

Rockwood School District

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2026 thru Oct 31, 2026

Rockwood Elementary Breakfast

Generated on: 9/24/2026 2:25:11 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)
Thu - 10/01/2026													
Rockwood Elementary Break	Total												
Smoothie Fruit & Yogurt	1 each	169	6	91	2.00	*0.09	*200.1	21.04	*9.17	5.67	29.87	2.48	2.19
Cereal Cinn Toast Crunch 1 oz	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	0.0	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	4 oz	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Danimals Straw Banana	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	5.0	12.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Juice Apple	4 oz	60	0	5	0.00	0.00	0.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Grape	4 oz	80	0	10	0.00	0.00	0.0	18.00	*0.00	0.0	19.0	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		2048	75	2030	15.00	*17.36	*2645.8	220.36	*96.17	73.35	364.58	34.91	13.24
% of Calories								43.0%	*18.8%	14.3%	71.2%	15.3%	5.8%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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

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

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Rockwood School District

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2026 thru Oct 31, 2026

Rockwood Elementary Breakfast

Generated on: 9/24/2026 2:25:11 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)
Fri - 10/02/2026													
Rockwood Elementary Break	Total												
Donut Holes, Glazed	3 donut hole	140	0	168	1.20	0.78	6.1	10.03	*9.42	2.4	22.76	4.2	1.80
Cereal Cinn Toast Crunch 1 oz	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	0.0	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	4 oz	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Danimals Straw Banana	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	5.0	12.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Juice Apple	4 oz	60	0	5	0.00	0.00	0.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Grape	4 oz	80	0	10	0.00	0.00	0.0	18.00	*0.00	0.0	19.0	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		2019	69	2108	14.20	18.06	2451.8	209.35	*96.42	70.08	357.46	36.63	12.85
% of Calories								41.5%	*19.1%	13.9%	70.8%	16.3%	5.7%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/06/2026													
Rockwood Elementary Break	Total												
Bagel, White WG	1 each	150	0	170	4.00	1.40	30.0	5.00	*5.00	7.0	29.0	1.0	0.00
Bagel, Blueberry WG	bagel	130	0	200	2.00	1.44	20.0	2.00	*2.00	4.0	26.0	1.5	0.00
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	*N/A*	1.0	2.0	7.0	4.00
Cereal Cinn Toast Crunch 1 oz	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	0.0	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	4 oz	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Danimals Straw Banana	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	5.0	12.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Juice Apple	4 oz	60	0	5	0.00	0.00	0.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Grape	4 oz	80	0	10	0.00	0.00	0.0	18.00	*0.00	0.0	19.0	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		2229	89	2420	19.00	20.11	2515.7	208.32	*94.00	79.68	391.71	41.93	15.05
% of Calories								37.4%	*16.9%	14.3%	70.3%	16.9%	6.1%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2026 thru Oct 31, 2026

Rockwood Elementary Breakfast

Generated on: 9/24/2026 2:25:11 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 - 10/07/2026													
Rockwood Elementary Break	Total												
Cinnamon Breakfast Cake	1 Each	192	10	211	1.00	2.71	20.9	25.86	*0.81	2.0	39.13	3.0	1.00
Cereal Cinn Toast Crunch 1 oz	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	0.0	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	4 oz	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Danimals Straw Banana	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	5.0	12.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Juice Apple	4 oz	60	0	5	0.00	0.00	0.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Grape	4 oz	80	0	10	0.00	0.00	0.0	18.00	*0.00	0.0	19.0	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		2070	79	2151	14.00	19.98	2466.6	225.18	*87.81	69.68	373.83	35.43	12.05
% of Calories								43.5%	*17.0%	13.5%	72.2%	15.4%	5.2%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2026 thru Oct 31, 2026

Rockwood Elementary Breakfast

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 10/08/2026													
Rockwood Elementary Break	Total												
Breakfast Nachos Egg&Cheese	#16 scoop	231	104	373	1.00	0.36	114.1	0.00	*0.00	7.29	18.37	13.2	3.56
Cereal Cinn Toast Crunch 1 oz	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	0.0	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	4 oz	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Danimals Straw Banana	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	5.0	12.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Juice Apple	4 oz	60	0	5	0.00	0.00	0.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Grape	4 oz	80	0	10	0.00	0.00	0.0	18.00	*0.00	0.0	19.0	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		2110	174	2313	14.00	17.63	2559.8	199.32	*87.00	74.97	353.08	45.63	14.61
% of Calories								37.8%	*16.5%	14.2%	66.9%	19.5%	6.2%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Oct 1, 2026 thru Oct 31, 2026

Rockwood Elementary Breakfast

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 10/09/2026													
Rockwood Elementary Break	Total												
Dutch Waffle	Waffle	334	15	330	3.00	1.80	40.0	13.02	*12.02	4.0	39.04	19.0	3.00
Cereal Cinn Toast Crunch 1 oz	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	0.0	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	4 oz	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Danimals Straw Banana	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	5.0	12.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Juice Apple	4 oz	60	0	5	0.00	0.00	0.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Grape	4 oz	80	0	10	0.00	0.00	0.0	18.00	*0.00	0.0	19.0	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		2213	84	2270	16.00	19.07	2485.7	212.34	*99.02	71.68	373.75	51.43	14.05
% of Calories								38.4%	*17.9%	13.0%	67.6%	20.9%	5.7%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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

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

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Rockwood School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 7

Oct 1, 2026 thru Oct 31, 2026

Rockwood Elementary Breakfast

Generated on: 9/24/2026 2:25:11 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)
Mon - 10/12/2026													
Rockwood Elementary Break	Total												
Waffles, Eggo Froot Loops IW	2 waffles	180	0	210	3.00	3.60	260.0	5.00	*5.00	4.0	32.0	6.0	1.50
Cereal Cinn Toast Crunch 1 oz	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	0.0	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	4 oz	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Danimals Straw Banana	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	5.0	12.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Juice Apple	4 oz	60	0	5	0.00	0.00	0.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Grape	4 oz	80	0	10	0.00	0.00	0.0	18.00	*0.00	0.0	19.0	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		2059	69	2150	16.00	20.87	2705.7	204.32	*92.00	71.68	366.71	38.43	12.55
% of Calories								39.7%	*17.9%	13.9%	71.2%	16.8%	5.5%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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

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Rockwood School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 8

Oct 1, 2026 thru Oct 31, 2026

Rockwood Elementary Breakfast

Generated on: 9/24/2026 2:25:11 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 - 10/13/2026													
Rockwood Elementary Break	Total												
Biscuit, Egg and Cheese	Sandwich	310	108	585	1.00	9.56	244.5	3.50	*2.00	10.5	30.0	15.5	6.75
Cereal Cinn Toast Crunch 1 oz	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	0.0	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	4 oz	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Danimals Straw Banana	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	5.0	12.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Juice Apple	4 oz	60	0	5	0.00	0.00	0.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Grape	4 oz	80	0	10	0.00	0.00	0.0	18.00	*0.00	0.0	19.0	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		2189	177	2525	14.00	26.83	2690.2	202.82	*89.00	78.18	364.71	47.93	17.80
% of Calories								37.1%	*16.3%	14.3%	66.6%	19.7%	7.3%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

Oct 1, 2026 thru Oct 31, 2026

Rockwood Elementary Breakfast

Generated on: 9/24/2026 2:25:11 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)
Wed - 10/14/2026													
Rockwood Elementary Break	Total												
Yogurt Banana Split	1 Each	200	4	76	2.27	*0.27	*172.2	*22.30	*9.33	5.58	39.76	2.56	2.07
Cereal Cinn Toast Crunch 1 oz	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	0.0	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	4 oz	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Danimals Straw Banana	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	5.0	12.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Juice Apple	4 oz	60	0	5	0.00	0.00	0.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Grape	4 oz	80	0	10	0.00	0.00	0.0	18.00	*0.00	0.0	19.0	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		2079	73	2016	15.27	*17.54	*2618.0	*221.62	*96.33	73.27	374.47	34.99	13.12
% of Calories								*42.6%	*18.5%	14.1%	72.0%	15.1%	5.7%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 10

Oct 1, 2026 thru Oct 31, 2026

Rockwood Elementary Breakfast

Generated on: 9/24/2026 2:25:12 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)
Thu - 10/15/2026													
Rockwood Elementary Break	Total												
Pizza, Breakfast Tony's	pizza	200	15	330	2.00	1.70	150.0	5.00	*2.00	9.0	25.0	7.0	2.00
Cereal Cinn Toast Crunch 1 oz	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	0.0	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	4 oz	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Danimals Straw Banana	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	5.0	12.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Juice Apple	4 oz	60	0	5	0.00	0.00	0.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Grape	4 oz	80	0	10	0.00	0.00	0.0	18.00	*0.00	0.0	19.0	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		2079	84	2270	15.00	18.97	2595.7	204.32	*89.00	76.68	359.71	39.43	13.05
% of Calories								39.3%	*17.1%	14.8%	69.2%	17.1%	5.6%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 11

Oct 1, 2026 thru Oct 31, 2026

Rockwood Elementary Breakfast

Generated on: 9/24/2026 2:25:12 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)
Fri - 10/16/2026													
Rockwood Elementary Break	Total												
Cinnamon Roll	1 each	241	5	210	1.00	1.81	20.3	20.85	*0.50	5.0	49.11	3.5	1.00
Cereal Cinn Toast Crunch 1 oz	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	0.0	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	4 oz	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Danimals Straw Banana	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	5.0	12.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Juice Apple	4 oz	60	0	5	0.00	0.00	0.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Grape	4 oz	80	0	10	0.00	0.00	0.0	18.00	*0.00	0.0	19.0	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		2120	74	2150	14.00	19.08	2466.0	220.18	*87.50	72.68	383.82	35.93	12.05
% of Calories								41.5%	*16.5%	13.7%	72.4%	15.3%	5.1%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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

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

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Rockwood School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

Oct 1, 2026 thru Oct 31, 2026

Rockwood Elementary Breakfast

Generated on: 9/24/2026 2:25:12 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)
Mon - 10/19/2026													
Rockwood Elementary Break	Total												
Mini Cinnis Pillsbury	1 Each	230	0	280	3.00	2.00	30.0	14.00	*13.00	5.0	41.0	7.0	2.00
Cereal Cinn Toast Crunch 1 oz	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	0.0	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	4 oz	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Danimals Straw Banana	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	5.0	12.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Juice Apple	4 oz	60	0	5	0.00	0.00	0.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Grape	4 oz	80	0	10	0.00	0.00	0.0	18.00	*0.00	0.0	19.0	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		2109	69	2220	16.00	19.27	2475.7	213.32	*100.00	72.68	375.71	39.43	13.05
% of Calories								40.5%	*19.0%	13.8%	71.3%	16.8%	5.6%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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

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

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Rockwood School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 13

Oct 1, 2026 thru Oct 31, 2026

Rockwood Elementary Breakfast

Generated on: 9/24/2026 2:25:12 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 - 10/20/2026													
Rockwood Elementary Break	Total												
Smoothie Fruit & Yogurt	1 each	169	6	91	2.00	*0.09	*200.1	21.04	*9.17	5.67	29.87	2.48	2.19
Cereal Cinn Toast Crunch 1 oz	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	0.0	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	4 oz	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Danimals Straw Banana	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	5.0	12.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Juice Apple	4 oz	60	0	5	0.00	0.00	0.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Grape	4 oz	80	0	10	0.00	0.00	0.0	18.00	*0.00	0.0	19.0	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		2048	75	2030	15.00	*17.36	*2645.8	220.36	*96.17	73.35	364.58	34.91	13.24
% of Calories								43.0%	*18.8%	14.3%	71.2%	15.3%	5.8%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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

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Rockwood School District

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

Page 14

Generated on: 9/24/2026 2:25:12 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 - 10/21/2026													
Rockwood Elementary Break	Total												
French Toast Sticks, Cinn Glzd	3 stick	210	120	320	2.00	1.80	40.0	6.00	*5.00	9.0	26.0	8.0	2.50
Syrup, Pancake 1.5 oz	1.5 oz	120	0	40	0.00	0.00	0.0	17.00	*N/A*	0.0	31.0	0.0	0.00
Apples, Cinnamon, Canned Warm	1/2 cup	66	0	9	1.60	0.19	9.3	*4.01	*4.01	0.22	17.68	0.06	0.00
Cereal Cinn Toast Crunch 1 oz	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	0.0	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	4 oz	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Danimals Straw Banana	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	5.0	12.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Juice Apple	4 oz	60	0	5	0.00	0.00	0.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Grape	4 oz	80	0	10	0.00	0.00	0.0	18.00	*0.00	0.0	19.0	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		2275	189	2309	16.60	19.26	2495.0	*226.34	*96.01	76.90	409.39	40.49	13.55
% of Calories								*39.8%	*16.9%	13.5%	72.0%	16.0%	5.4%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 15

Oct 1, 2026 thru Oct 31, 2026

Rockwood Elementary Breakfast

Generated on: 9/24/2026 2:25:12 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)
Thu - 10/22/2026													
Rockwood Elementary Break	Total												
Eggs precooked Scrambled	#16 scoop	45	95	130	0.00	0.00	20.0	0.00	*0.00	3.0	1.0	3.0	1.00
Biscuit	Biscuit	220	0	320	1.00	2.00	120.0	3.00	*2.00	4.0	29.0	9.0	4.00
Cereal Cinn Toast Crunch 1 oz	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	0.0	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	4 oz	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Danimals Straw Banana	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	5.0	12.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Juice Apple	4 oz	60	0	5	0.00	0.00	0.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Grape	4 oz	80	0	10	0.00	0.00	0.0	18.00	*0.00	0.0	19.0	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		2144	164	2390	14.00	19.27	2585.7	202.32	*89.00	74.68	364.71	44.43	16.05
% of Calories								37.7%	*16.6%	13.9%	68.0%	18.7%	6.7%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 16

Oct 1, 2026 thru Oct 31, 2026

Rockwood Elementary Breakfast

Generated on: 9/24/2026 2:25:12 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)
Fri - 10/23/2026													
Rockwood Elementary Break	Total												
Donuts, Mini Cake w/Cinn Sugar	3 donuts	172	15	180	1.50	0.75	14.3	10.50	*10.50	2.25	21.75	8.25	3.00
Cereal Cinn Toast Crunch 1 oz	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	0.0	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	4 oz	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Danimals Straw Banana	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	5.0	12.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Juice Apple	4 oz	60	0	5	0.00	0.00	0.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Grape	4 oz	80	0	10	0.00	0.00	0.0	18.00	*0.00	0.0	19.0	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		2051	84	2120	14.50	18.02	2460.0	209.82	*97.50	69.93	356.46	40.68	14.05
% of Calories								40.9%	*19.0%	13.6%	69.5%	17.8%	6.2%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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

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

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Rockwood School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 17

Oct 1, 2026 thru Oct 31, 2026

Rockwood Elementary Breakfast

Generated on: 9/24/2026 2:25:12 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)
Mon - 10/26/2026													
Rockwood Elementary Break	Total												
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
Cereal Cinn Toast Crunch 1 oz	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	0.0	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	4 oz	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Danimals Straw Banana	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	5.0	12.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Juice Apple	4 oz	60	0	5	0.00	0.00	0.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Grape	4 oz	80	0	10	0.00	0.00	0.0	18.00	*0.00	0.0	19.0	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		2139	69	2190	15.00	18.27	2559.7	221.32	*109.00	72.68	378.71	40.43	12.55
% of Calories								41.4%	*20.4%	13.6%	70.8%	17.0%	5.3%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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

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

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Rockwood School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 18

Oct 1, 2026 thru Oct 31, 2026

Rockwood Elementary Breakfast

Generated on: 9/24/2026 2:25:12 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)
Tue - 10/27/2026													
Rockwood Elementary Break	Total												
Pancake & Sausage Patty Breakf	serving	165	47	305	1.50	0.50	31.5	3.00	*3.00	10.0	13.99	8.0	2.00
Cereal Cinn Toast Crunch 1 oz	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	0.0	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	4 oz	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Danimals Straw Banana	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	5.0	12.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Juice Apple	4 oz	60	0	5	0.00	0.00	0.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Grape	4 oz	80	0	10	0.00	0.00	0.0	18.00	*0.00	0.0	19.0	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		2044	117	2245	14.50	17.77	2477.2	202.32	*90.00	77.68	348.70	40.43	13.05
% of Calories								39.6%	*17.6%	15.2%	68.2%	17.8%	5.7%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 19

Oct 1, 2026 thru Oct 31, 2026

Rockwood Elementary Breakfast

Generated on: 9/24/2026 2:25:12 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 - 10/28/2026													
Rockwood Elementary Break	Total												
Crescent,Choc Filled Pillsbury	Package	240	0	280	3.00	2.00	40.0	11.00	*9.00	6.0	38.0	8.0	1.50
Cereal Cinn Toast Crunch 1 oz	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	0.0	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	4 oz	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Danimals Straw Banana	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	5.0	12.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Juice Apple	4 oz	60	0	5	0.00	0.00	0.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Grape	4 oz	80	0	10	0.00	0.00	0.0	18.00	*0.00	0.0	19.0	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		2119	69	2220	16.00	19.27	2485.7	210.32	*96.00	73.68	372.71	40.43	12.55
% of Calories								39.7%	*18.1%	13.9%	70.4%	17.2%	5.3%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 20

Oct 1, 2026 thru Oct 31, 2026

Rockwood Elementary Breakfast

Generated on: 9/24/2026 2:25:12 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)
Thu - 10/29/2026													
Rockwood Elementary Break	Total												
Oatmeal Combi	1 CUP	213	0	11	4.34	1.89	41.0	12.00	*11.86	6.78	37.56	2.66	0.47
Cereal Cinn Toast Crunch 1 oz	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	0.0	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	4 oz	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Danimals Straw Banana	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	5.0	12.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Juice Apple	4 oz	60	0	5	0.00	0.00	0.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Grape	4 oz	80	0	10	0.00	0.00	0.0	18.00	*0.00	0.0	19.0	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		2092	69	1951	17.34	19.16	2486.7	211.32	*98.86	74.46	372.27	35.09	11.52
% of Calories								40.4%	*18.9%	14.2%	71.2%	15.1%	5.0%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 21

Oct 1, 2026 thru Oct 31, 2026

Rockwood Elementary Breakfast

Generated on: 9/24/2026 2:25:12 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)
Fri - 10/30/2026													
Rockwood Elementary Break	Total												
Donut Holes, Glazed	3 donut hole	140	0	168	1.20	0.78	6.1	10.03	*9.42	2.4	22.76	4.2	1.80
Cereal Cinn Toast Crunch 1 oz	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
Crackers, Nutrition Grahams	package	130	0	115	1.00	0.72	0.0	8.00	*8.00	2.0	22.0	3.5	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Yogurt, Danimals Strawberry	4 oz	60	5	70	0.00	0.00	150.0	9.00	*4.00	4.0	12.0	0.0	0.00
Yogurt, Danimals Straw Banana	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	5.0	12.0	0.0	0.00
Yogurt, Danimals Vanilla	4 oz	70	0	70	0.00	0.00	150.0	9.00	*5.00	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz	80	5	65	0.00	0.00	140.0	9.00	*5.00	4.0	15.0	0.5	0.00
Yogurt 4 oz Variety Upst Farms	4 oz	80	0	75	0.00	0.00	320.0	12.00	7.00	3.0	15.0	0.0	0.00
Juice Apple	4 oz	60	0	5	0.00	0.00	0.0	12.00	*0.00	0.0	14.0	0.0	0.00
Juice Grape	4 oz	80	0	10	0.00	0.00	0.0	18.00	*0.00	0.0	19.0	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		2019	69	2108	14.20	18.06	2451.8	209.35	*96.42	70.08	357.46	36.63	12.85
% of Calories								41.5%	*19.1%	13.9%	70.8%	16.3%	5.7%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

Weighted Average		2107	97	2199	15.22	*19.11	*2539.3	*212.14	*94.44	73.72	369.74	39.79	13.47
								*90.6%	*40.3%	14.0%	70.2%	17.0%	5.8%

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		Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)						
Calories	2107		350 - 500	421%			1607	Correction Required - Calories too High						
Cholesterol (mg)	97													
Sodium 1 (mg)	2199		540	407%			1659	Correction Required - Sodium too High						
Fiber (g)	15.22													
Iron (mg)	19.11		2.50	764%	Missing									
Calcium (mg)	2539.3		200.00	1270%	Missing									
Total Sugars (g)	212.14	40.27%			Missing									
Added Sugars (g)	94.44	17.93%			Missing									
Protein (g)	73.72	13.99%	5.50	1340%	Missing									
Carbohydrate (g)	369.74	70.18%												
Total Fat (g)	39.79	16.99%	<=30.00%											
Saturated Fat (g)	13.47	5.75%	<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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.