

Rockwood School District

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 10/01/2026													
Rockwood High Lunch	Total												
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3.00	*N/A*	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3.00	*N/A*	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3.00	*N/A*	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2.00	*N/A*	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2.00	*N/A*	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2.00	*N/A*	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5.00	*N/A*	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5.00	*N/A*	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5.00	*N/A*	16.0	39.0	19.0	9.00
Pork Rib BBQ Sandwich	Sandwich	320	40	640	3.00	2.70	52.0	9.00	*4.00	21.0	36.0	11.5	3.50
Potato Smiles	4 smiles	130	0	180	2.00	0.40	10.0	0.00	*0.00	2.0	20.0	4.5	0.50
Chicken Breaded Sandwich GC	Sandwich	350	60	720	4.00	2.50	119.0	4.00	*2.00	26.0	44.0	9.0	1.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		6290	743	12755	46.00	44.50	3976.5	97.50	*50.00	325.50	658.00	268.00	112.75
% of Calories								6.2%	*3.2%	20.7%	41.8%	38.3%	16.1%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Fri - 10/02/2026													
Rockwood High Lunch	Total												
Dumplings, Chicken & Vegetable	6 pieces	250	35	530	1.00	2.00	60.0	2.00	*1.00	18.0	31.0	7.0	0.50
Sweet Chili Sauce	1 oz	55	0	378	0.00	0.00	0.0	12.60	*N/A*	0.0	14.17	0.0	0.00
Soy Sauce, Low Sodium Kikkoman	1 TBSP	10	0	590	0.00	0.00	0.0	0.00	*N/A*	1.0	1.0	0.0	0.00
Corn Dog Minis Chicken FF	6 pieces	260	15	470	1.00	2.20	70.0	7.00	*6.00	9.0	30.0	12.0	3.50
Carrots, Roasted Sweet Chili	1/2 CUP	136	0	356	2.63	0.81	29.1	*10.72	*0.00	0.58	14.68	9.08	1.24
Chicken Spicy Brd Sandwich	Sandwich	400	50	620	4.00	2.50	110.0	4.00	*2.00	27.0	45.0	13.0	2.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00

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 High Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		3341	342	6609	27.63	22.41	1567.6	*90.82	*53.00	188.08	363.85	138.08	40.99
% of Calories								*10.9%	*6.3%	22.5%	43.6%	37.2%	11.0%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Tue - 10/06/2026													
Rockwood High Lunch	Total												
Spaghetti & Meat Sauce Turk HS	1 CUP	296	52	458	5.73	2.80	47.0	*8.01	*4.01	20.01	40.54	6.72	1.65
Garlic Toast Mini WG Baker Boy	piece	80	0	95	1.00	0.72	5.0	0.00	*0.00	2.0	12.0	2.5	0.50
Pizza, Alpha Cheese Skinny	Slice	340	30	540	3.00	2.00	500.0	3.00	*0.00	20.0	31.0	15.0	6.00
Pizza, Alpha Pepperoni Skinny	slice	370	35	580	3.00	2.00	450.0	3.00	*0.00	20.0	31.0	18.0	8.00
Pizza Big Daddy 4 Meat	1 each	370	40	630	3.00	2.40	290.0	10.00	*2.00	20.0	36.0	17.0	7.00
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2	54	1.99	0.42	51.7	*0.01	*0.00	2.65	3.92	3.87	0.78
Chicken Breaded Sandwich GC	Sandwich	350	60	720	4.00	2.50	119.0	4.00	*2.00	26.0	44.0	9.0	1.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		4091	461	6743	40.73	27.73	2761.2	*82.52	*52.01	243.16	426.46	169.09	58.68
% of Calories								*8.1%	*5.1%	23.8%	41.7%	37.2%	12.9%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Wed - 10/07/2026													
Rockwood High Lunch	Total												
Chicken Tenders Gold Creek	3 tenders	220	65	460	2.00	2.00	21.0	0.00	*0.00	22.0	14.0	7.0	1.50
Biscuit	Biscuit	220	0	320	1.00	2.00	120.0	3.00	*2.00	4.0	29.0	9.0	4.00
Pizza, Selfie 5" Cheese Alpha	5" pizza	370	30	580	3.00	1.80	500.0	2.00	*0.00	22.0	38.0	14.0	7.00
French Fries, Seasoned Crinkle	1/2 cup	103	0	175	0.00	0.31	10.3	0.00	*0.00	1.03	15.44	3.09	0.00
Chicken Spicy Brd Sandwich	Sandwich	400	50	620	4.00	2.50	110.0	4.00	*2.00	27.0	45.0	13.0	2.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00

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Rockwood School District

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		3543	387	5820	29.00	23.51	2059.8	63.50	*48.00	208.53	369.44	143.09	48.25
% of Calories								7.2%	*5.4%	23.5%	41.7%	36.3%	12.3%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Thu - 10/08/2026													
Rockwood High Lunch	Total												
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3.00	*N/A*	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3.00	*N/A*	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3.00	*N/A*	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2.00	*N/A*	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2.00	*N/A*	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2.00	*N/A*	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5.00	*N/A*	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5.00	*N/A*	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5.00	*N/A*	16.0	39.0	19.0	9.00
Ham & Cheese Croissant	1 each	267	38	842	2.00	1.29	181.0	4.67	*3.00	16.84	33.33	10.33	4.92
Potato Smiles	4 smiles	130	0	180	2.00	0.40	10.0	0.00	*0.00	2.0	20.0	4.5	0.50
Butternut Squash, Roasted	1/2 cup	83	0	6	2.28	0.88	42.5	*0.00	*0.00	1.45	13.04	3.93	0.55
Chicken Breaded Sandwich GC	Sandwich	350	60	720	4.00	2.50	119.0	4.00	*2.00	26.0	44.0	9.0	1.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		6320	740	12963	47.28	43.98	4148.0	*93.17	*49.00	322.78	668.37	270.76	114.71
% of Calories								*5.9%	*3.1%	20.4%	42.3%	38.6%	16.3%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

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Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 10/09/2026													
Rockwood High Lunch	Total												
Mozzarella Sticks Breaded	6 sticks	310	15	540	3.00	1.70	520.0	3.00	*0.00	20.0	32.0	11.0	3.50
Marinara Cup	1 each	40	0	200	2.00	0.00	19.0	4.00	*1.00	1.0	7.0	1.0	0.00
Burrito, Bean & Cheese IW	Burrito	404	21	692	8.00	3.60	300.0	2.00	*0.00	17.0	52.0	14.6	6.40
Salsa Cup, Red Gold 3oz	3 oz cup	25	0	195	1.00	1.00	16.0	3.00	*0.00	1.0	5.0	0.0	0.00
Butternut Squash, Roasted	1/2 cup	83	0	6	2.28	0.88	42.5	*0.00	*0.00	1.45	13.04	3.93	0.55
Latin Baked Beans	1/2 Cup	271	0	495	12.74	3.31	63.1	*2.82	*0.00	12.69	50.66	1.52	0.71
Chicken Spicy Brd Sandwich	Sandwich	400	50	620	4.00	2.50	110.0	4.00	*2.00	27.0	45.0	13.0	2.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3764	328	6413	52.01	27.89	2369.0	*73.32	*47.00	212.64	432.69	142.05	46.91
% of Calories								*7.8%	*5.0%	22.6%	46.0%	34.0%	11.2%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Mon - 10/12/2026													
Rockwood High Lunch	Total												
Pulled Pork Cheese Cavatappi	6 oz by weig	428	77	1069	2.05	1.03	399.6	6.72	*0.82	25.44	30.49	22.15	11.38
Breadstick, WG 5" Garlic	breadstick	100	0	95	1.00	0.80	10.0	0.50	*0.50	3.0	15.0	3.5	0.50
Corn Dog, Chicken Foster Farms	1 Each	240	40	470	2.00	1.50	100.0	8.00	*7.00	9.0	30.0	9.0	2.50
Baked Beans Bush's Best	1/2 Cup	140	0	371	5.02	1.81	40.1	12.04	*N/A*	5.02	30.09	0.0	0.00
Chicken Spicy Brd Sandwich	Sandwich	400	50	620	4.00	2.50	110.0	4.00	*2.00	27.0	45.0	13.0	2.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3538	409	6290	33.07	22.53	1958.2	85.76	*54.32	201.95	378.58	144.65	50.14
% of Calories								9.7%	*6.1%	22.8%	42.8%	36.8%	12.8%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

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Tue - 10/13/2026													
Rockwood High Lunch	Total												
Mandarin Orange Chx Rice Bowl	#8 scoop	391	39	481	1.18	2.87	59.9	10.85	*10.63	15.57	72.54	3.58	0.68
Pizza, Alpha Cheese Skinny	Slice	340	30	540	3.00	2.00	500.0	3.00	*0.00	20.0	31.0	15.0	6.00
Pizza, Alpha Pepperoni Skinny	slice	370	35	580	3.00	2.00	450.0	3.00	*0.00	20.0	31.0	18.0	8.00
Broccoli, Roast/Steamed	1/2 Cup	26	0	22	2.76	0.55	46.3	*N/A*	*N/A*	2.81	4.86	0.1	0.02
Chicken Breaded Sandwich GC	Sandwich	350	60	720	4.00	2.50	119.0	4.00	*2.00	26.0	44.0	9.0	1.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3707	406	6007	32.94	24.82	2473.7	*75.35	*56.63	216.89	411.40	142.68	49.45
% of Calories								*8.1%	*6.1%	23.4%	44.4%	34.6%	12.0%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Wed - 10/14/2026													
Rockwood High Lunch	Total												
Chicken Popcorn Smackers	10 pieces	270	70	480	3.00	1.44	20.0	0.00	*0.00	19.0	19.0	13.0	3.00
Breadstick, WG 5" Garlic	breadstick	100	0	95	1.00	0.80	10.0	0.50	*0.50	3.0	15.0	3.5	0.50
Pizza, 16" Cheese Tasty WG	Piece	350	35	480	5.00	2.00	420.0	4.00	*1.00	20.0	37.0	13.0	7.00
Pizza, 16" Turkey Pepp Tasty	slice	350	37	600	5.00	2.00	330.0	5.00	*1.00	21.0	37.0	13.0	6.00
Potatoes Mashed w/Gravy	1/2 CUP	92	0	351	1.00	0.30	13.7	1.00	*0.00	0.0	17.35	1.5	0.00
Green Beans, Canned, Cooked	1/2 cup	27	0	263	3.38	0.60	34.0	1.68	*0.00	1.68	5.1	0.0	0.00
Chicken Spicy Brd Sandwich	Sandwich	400	50	620	4.00	2.50	110.0	4.00	*2.00	27.0	45.0	13.0	2.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3819	434	6554	41.38	24.54	2236.3	70.68	*48.50	224.18	403.45	154.00	52.25
% of Calories								7.4%	*5.1%	23.5%	42.3%	36.3%	12.3%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

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Rockwood School District

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 10/15/2026													
Rockwood High Lunch	Total												
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3.00	*N/A*	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3.00	*N/A*	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3.00	*N/A*	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2.00	*N/A*	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2.00	*N/A*	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2.00	*N/A*	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5.00	*N/A*	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5.00	*N/A*	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5.00	*N/A*	16.0	39.0	19.0	9.00
Chicken Bahn Mi Sandwich	Sandwich	347	77	938	2.88	2.21	61.9	*9.15	*6.01	24.4	35.63	12.65	2.98
French Fries, Seasoned Crinkle	1/2 cup	103	0	175	0.00	0.31	10.3	0.00	*0.00	1.03	15.44	3.09	0.00
Chicken Breaded Sandwich GC	Sandwich	350	60	720	4.00	2.50	119.0	4.00	*2.00	26.0	44.0	9.0	1.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		6290	780	13049	43.88	43.92	3986.7	*97.65	*52.01	327.93	653.07	267.74	111.73
% of Calories								*6.2%	*3.3%	20.9%	41.5%	38.3%	16.0%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Fri - 10/16/2026													
Rockwood High Lunch	Total												
Wild Mike's Cheese Bites	4 pieces	280	35	460	2.00	2.00	453.0	2.00	*1.00	19.0	28.0	10.0	6.00
Marinara Cup	1 each	40	0	200	2.00	0.00	19.0	4.00	*1.00	1.0	7.0	1.0	0.00
Meatball Marinara Sub MS/HS	Sandwich	421	64	637	4.77	3.26	237.2	8.26	*5.66	25.63	46.09	15.92	5.60
Sweet Potato Battered Seasoned	3 oz	173	0	205	1.08	0.54	32.4	7.55	*0.00	1.08	26.97	7.55	1.08
Chicken Spicy Brd Sandwich	Sandwich	400	50	620	4.00	2.50	110.0	4.00	*2.00	27.0	45.0	13.0	2.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00

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Rockwood School District

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories		3544	392	5787	32.85	23.20	2150.1	80.31 9.1%	*53.66 *6.1%	206.21 23.3%	381.06 43.0%	144.47 36.7%	48.43 12.3%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Mon - 10/19/2026													
Rockwood High Lunch	Total												
Bosco Breadsticks	2 breadstick	424	31	559	4.00	4.01	430.9	4.00	*2.00	24.3	50.14	12.29	6.16
Marinara Cup	1 each	40	0	200	2.00	0.00	19.0	4.00	*1.00	1.0	7.0	1.0	0.00
Fish Sandwich	Sandwich	330	45	510	3.00	2.80	50.0	5.00	*4.00	22.0	46.0	8.5	1.00
Corn, Canned	1/2 CUP	102	0	70	3.04	0.54	1.2	4.57	*N/A*	3.04	23.49	1.52	0.00
Chicken Spicy Brd Sandwich	Sandwich	400	50	620	4.00	2.50	110.0	4.00	*2.00	27.0	45.0	13.0	2.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average % of Calories		3527	368	5624	35.04	24.74	1909.6	76.07 8.6%	*53.00 *6.0%	209.84 23.8%	399.64 45.3%	133.31 34.0%	42.91 11.0%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Tue - 10/20/2026													
Rockwood High Lunch	Total												
Nacho Supreme w Queso 9-12	Serving	403	65	575	3.82	2.49	271.9	3.25	*0.00	23.95	23.98	22.4	7.71
Salsa Cup, Red Gold 3oz	3 oz cup	25	0	195	1.00	1.00	16.0	3.00	*0.00	1.0	5.0	0.0	0.00
Pizza, Alpha Cheese Skinny	Slice	340	30	540	3.00	2.00	500.0	3.00	*0.00	20.0	31.0	15.0	6.00
Pizza, Alpha Pepperoni Skinny	slice	370	35	580	3.00	2.00	450.0	3.00	*0.00	20.0	31.0	18.0	8.00
Pizza Big Daddy 4 Meat	1 each	370	40	630	3.00	2.40	290.0	10.00	*2.00	20.0	36.0	17.0	7.00
Refried Beans Southwestern	1/2 cup	196	5	742	10.82	2.36	87.6	0.94	*0.00	11.88	29.59	3.06	1.55
Chicken Breaded Sandwich GC	Sandwich	350	60	720	4.00	2.50	119.0	4.00	*2.00	26.0	44.0	9.0	1.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00

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Rockwood School District

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		4284	477	7647	47.64	29.65	3033.1	81.69	*48.00	255.33	428.57	181.47	65.01
% of Calories								7.6%	*4.5%	23.8%	40.0%	38.1%	13.7%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Wed - 10/21/2026													
Rockwood High Lunch	Total												
Chicken Tenders Gold Creek	3 tenders	220	65	460	2.00	2.00	21.0	0.00	*0.00	22.0	14.0	7.0	1.50
Biscuit	Biscuit	220	0	320	1.00	2.00	120.0	3.00	*2.00	4.0	29.0	9.0	4.00
Pizza, Detroit Style Cheese	Piece	370	35	700	2.00	2.70	400.0	5.00	*2.00	20.0	44.0	14.0	6.00
Pizza, Detroit Style Pepperoni	Piece	390	35	820	1.00	2.80	280.0	4.00	*2.00	19.0	44.0	15.0	7.00
French Fries, Seasoned Crinkle	1/2 cup	103	0	175	0.00	0.31	10.3	0.00	*0.00	1.03	15.44	3.09	0.00
Chicken Spicy Brd Sandwich	Sandwich	400	50	620	4.00	2.50	110.0	4.00	*2.00	27.0	45.0	13.0	2.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3933	427	6760	29.00	27.21	2239.8	70.50	*52.00	225.53	419.44	158.09	54.25
% of Calories								7.2%	*5.3%	22.9%	42.7%	36.2%	12.4%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

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Rockwood School District

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 10/22/2026													
Rockwood High Lunch	Total												
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3.00	*N/A*	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3.00	*N/A*	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3.00	*N/A*	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2.00	*N/A*	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2.00	*N/A*	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2.00	*N/A*	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5.00	*N/A*	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5.00	*N/A*	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5.00	*N/A*	16.0	39.0	19.0	9.00
Quesadilla, Chicken Tinga	1 each	303	28	491	4.00	2.70	250.0	1.00	*0.00	19.5	32.0	11.0	5.30
Salsa Cup, Red Gold 3oz	3 oz cup	25	0	195	1.00	1.00	16.0	3.00	*0.00	1.0	5.0	0.0	0.00
Potato Smiles	4 smiles	130	0	180	2.00	0.40	10.0	0.00	*0.00	2.0	20.0	4.5	0.50
Chicken Breaded Sandwich GC	Sandwich	350	60	720	4.00	2.50	119.0	4.00	*2.00	26.0	44.0	9.0	1.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		6298	731	12801	48.00	45.50	4190.5	92.50	*46.00	325.00	659.00	267.50	114.55
% of Calories								5.9%	*2.9%	20.6%	41.9%	38.2%	16.4%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Fri - 10/23/2026													
Rockwood High Lunch	Total												
Ramen, Chicken & Vegetable	1 1/2 cups	359	42	648	5.86	*2.86	*43.1	*2.43	*1.13	20.15	40.17	13.55	0.02
Chicken Hot Honey Sandwich	Sandwich	417	70	831	3.03	*2.76	*70.3	15.14	*15.14	28.74	54.41	11.78	3.13
Broccoli, Roast/Steamed	1/2 Cup	26	0	22	2.76	0.55	46.3	*N/A*	*N/A*	2.81	4.86	0.1	0.02
Chicken Spicy Brd Sandwich	Sandwich	400	50	620	4.00	2.50	110.0	4.00	*2.00	27.0	45.0	13.0	2.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00

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Rockwood School District

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories		3432	404	5785	34.64	*23.57	*1568.2	*76.06 *8.9%	*62.27 *7.3%	211.20 24.6%	372.45 43.4%	135.43 35.5%	38.92 10.2%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Mon - 10/26/2026													
Rockwood High Lunch	Total												
Ravioli, Toasted Cheese WG	7 pieces	360	5	730	7.00	4.00	150.0	5.00	*1.00	19.0	64.0	4.0	1.50
Marinara Cup	1 each	40	0	200	2.00	0.00	19.0	4.00	*1.00	1.0	7.0	1.0	0.00
Ham & Cheese Croissant	1 each	267	38	842	2.00	1.29	181.0	4.67	*3.00	16.84	33.33	10.33	4.92
Peas, Italian	1/2 cup	69	0	111	4.53	1.31	22.3	*0.18	*0.00	4.27	12.86	0.23	0.04
Chicken Spicy Brd Sandwich	Sandwich	400	50	620	4.00	2.50	110.0	4.00	*2.00	27.0	45.0	13.0	2.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average % of Calories		3366	335	6168	38.53	24.00	1780.8	*72.35 *8.6%	*51.00 *6.1%	200.61 23.8%	390.19 46.4%	125.57 33.6%	42.21 11.3%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Tue - 10/27/2026													
Rockwood High Lunch	Total												
BBQ Teriyaki Chicken w/Rice	3 oz	347	76	681	0.99	2.62	*42.1	9.91	*9.73	20.36	55.44	4.35	1.24
Pizza, Alpha Cheese Skinny	Slice	340	30	540	3.00	2.00	500.0	3.00	*0.00	20.0	31.0	15.0	6.00
Pizza, Alpha Pepperoni Skinny	slice	370	35	580	3.00	2.00	450.0	3.00	*0.00	20.0	31.0	18.0	8.00
Broccoli, Roast/Steamed	1/2 Cup	26	0	22	2.76	0.55	46.3	*N/A*	*N/A*	2.81	4.86	0.1	0.02
Chicken Breaded Sandwich GC	Sandwich	350	60	720	4.00	2.50	119.0	4.00	*2.00	26.0	44.0	9.0	1.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00

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Rockwood School District

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		3663	443	6208	32.75	24.57	*2456.0	*74.41	*55.73	221.67	394.30	143.45	50.01
% of Calories								*8.1%	*6.1%	24.2%	43.1%	35.3%	12.3%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Wed - 10/28/2026													
Rockwood High Lunch	Total												
Chicken Popcorn Smackers	10 pieces	270	70	480	3.00	1.44	20.0	0.00	*0.00	19.0	19.0	13.0	3.00
Breadstick, WG 5" Garlic	breadstick	100	0	95	1.00	0.80	10.0	0.50	*0.50	3.0	15.0	3.5	0.50
Pizza, 16" Cheese Tasty WG	Piece	350	35	480	5.00	2.00	420.0	4.00	*1.00	20.0	37.0	13.0	7.00
Pizza, 16" Turkey Pepp Tasty	slice	350	37	600	5.00	2.00	330.0	5.00	*1.00	21.0	37.0	13.0	6.00
Potatoes Mashed w/Gravy	1/2 CUP	92	0	351	1.00	0.30	13.7	1.00	*0.00	0.0	17.35	1.5	0.00
Green Beans, Canned, Cooked	1/2 cup	27	0	263	3.38	0.60	34.0	1.68	*0.00	1.68	5.1	0.0	0.00
Chicken Spicy Brd Sandwich	Sandwich	400	50	620	4.00	2.50	110.0	4.00	*2.00	27.0	45.0	13.0	2.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3819	434	6554	41.38	24.54	2236.3	70.68	*48.50	224.18	403.45	154.00	52.25
% of Calories								7.4%	*5.1%	23.5%	42.3%	36.3%	12.3%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

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Rockwood School District

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 10/29/2026													
Rockwood High Lunch	Total												
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3.00	*N/A*	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3.00	*N/A*	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3.00	*N/A*	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2.00	*N/A*	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2.00	*N/A*	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2.00	*N/A*	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5.00	*N/A*	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5.00	*N/A*	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5.00	*N/A*	16.0	39.0	19.0	9.00
Chicken Gyro on Flatbread	gyro	319	70	970	3.45	1.96	132.6	*6.23	*1.00	24.41	34.51	8.86	2.91
French Fries, Seasoned Crinkle	1/2 cup	103	0	175	0.00	0.31	10.3	0.00	*0.00	1.03	15.44	3.09	0.00
Chicken Breaded Sandwich GC	Sandwich	350	60	720	4.00	2.50	119.0	4.00	*2.00	26.0	44.0	9.0	1.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		6262	772	13080	44.46	43.66	4057.4	*94.73	*47.00	327.94	651.96	263.95	111.66
% of Calories								*6.1%	*3.0%	20.9%	41.6%	37.9%	16.0%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Fri - 10/30/2026													
Rockwood High Lunch	Total												
Potato Baked,Buffalo Chicken	1 each	413	47	243	4.92	3.48	213.1	3.37	*0.00	20.64	69.65	6.32	3.10
Garlic Knot	Roll	170	0	170	3.00	2.00	10.0	3.00	*2.00	5.0	27.0	6.0	1.50
Pretzel Dog, Beef WG	Each 4 oz	290	30	530	3.00	2.00	17.0	7.00	*6.00	11.0	31.0	14.0	6.00
Baked Beans Bush's Best	1/2 Cup	140	0	371	5.02	1.81	40.1	12.04	*N/A*	5.02	30.09	0.0	0.00
Chicken Spicy Brd Sandwich	Sandwich	400	50	620	4.00	2.50	110.0	4.00	*2.00	27.0	45.0	13.0	2.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00

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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)
Weighted Daily Average		3644	369	5599	38.93	26.69	1688.7	83.91	*54.00	201.16	430.75	136.32	46.35
% of Calories								9.2%	*5.9%	22.1%	47.3%	33.7%	11.4%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Weighted Average		4308	485	7867	38.91	*29.68	*2611.8	*81.12	*51.51	241.92	461.72	175.41	64.40
								*16.9%	*10.8%	22.5%	42.9%	36.6%	13.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	4308		750 - 850	507%			3458	Correction Required - Calories too High
Cholesterol (mg)	485							
Sodium 1a (mg)	7867		1280	615%			6587	Correction Required - Sodium too High
Fiber (g)	38.91							
Iron (mg)	29.68		4.50	659%	Missing			
Calcium (mg)	2611.8		400.00	653%	Missing			
Total Sugars (g)	81.12	7.53%			Missing			
Added Sugars (g)	51.51	4.78%			Missing			
Protein (g)	241.92	22.46%	15.00	1613%	Missing			
Carbohydrate (g)	461.72	42.87%						
Total Fat (g)	175.41	36.64%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	64.40	13.45%	<10.00%					Correction Required - Sat. Fat too High

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