	253	0	280	3.00	1.44	16.0	13.33	*12.33	6.0	37.67	9.0	3.50
Bacon Egg & Cheese Croissant	1 each	291	119	664	2.00	8.63	182.0	3.68	*3.18	12.26	30.18	14.41	5.85
Egg & Cheese Croissant	1 each	260	108	565	2.00	8.56	205.5	3.50	*3.00	11.5	30.0	11.5	4.75
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
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
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
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
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

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle 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													
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		7526	933	8668	91.51	89.84	*4263.9	425.29	*313.01	211.68	1142.2	254.99	77.41
% of Calories								22.6%	*16.6%	11.3%	60.7%	30.5%	9.3%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

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)
Fri - 09/04/2026													
Rockwood Middle Breakfast	Total												
Cinnamon Roll	1 each	241	5	210	1.00	1.81	20.3	20.85	*0.50	5.0	49.11	3.5	1.00
Donut Holes, Glazed MS/HS	6 donut hole	293	0	340	2.00	1.60	20.0	15.75	*13.75	6.0	42.0	12.0	5.00
Biscuit, Sausage Egg & Cheese	Sandwich	410	153	765	1.00	9.56	244.5	3.50	*2.00	18.5	31.0	22.5	8.75
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
Pancakes Mini Confetti Eggo	Pouch	200	0	210	6.00	3.60	40.0	11.00	*11.00	4.0	36.0	6.0	1.00
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Waffle Bites	Pouch	100	0	85	2.00	0.90	10.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
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
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
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

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 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													
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
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		7677	773	8319	91.00	95.16	*4311.5	451.39	*316.75	205.90	1185.0	253.78	78.64
% of Calories								23.5%	*16.5%	10.7%	61.7%	29.8%	9.2%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

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Generated on: 7/30/2026 3:15:06 PM

	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 Middle Breakfast	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
Donut, Long John	Donut	253	0	280	3.00	1.44	16.0	13.33	*12.33	6.0	37.67	9.0	3.50
Bacon Egg & Cheese Croissant	1 each	291	119	664	2.00	8.63	182.0	3.68	*3.18	12.26	30.18	14.41	5.85
Egg & Cheese Croissant	1 each	260	108	565	2.00	8.56	205.5	3.50	*3.00	11.5	30.0	11.5	4.75
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
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Waffle Bites	Pouch	100	0	85	2.00	0.90	10.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
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
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
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

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle 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)
Tue - 09/08/2026													
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
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		7847	879	8517	92.00	92.18	*4215.8	456.29	*327.01	212.66	1194.7	269.19	82.74
% of Calories								23.3%	*16.7%	10.8%	60.9%	30.9%	9.5%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

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)
Wed - 09/09/2026													
Rockwood Middle Breakfast	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
Granola, Vanilla IW GF	2 oz pkg	220	0	90	4.00	1.44	0.0	8.00	*6.00	4.0	32.0	8.0	0.00
Donut Holes, Glazed MS/HS	6 donut hole	293	0	340	2.00	1.60	20.0	15.75	*13.75	6.0	42.0	12.0	5.00
Chicken Biscuit	1 each	320	30	550	2.00	3.00	129.0	3.00	*2.00	14.0	35.0	12.5	4.50
Pancakes Mini Confetti Eggo	Pouch	200	0	210	6.00	3.60	40.0	11.00	*11.00	4.0	36.0	6.0	1.00
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
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
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
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

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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													
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		7325	544	7404	94.00	*77.86	*4121.4	449.58	*323.42	192.56	1149.7	233.76	68.83
% of Calories								24.6%	*17.7%	10.5%	62.8%	28.7%	8.5%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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** - denotes combined nutrient totals with either missing or incomplete nutrient data*
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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle 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 - 09/10/2026													
Rockwood Middle Breakfast	Total												
Breakfast Bowl w/Chicken	bowl	368	198	756	3.51	1.08	98.1	0.00	*0.00	18.01	28.52	20.29	5.17
Donut, Long John	Donut	253	0	280	3.00	1.44	16.0	13.33	*12.33	6.0	37.67	9.0	3.50
Bacon Egg & Cheese Croissant	1 each	291	119	664	2.00	8.63	182.0	3.68	*3.18	12.26	30.18	14.41	5.85
Egg & Cheese Croissant	1 each	260	108	565	2.00	8.56	205.5	3.50	*3.00	11.5	30.0	11.5	4.75
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
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
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
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
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

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* - 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 Breakfast

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)
Thu - 09/10/2026													
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		7526	933	8668	91.51	89.84	*4263.9	425.29	*313.01	211.68	1142.2	254.99	77.41
% of Calories								22.6%	*16.6%	11.3%	60.7%	30.5%	9.3%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle 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 Middle Breakfast	Total												
Cinnamon Roll	1 each	241	5	210	1.00	1.81	20.3	20.85	*0.50	5.0	49.11	3.5	1.00
Donut Holes, Glazed MS/HS	6 donut hole	293	0	340	2.00	1.60	20.0	15.75	*13.75	6.0	42.0	12.0	5.00
Biscuit, Sausage Egg & Cheese	Sandwich	410	153	765	1.00	9.56	244.5	3.50	*2.00	18.5	31.0	22.5	8.75
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
Pancakes Mini Confetti Eggo	Pouch	200	0	210	6.00	3.60	40.0	11.00	*11.00	4.0	36.0	6.0	1.00
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
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
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
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

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* - 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)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 09/11/2026													
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		7577	773	8234	89.00	94.26	*4301.5	445.39	*310.75	202.90	1163.0	252.28	78.64
% of Calories								23.5%	*16.4%	10.7%	61.4%	30.0%	9.3%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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** - denotes combined nutrient totals with either missing or incomplete nutrient data*
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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle 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)
Mon - 09/14/2026													
Rockwood Middle Breakfast	Total												
Breakfast Pizza Bagel Sausage	Pizza Bagel	240	60	450	3.00	1.50	169.0	3.00	*2.00	12.0	31.0	7.0	3.00
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
Donut Holes, Glazed MS/HS	6 donut hole	293	0	340	2.00	1.60	20.0	15.75	*13.75	6.0	42.0	12.0	5.00
Biscuit, Sausage Egg & Cheese	Sandwich	410	153	765	1.00	9.56	244.5	3.50	*2.00	18.5	31.0	22.5	8.75
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
Pancakes Mini Confetti Eggo	Pouch	200	0	210	6.00	3.60	40.0	11.00	*11.00	4.0	36.0	6.0	1.00
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
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
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
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

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 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)
Mon - 09/14/2026													
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
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		7785	849	8833	93.00	95.45	*4630.3	430.53	*312.75	221.90	1165.9	263.78	84.14
% of Calories								22.1%	*16.1%	11.4%	59.9%	30.5%	9.7%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

Page 32

Generated on: 7/30/2026 3:15:07 PM

	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 - 09/15/2026													
Rockwood Middle Breakfast	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
Donut, Long John	Donut	253	0	280	3.00	1.44	16.0	13.33	*12.33	6.0	37.67	9.0	3.50
Bacon Egg & Cheese Croissant	1 each	291	119	664	2.00	8.63	182.0	3.68	*3.18	12.26	30.18	14.41	5.85
Egg & Cheese Croissant	1 each	260	108	565	2.00	8.56	205.5	3.50	*3.00	11.5	30.0	11.5	4.75
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
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
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
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
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

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

Page 33

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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)
Tue - 09/15/2026													
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
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		7747	879	8432	90.00	91.28	*4205.8	450.29	*321.01	209.66	1172.7	267.69	82.74
% of Calories								23.2%	*16.6%	10.8%	60.6%	31.1%	9.6%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

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)
Wed - 09/16/2026													
Rockwood Middle Breakfast	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
Granola, Vanilla IW GF	2 oz pkg	220	0	90	4.00	1.44	0.0	8.00	*6.00	4.0	32.0	8.0	0.00
Donut Holes, Glazed MS/HS	6 donut hole	293	0	340	2.00	1.60	20.0	15.75	*13.75	6.0	42.0	12.0	5.00
Chicken Biscuit	1 each	320	30	550	2.00	3.00	129.0	3.00	*2.00	14.0	35.0	12.5	4.50
Pancakes Mini Confetti Eggo	Pouch	200	0	210	6.00	3.60	40.0	11.00	*11.00	4.0	36.0	6.0	1.00
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Waffle Bites	Pouch	100	0	85	2.00	0.90	10.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
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
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
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

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Rockwood School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 35

Aug 24, 2026 thru Sep 30, 2026

Rockwood Middle Breakfast

Generated on: 7/30/2026 3:15:07 PM

	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													
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
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		7425	544	7489	96.00	*78.76	*4131.4	455.58	*329.42	195.56	1171.7	235.26	68.83
% of Calories								24.5%	*17.7%	10.5%	63.1%	28.5%	8.3%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=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

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle 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 - 09/17/2026													
Rockwood Middle Breakfast	Total												
Breakfast Bowl w/Chicken	bowl	368	198	756	3.51	1.08	98.1	0.00	*0.00	18.01	28.52	20.29	5.17
Donut, Long John	Donut	253	0	280	3.00	1.44	16.0	13.33	*12.33	6.0	37.67	9.0	3.50
Bacon Egg & Cheese Croissant	1 each	291	119	664	2.00	8.63	182.0	3.68	*3.18	12.26	30.18	14.41	5.85
Egg & Cheese Croissant	1 each	260	108	565	2.00	8.56	205.5	3.50	*3.00	11.5	30.0	11.5	4.75
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
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
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
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
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

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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 - 09/17/2026													
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		7526	933	8668	91.51	89.84	*4263.9	425.29	*313.01	211.68	1142.2	254.99	77.41
% of Calories								22.6%	*16.6%	11.3%	60.7%	30.5%	9.3%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

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)
Fri - 09/18/2026													
Rockwood Middle Breakfast	Total												
Cinnamon Roll	1 each	241	5	210	1.00	1.81	20.3	20.85	*0.50	5.0	49.11	3.5	1.00
Donut Holes, Glazed MS/HS	6 donut hole	293	0	340	2.00	1.60	20.0	15.75	*13.75	6.0	42.0	12.0	5.00
Biscuit, Sausage Egg & Cheese	Sandwich	410	153	765	1.00	9.56	244.5	3.50	*2.00	18.5	31.0	22.5	8.75
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
Pancakes Mini Confetti Eggo	Pouch	200	0	210	6.00	3.60	40.0	11.00	*11.00	4.0	36.0	6.0	1.00
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Waffle Bites	Pouch	100	0	85	2.00	0.90	10.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
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
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
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

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle 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 - 09/18/2026													
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
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		7677	773	8319	91.00	95.16	*4311.5	451.39	*316.75	205.90	1185.0	253.78	78.64
% of Calories								23.5%	*16.5%	10.7%	61.7%	29.8%	9.2%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

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)
Mon - 09/21/2026													
Rockwood Middle Breakfast	Total												
Breakfast Pizza Bagel Sausage	Pizza Bagel	240	60	450	3.00	1.50	169.0	3.00	*2.00	12.0	31.0	7.0	3.00
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
Donut Holes, Glazed MS/HS	6 donut hole	293	0	340	2.00	1.60	20.0	15.75	*13.75	6.0	42.0	12.0	5.00
Biscuit, Sausage Egg & Cheese	Sandwich	410	153	765	1.00	9.56	244.5	3.50	*2.00	18.5	31.0	22.5	8.75
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
Pancakes Mini Confetti Eggo	Pouch	200	0	210	6.00	3.60	40.0	11.00	*11.00	4.0	36.0	6.0	1.00
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Raspberry Roll Hadley Farms	Roll	220	0	220	2.00	1.44	80.0	12.00	*10.00	4.0	38.0	6.0	1.00
Donuts Mini Chocolate IW	Package	354	0	343	3.32	2.21	34.3	21.01	*19.91	5.53	46.45	17.69	9.95
Donuts Mini Powdered Sugar IW	Package	270	0	290	2.00	1.08	27.0	19.00	*19.00	4.0	41.0	11.0	4.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Waffle Bites	Pouch	100	0	85	2.00	0.90	10.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00

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

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle 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)
Mon - 09/21/2026													
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
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
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
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		8729	849	9771	102.32	101.08	*4781.6	488.55	*367.66	238.43	1313.3	299.98	99.59
% of Calories								22.4%	*16.8%	10.9%	60.2%	30.9%	10.3%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=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

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

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)
Tue - 09/22/2026													
Rockwood Middle Breakfast	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
Donut, Long John	Donut	253	0	280	3.00	1.44	16.0	13.33	*12.33	6.0	37.67	9.0	3.50
Bacon Egg & Cheese Croissant	1 each	291	119	664	2.00	8.63	182.0	3.68	*3.18	12.26	30.18	14.41	5.85
Egg & Cheese Croissant	1 each	260	108	565	2.00	8.56	205.5	3.50	*3.00	11.5	30.0	11.5	4.75
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
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Waffle Bites	Pouch	100	0	85	2.00	0.90	10.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
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
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
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

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* - 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 Middle 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)
Tue - 09/22/2026													
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
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		7847	879	8517	92.00	92.18	*4215.8	456.29	*327.01	212.66	1194.7	269.19	82.74
% of Calories								23.3%	*16.7%	10.8%	60.9%	30.9%	9.5%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

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)
Wed - 09/23/2026													
Rockwood Middle Breakfast	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
Granola, Vanilla IW GF	2 oz pkg	220	0	90	4.00	1.44	0.0	8.00	*6.00	4.0	32.0	8.0	0.00
Donut Holes, Glazed MS/HS	6 donut hole	293	0	340	2.00	1.60	20.0	15.75	*13.75	6.0	42.0	12.0	5.00
Chicken Biscuit	1 each	320	30	550	2.00	3.00	129.0	3.00	*2.00	14.0	35.0	12.5	4.50
Pancakes Mini Confetti Eggo	Pouch	200	0	210	6.00	3.60	40.0	11.00	*11.00	4.0	36.0	6.0	1.00
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
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
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
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

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)	Calcmm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 09/23/2026													
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		7325	544	7404	94.00	*77.86	*4121.4	449.58	*323.42	192.56	1149.7	233.76	68.83
% of Calories								24.6%	*17.7%	10.5%	62.8%	28.7%	8.5%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=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

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle 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 - 09/24/2026													
Rockwood Middle Breakfast	Total												
Breakfast Bowl w/Chicken	bowl	368	198	756	3.51	1.08	98.1	0.00	*0.00	18.01	28.52	20.29	5.17
Donut, Long John	Donut	253	0	280	3.00	1.44	16.0	13.33	*12.33	6.0	37.67	9.0	3.50
Bacon Egg & Cheese Croissant	1 each	291	119	664	2.00	8.63	182.0	3.68	*3.18	12.26	30.18	14.41	5.85
Egg & Cheese Croissant	1 each	260	108	565	2.00	8.56	205.5	3.50	*3.00	11.5	30.0	11.5	4.75
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
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
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
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
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

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle 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 - 09/24/2026													
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		7526	933	8668	91.51	89.84	*4263.9	425.29	*313.01	211.68	1142.2	254.99	77.41
% of Calories								22.6%	*16.6%	11.3%	60.7%	30.5%	9.3%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

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)
Fri - 09/25/2026													
Rockwood Middle Breakfast	Total												
Cinnamon Roll	1 each	241	5	210	1.00	1.81	20.3	20.85	*0.50	5.0	49.11	3.5	1.00
Donut Holes, Glazed MS/HS	6 donut hole	293	0	340	2.00	1.60	20.0	15.75	*13.75	6.0	42.0	12.0	5.00
Biscuit, Sausage Egg & Cheese	Sandwich	410	153	765	1.00	9.56	244.5	3.50	*2.00	18.5	31.0	22.5	8.75
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
Pancakes Mini Confetti Eggo	Pouch	200	0	210	6.00	3.60	40.0	11.00	*11.00	4.0	36.0	6.0	1.00
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
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
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
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

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

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)
Fri - 09/25/2026													
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		7577	773	8234	89.00	94.26	*4301.5	445.39	*310.75	202.90	1163.0	252.28	78.64
% of Calories								23.5%	*16.4%	10.7%	61.4%	30.0%	9.3%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle 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)
Mon - 09/28/2026													
Rockwood Middle Breakfast	Total												
Breakfast Pizza Bagel Sausage	Pizza Bagel	240	60	450	3.00	1.50	169.0	3.00	*2.00	12.0	31.0	7.0	3.00
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
Donut Holes, Glazed MS/HS	6 donut hole	293	0	340	2.00	1.60	20.0	15.75	*13.75	6.0	42.0	12.0	5.00
Biscuit, Sausage Egg & Cheese	Sandwich	410	153	765	1.00	9.56	244.5	3.50	*2.00	18.5	31.0	22.5	8.75
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
Pancakes Mini Confetti Eggo	Pouch	200	0	210	6.00	3.60	40.0	11.00	*11.00	4.0	36.0	6.0	1.00
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
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
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
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

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* - 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 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)
Mon - 09/28/2026													
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
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		7785	849	8833	93.00	95.45	*4630.3	430.53	*312.75	221.90	1165.9	263.78	84.14
% of Calories								22.1%	*16.1%	11.4%	59.9%	30.5%	9.7%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

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)
Tue - 09/29/2026													
Rockwood Middle Breakfast	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
Donut, Long John	Donut	253	0	280	3.00	1.44	16.0	13.33	*12.33	6.0	37.67	9.0	3.50
Bacon Egg & Cheese Croissant	1 each	291	119	664	2.00	8.63	182.0	3.68	*3.18	12.26	30.18	14.41	5.85
Egg & Cheese Croissant	1 each	260	108	565	2.00	8.56	205.5	3.50	*3.00	11.5	30.0	11.5	4.75
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
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
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
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
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

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle 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)
Tue - 09/29/2026													
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
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		7747	879	8432	90.00	91.28	*4205.8	450.29	*321.01	209.66	1172.7	267.69	82.74
% of Calories								23.2%	*16.6%	10.8%	60.6%	31.1%	9.6%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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Rockwood School District

Aug 24, 2026 thru Sep 30, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

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)
Wed - 09/30/2026													
Rockwood Middle Breakfast	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
Granola, Vanilla IW GF	2 oz pkg	220	0	90	4.00	1.44	0.0	8.00	*6.00	4.0	32.0	8.0	0.00
Donut Holes, Glazed MS/HS	6 donut hole	293	0	340	2.00	1.60	20.0	15.75	*13.75	6.0	42.0	12.0	5.00
Chicken Biscuit	1 each	320	30	550	2.00	3.00	129.0	3.00	*2.00	14.0	35.0	12.5	4.50
Pancakes Mini Confetti Eggo	Pouch	200	0	210	6.00	3.60	40.0	11.00	*11.00	4.0	36.0	6.0	1.00
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Waffle Bites	Pouch	100	0	85	2.00	0.90	10.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
Muffin Apple Cinnamon Otis	Muffin	180	35	125	2.00	0.90	30.0	16.00	*15.00	3.0	31.0	6.0	2.00
Muffin Banana Otis	Muffin	190	40	130	2.00	0.90	30.0	17.00	*15.00	3.0	31.0	6.0	2.00
Muffin Blueberry Otis	Muffin	190	30	130	2.00	0.90	30.0	16.00	*16.00	3.0	30.0	6.0	2.00
Muffin Double Chocolate Otis	Muffin	190	40	130	2.00	1.50	40.0	17.00	*17.00	4.0	33.0	6.0	2.00
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
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
Cheese Stick, Mozzarella	1 Each	79	20	198	0.00	0.00	195.6	0.99	*0.00	5.93	1.98	5.93	3.46
Cheese Stick, Marble	Stick	110	30	170	0.00	0.20	194.0	0.00	*0.00	7.0	1.0	9.0	5.00
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
Sunflower Seeds, Roast/Salted	Package	170	0	110	3.00	1.08	24.0	1.00	*N/A*	6.0	6.0	14.0	1.50
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

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 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 - 09/30/2026													
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
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		7425	544	7489	96.00	*78.76	*4131.4	455.58	*329.42	195.56	1171.7	235.26	68.83
% of Calories								24.5%	*17.7%	10.5%	63.1%	28.5%	8.3%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

Weighted Average		7687	789	8379	92.82	*90.04	*4308.3	447.01	*322.48	209.36	1176.3	257.35	79.31
								52.3%	*37.8%	10.9%	61.2%	30.1%	9.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	7687		400 - 550	1398%			7137	Correction Required - Calories too High
Cholesterol (mg)	789							
Sodium 1 (mg)	8379		600	1397%			7779	Correction Required - Sodium too High
Fiber (g)	92.82							
Iron (mg)	90.04		2.50	3601%	Missing			
Calcium (mg)	4308.3		200.00	2154%	Missing			
Total Sugars (g)	447.01	23.26%						
Added Sugars (g)	322.48	16.78%						
Protein (g)	209.36	10.89%	7.00	2991%	Missing			
Carbohydrate (g)	1176.38	61.21%						
Total Fat (g)	257.35	30.13%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	79.31	9.28%	<10.00%					

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