

Rockwood School District

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

Rockwood Elementary 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 Elementary Lunch	Total												
Bosco Breadstick (Elementary)	Breadstick	212	15	275	2.00	2.02	214.3	2.01	*1.00	12.17	25.17	6.02	3.01
Marinara Sauce	1/4 Cup	30	0	70	1.00	0.50	14.0	4.00	2.00	1.0	6.0	0.5	0.00
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
Apricots, Canned Diced	1/2 cup	62	0	3	2.00	0.38	13.0	13.86	*7.56	0.76	15.76	0.14	0.00
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
Goldfish Pretzels	package	90	0	200	1.00	0.72	10.0	0.00	0.00	2.0	16.0	1.5	0.00
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
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
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 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 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
Turkey Stick, Smokehouse	Stick	40	20	190	0.00	0.00	0.0	0.00	*0.00	8.0	0.0	1.0	0.00
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
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
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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
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% 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% 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% 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		4184	714	4332	34.83	*22.77	*3381.3	*279.88	*145.54	174.69	529.36	157.88	49.55
% of Calories								*26.8%	*13.9%	16.7%	50.6%	34.0%	10.7%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=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 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 - 10/02/2026													
Rockwood Elementary Lunch	Total												
Chicken Tenders Gold Creek	3 tenders	220	65	460	2.00	2.00	21.0	0.00	*0.00	22.0	14.0	7.0	1.50
Breadstick, WG 5" Garlic	breadstick	100	0	95	1.00	0.80	10.0	0.50	*0.50	3.0	15.0	3.5	0.50
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
Froot Jooce Icy, Cherrymoji	4.4 oz	90	0	0	0.00	0.50	20.0	22.00	*0.00	0.0	22.0	0.0	0.00
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
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
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
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
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 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 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
Turkey Stick, Smokehouse	Stick	40	20	190	0.00	0.00	0.0	0.00	*0.00	8.0	0.0	1.0	0.00
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
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
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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
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% 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% 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% 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		3745	617	4220	25.83	*19.65	*3029.2	224.51	*80.48	174.12	443.51	144.35	41.76
% of Calories								24.0%	*8.6%	18.6%	47.4%	34.7%	10.0%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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Rockwood School District

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/06/2026													
Rockwood Elementary Lunch	Total												
Taco Soft Shell	1 Each	324	58	463	3.41	*2.49	*58.1	2.41	*0.00	21.03	22.51	16.65	8.22
Fiesta Black Beans	1/2 CUP	113	0	481	4.10	1.84	41.0	2.05	*N/A*	5.12	20.48	1.02	0.00
Blueberries, Frozen	1/2 Cup	40	0	1	2.20	0.14	6.0	*N/A*	*N/A*	0.32	9.5	0.5	0.04
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
Goldfish Pretzels	package	90	0	200	1.00	0.72	10.0	0.00	0.00	2.0	16.0	1.5	0.00
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
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
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 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 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
Turkey Stick, Smokehouse	Stick	40	20	190	0.00	0.00	0.0	0.00	*0.00	8.0	0.0	1.0	0.00
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
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
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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
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% 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% 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% 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		4101	610	5190	40.53	*34.92	*3613.3	*228.46	*101.98	183.59	520.00	150.52	46.02
% of Calories								*22.3%	*9.9%	17.9%	50.7%	33.0%	10.1%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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Rockwood School District

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 10/07/2026													
Rockwood Elementary Lunch	Total												
Cavatappi, Three Cheese	6 oz by weig	332	48	589	2.05	1.03	392.8	4.10	*0.00	16.41	28.72	16.41	9.33
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
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
Pears, Canned Extra Lt Syrup	1/2 CUP	61	0	5	2.02	0.00	0.0	12.11	*N/A*	0.0	16.15	0.0	0.00
Pancakes Mini Confetti Eggo	Pouch	210	0	210	4.00	3.60	50.0	10.00	*10.00	4.0	35.0	7.0	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
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 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 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
Turkey Stick, Smokehouse	Stick	40	20	190	0.00	0.00	0.0	0.00	*0.00	8.0	0.0	1.0	0.00
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
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
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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
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% 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% 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% 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		3714	600	4135	30.66	*20.51	*3447.4	*220.72	*82.48	169.34	437.24	148.86	48.61
% of Calories								*23.8%	*8.9%	18.2%	47.1%	36.1%	11.8%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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Base Menu Spreadsheet

Rockwood Elementary 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 - 10/08/2026													
Rockwood Elementary Lunch	Total												
Pizza Bagels Mini Cheese	4 each	260	20	560	4.00	1.80	350.0	4.00	*N/A*	21.0	24.0	9.0	5.00
Peas, Italian	1/2 cup	69	0	111	4.53	1.31	22.3	*0.18	*0.00	4.27	12.86	0.23	0.04
Sidekicks Blue Raspberry Lemon	4.4 oz cup	90	0	20	0.00	1.44	60.0	21.00	*0.00	0.0	23.0	0.0	0.00
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
Goldfish Pretzels	package	90	0	200	1.00	0.72	10.0	0.00	0.00	2.0	16.0	1.5	0.00
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
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
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 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 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
Turkey Stick, Smokehouse	Stick	40	20	190	0.00	0.00	0.0	0.00	*0.00	8.0	0.0	1.0	0.00
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
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
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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
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% 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% 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% 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		4244	717	4620	36.36	*23.99	*3520.6	*285.19	*134.98	183.39	538.37	156.58	50.80
% of Calories								*26.9%	*12.7%	17.3%	50.7%	33.2%	10.8%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=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

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

Rockwood Elementary 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 Elementary Lunch	Total												
Pancake Whole Grain (2)	2 pancakes	126	6	254	2.00	1.08	20.0	6.00	*N/A*	4.0	24.0	2.0	0.00
Sausage, Chicken Tyson	patty	100	45	180	0.00	0.00	0.0	0.00	*0.00	8.0	1.0	7.0	2.00
Syrup, Pancake 1.5 oz	1.5 oz	120	0	40	0.00	0.00	0.0	17.00	*N/A*	0.0	31.0	0.0	0.00
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
Orange Wedges	Whole Oran	69	0	1	3.08	0.18	60.2	11.90	0.00	1.27	17.56	0.21	0.02
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
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
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
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
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 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 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
Turkey Stick, Smokehouse	Stick	40	20	190	0.00	0.00	0.0	0.00	*0.00	8.0	0.0	1.0	0.00
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
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
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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
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% 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% 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% 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		3792	603	4165	26.99	*17.75	*3080.8	244.46	*79.98	161.47	473.03	146.11	42.37
% of Calories								25.8%	*8.4%	17.0%	49.9%	34.7%	10.1%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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Rockwood School District

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

Rockwood Elementary 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)
Mon - 10/12/2026													
Rockwood Elementary Lunch	Total												
Fish Sea Shapes High Linner	4 pieces	260	20	480	5.00	2.60	40.0	3.00	*2.00	16.0	29.0	10.0	1.50
Hushpuppies	2 Each	93	3	120	0.67	0.48	26.7	1.33	*0.67	1.33	12.0	4.67	0.67
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
Strawberry Frozen Cup	4.5 oz	90	0	0	1.99	0.36	0.0	17.94	*N/A*	1.0	21.92	0.0	0.00
Rice Krispies Treat Mini WG	1 Each	50	0	45	0.00	0.60	0.0	3.00	*N/A*	0.0	9.0	1.0	0.00
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, Farmer's Market Grah	package	130	0	115	1.00	0.72	0.0	8.00	*8.00	2.0	22.0	3.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
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 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 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
Turkey Stick, Smokehouse	Stick	40	20	190	0.00	0.00	0.0	0.00	*0.00	8.0	0.0	1.0	0.00
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
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
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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
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% 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% 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% 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		3811	575	4320	28.49	*20.29	*3045.2	227.28	*82.64	166.47	460.87	147.60	41.43
% of Calories								23.9%	*8.7%	17.5%	48.4%	34.9%	9.8%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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Rockwood School District

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/13/2026													
Rockwood Elementary Lunch	Total												
Chicken Brd Patty on Bun Elem	Sandwich	440	65	760	4.00	3.10	110.0	4.00	*2.00	24.0	46.0	18.0	4.00
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
Grapes, Fresh Seedless	1/2 CUP	52	0	2	0.68	0.27	7.6	11.69	0.00	0.54	13.67	0.12	0.04
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
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
Goldfish Pretzels	package	90	0	200	1.00	0.72	10.0	0.00	0.00	2.0	16.0	1.5	0.00
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
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
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 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 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
Turkey Stick, Smokehouse	Stick	40	20	190	0.00	0.00	0.0	0.00	*0.00	8.0	0.0	1.0	0.00
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
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
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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
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% 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% 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% 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		4341	617	5383	42.80	*36.51	*3708.4	*251.74	*103.98	188.12	570.31	154.40	42.35
% of Calories								*23.2%	*9.6%	17.3%	52.5%	32.0%	8.8%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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Rockwood School District

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 10/14/2026													
Rockwood Elementary 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 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
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
Mixed Vegetables, Steamed	1/2 CUP	73	0	95	3.48	*0.00	*1.2	3.48	*N/A*	2.32	14.54	0.0	0.00
Grapes, Fresh Seedless	1/2 CUP	52	0	2	0.68	0.27	7.6	11.69	0.00	0.54	13.67	0.12	0.04
Pancake Puffs, Maple	Package	190	0	160	2.00	1.08	60.0	10.00	*9.00	3.0	33.0	6.0	1.00
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
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
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 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
Turkey Stick, Smokehouse	Stick	40	20	190	0.00	0.00	0.0	0.00	*0.00	8.0	0.0	1.0	0.00
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
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
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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
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
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
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% 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% 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		6550	952	10961	42.99	*40.08	*5464.0	253.17	*75.98	287.98	730.71	273.97	112.80
% of Calories								15.5%	*4.6%	17.6%	44.6%	37.6%	15.5%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=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 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 Elementary Lunch	Total												
Chicken & Noodles	1 Cup	185	43	296	0.96	1.17	15.6	*1.13	*0.00	15.94	19.44	3.9	0.21
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
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
Mixed Fruit, Cocktail	1/2 CUP	60	0	5	0.99	0.00	0.0	11.92	*N/A*	0.0	14.9	0.0	0.00
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
Goldfish Pretzels	package	90	0	200	1.00	0.72	10.0	0.00	0.00	2.0	16.0	1.5	0.00
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
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
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 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 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
Turkey Stick, Smokehouse	Stick	40	20	190	0.00	0.00	0.0	0.00	*0.00	8.0	0.0	1.0	0.00
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
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
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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
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% 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% 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% 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		4253	739	4331	33.06	*22.29	*3156.3	*273.56	*135.48	178.50	540.88	158.68	47.02
% of Calories								*25.7%	*12.7%	16.8%	50.9%	33.6%	10.0%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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Rockwood School District

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

Rockwood Elementary 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 - 10/16/2026													
Rockwood Elementary 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 Sauce	1/4 Cup	30	0	70	1.00	0.50	14.0	4.00	2.00	1.0	6.0	0.5	0.00
Green Beans, Italian	1/2 cup	28	0	263	3.40	0.61	34.4	*1.74	*0.00	1.7	5.22	0.0	0.00
Bananarama	1/2 cup	80	0	1	2.12	0.22	7.0	10.18	*1.00	0.83	18.39	1.25	1.09
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
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
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
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
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 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 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
Turkey Stick, Smokehouse	Stick	40	20	190	0.00	0.00	0.0	0.00	*0.00	8.0	0.0	1.0	0.00
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
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
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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
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% 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% 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% 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		3653	567	4359	30.35	*18.98	*3543.7	*220.92	*82.98	170.64	434.13	142.10	43.85
% of Calories								*24.2%	*9.1%	18.7%	47.5%	35.0%	10.8%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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Rockwood School District

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

Rockwood Elementary 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)
Mon - 10/19/2026													
Rockwood Elementary Lunch	Total												
Corn Dog, Chicken Foster Farms	1 Each	240	40	470	2.00	1.50	100.0	8.00	*7.00	9.0	30.0	9.0	2.50
Mixed Vegetables, Steamed	1/2 CUP	73	0	95	3.48	*0.00	*1.2	3.48	*N/A*	2.32	14.54	0.0	0.00
Mixed Berries Frozen Cup	4 oz cup	90	0	0	2.00	*N/A*	*N/A*	16.00	*N/A*	0.0	20.0	0.0	0.00
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, Farmer's Market Grah	package	130	0	115	1.00	0.72	0.0	8.00	*8.00	2.0	22.0	3.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
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 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 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
Turkey Stick, Smokehouse	Stick	40	20	190	0.00	0.00	0.0	0.00	*0.00	8.0	0.0	1.0	0.00
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
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
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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
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% 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% 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% 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		3618	592	4064	28.31	*17.45	*3069.5	229.49	*86.98	158.44	438.05	137.85	41.76
% of Calories								25.4%	*9.6%	17.5%	48.4%	34.3%	10.4%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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Rockwood School District

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/20/2026													
Rockwood Elementary 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
Waffle, Eggoji (1)	1 Waffle	85	3	105	2.00	1.80	130.0	2.50	*2.50	2.0	14.0	2.5	0.75
Syrup, Pancake 1.5 oz	1.5 oz	120	0	40	0.00	0.00	0.0	17.00	*N/A*	0.0	31.0	0.0	0.00
Sweet Potato Battered Seasoned	3 oz	173	0	205	1.08	0.54	32.4	7.55	*0.00	1.08	26.97	7.55	1.08
Peaches, Diced Extra Lt Syrup	1/2 CUP	59	0	5	0.98	0.20	5.9	12.80	*4.92	0.0	13.78	0.0	0.00
Cereal Cinn Toast Crunch 1 oz	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
Goldfish Pretzels	package	90	0	200	1.00	0.72	10.0	0.00	0.00	2.0	16.0	1.5	0.00
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
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
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 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 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
Turkey Stick, Smokehouse	Stick	40	20	190	0.00	0.00	0.0	0.00	*0.00	8.0	0.0	1.0	0.00
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
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
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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
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% 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% 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% 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		4332	624	5080	37.89	*34.42	*3696.5	263.86	*109.40	179.19	572.26	155.40	42.59
% of Calories								24.4%	*10.1%	16.5%	52.8%	32.3%	8.8%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=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

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 10/21/2026													
Rockwood Elementary Lunch	Total												
BBQ Pulled Pork Sand Brookwood	#12 scoop	280	35	484	3.00	1.50	107.0	7.00	*4.75	17.0	34.25	9.0	2.50
Baked Beans Bush's Best	1/2 Cup	140	0	371	5.02	1.81	40.1	12.04	*N/A*	5.02	30.09	0.0	0.00
Apple Dippers w/Caramel	4 oz pkg	159	5	140	2.00	0.00	40.0	24.00	*N/A*	0.0	29.0	4.5	1.50
Pancakes Mini Confetti Eggo	Pouch	210	0	210	4.00	3.60	50.0	10.00	*10.00	4.0	35.0	7.0	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
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 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 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
Turkey Stick, Smokehouse	Stick	40	20	190	0.00	0.00	0.0	0.00	*0.00	8.0	0.0	1.0	0.00
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
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
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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
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% 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% 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% 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		3775	592	4420	32.85	*21.43	*3185.4	247.05	*86.73	169.13	465.86	142.35	42.76
% of Calories								26.2%	*9.2%	17.9%	49.4%	33.9%	10.2%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=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

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

Rockwood Elementary 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 Elementary Lunch	Total												
Mandarin Orange Chicken Elem	#8 scoop 3.6oz	150	40	300	0.00	0.70	10.0	11.00	*11.00	11.0	20.0	3.0	0.50
Rice, White	1/2 cup	110	0	95	0.53	0.98	22.1	0.10	0.00	2.21	23.85	0.3	0.09
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
Pineapple Fresh	1/2 Cup	41	0	1	1.00	0.27	10.0	*N/A*	*0.00	0.5	11.0	0.0	0.00
Cookie, Fortune	1 each	12	0	0	0.00	0.00	0.5	1.67	*1.67	0.17	2.67	0.0	0.00
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
Goldfish Pretzels	package	90	0	200	1.00	0.72	10.0	0.00	0.00	2.0	16.0	1.5	0.00
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
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
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 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 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
Turkey Stick, Smokehouse	Stick	40	20	190	0.00	0.00	0.0	0.00	*0.00	8.0	0.0	1.0	0.00
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
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
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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
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% 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% 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% 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		4164	737	4347	32.12	*21.95	*3177.2	*272.77	*147.64	174.81	540.89	150.75	46.37
% of Calories								*26.2%	*14.2%	16.8%	52.0%	32.6%	10.0%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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Rockwood School District

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

Rockwood Elementary 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 - 10/23/2026													
Rockwood Elementary Lunch	Total												
Hamburger on Bun Elem	1 each	270	40	340	2.00	2.78	50.0	4.00	*4.00	17.0	30.0	9.5	3.50
Cheeseburger on Bun Elem	1 EACH	320	47	490	3.00	2.58	203.5	4.50	*2.00	19.5	32.0	13.0	5.75
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
Sour Berries	Package	120	0	0	2.00	1.00	8.0	24.00	*11.00	0.0	30.0	0.0	0.00
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
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
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
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
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 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 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
Turkey Stick, Smokehouse	Stick	40	20	190	0.00	0.00	0.0	0.00	*0.00	8.0	0.0	1.0	0.00
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
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
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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
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% 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% 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% 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		4018	639	4490	27.83	*22.62	*3240.0	234.51	*96.98	184.65	479.95	154.94	48.51
% of Calories								23.3%	*9.7%	18.4%	47.8%	34.7%	10.9%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=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

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

Rockwood Elementary 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)
Mon - 10/26/2026													
Rockwood Elementary Lunch	Total												
Pizza Big Daddy's 4 Cheese	1 each	360	35	490	3.00	2.10	441.0	9.00	*2.00	21.0	35.0	16.0	7.00
Pizza Big Daddy Turk Pepperoni	1 each	360	45	570	3.00	2.20	370.0	8.00	*2.00	21.0	32.0	17.0	8.00
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
Blueberries, Frozen	1/2 Cup	40	0	1	2.20	0.14	6.0	*N/A*	*N/A*	0.32	9.5	0.5	0.04
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, Farmer's Market Grah	package	130	0	115	1.00	0.72	0.0	8.00	*8.00	2.0	22.0	3.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
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 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 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
Turkey Stick, Smokehouse	Stick	40	20	190	0.00	0.00	0.0	0.00	*0.00	8.0	0.0	1.0	0.00
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
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
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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
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% 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% 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% 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		4077	632	4631	32.07	*20.93	*3786.4	*223.58	*83.98	192.48	473.50	163.86	54.30
% of Calories								*21.9%	*8.2%	18.9%	46.5%	36.2%	12.0%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=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

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/27/2026													
Rockwood Elementary Lunch	Total												
Ravioli, Toasted Cheese Elem	5 pieces	257	4	521	5.00	2.86	107.1	3.57	*0.71	13.57	45.71	2.86	1.07
Marinara Sauce	1/4 Cup	30	0	70	1.00	0.50	14.0	4.00	2.00	1.0	6.0	0.5	0.00
Carrots, Canned, Butterbuds	1/2 cup	40	0	342	2.02	0.00	42.2	4.06	*N/A*	0.0	8.85	0.0	0.00
Applesauce, Canned Unsweet	1/2 CUP	53	0	2	1.03	0.00	0.0	11.49	*N/A*	0.0	14.63	0.0	0.00
Cereal Cinn Toast Crunch 1 oz	Bowl	100	0	160	4.00	1.80	60.0	6.00	*6.00	2.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0	120	2.00	3.00	110.0	6.00	*6.00	2.0	25.0	2.0	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0	170	2.00	5.40	200.0	6.00	*6.00	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0	160	1.00	2.20	90.0	6.00	*6.00	2.0	23.0	2.0	0.00
Cereal Lucky Charms 1 oz	bowl	110	0	220	2.00	2.80	90.0	6.00	*6.00	3.0	22.0	1.0	0.00
Goldfish Pretzels	package	90	0	200	1.00	0.72	10.0	0.00	0.00	2.0	16.0	1.5	0.00
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
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
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 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 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
Turkey Stick, Smokehouse	Stick	40	20	190	0.00	0.00	0.0	0.00	*0.00	8.0	0.0	1.0	0.00
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
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
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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
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% 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% 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% 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		4006	555	5180	39.89	*33.80	*3671.6	247.14	*104.69	171.69	542.71	135.71	38.83
% of Calories								24.7%	*10.5%	17.1%	54.2%	30.5%	8.7%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=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

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 10/28/2026													
Rockwood Elementary Lunch	Total												
Chicken Drumstick or Thigh GC	Drum or Thi	230	75	490	1.00	1.00	23.0	0.00	*0.00	16.0	11.0	14.0	3.50
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
Tater Tots (Golden Nuggets)	1/2 cup	131	0	252	2.01	0.36	5.0	0.00	0.00	2.01	17.11	6.54	0.50
Apricots, Canned Diced	1/2 cup	62	0	3	2.00	0.38	13.0	13.86	*7.56	0.76	15.76	0.14	0.00
Chocolate Filled Brownie Bite	Bite	134	5	240	1.00	2.30	10.0	7.98	*7.98	2.0	20.0	5.0	2.00
Pancakes Mini Confetti Eggo	Pouch	210	0	210	4.00	3.60	50.0	10.00	*10.00	4.0	35.0	7.0	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
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 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 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
Turkey Stick, Smokehouse	Stick	40	20	190	0.00	0.00	0.0	0.00	*0.00	8.0	0.0	1.0	0.00
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
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
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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
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% 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% 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% 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		3852	632	4504	29.85	*22.97	*3059.3	226.35	*98.01	170.88	451.38	158.03	45.26
% of Calories								23.5%	*10.2%	17.7%	46.9%	36.9%	10.6%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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Rockwood School District

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

Rockwood Elementary 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 Elementary Lunch	Total												
Hot Dog on Bun	1 each	270	50	500	2.00	2.42	100.0	5.00	*4.00	14.0	31.0	10.5	3.00
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
Grapes, Fresh Seedless	1/2 CUP	52	0	2	0.68	0.27	7.6	11.69	0.00	0.54	13.67	0.12	0.04
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
Goldfish Pretzels	package	90	0	200	1.00	0.72	10.0	0.00	0.00	2.0	16.0	1.5	0.00
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
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
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 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 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
Turkey Stick, Smokehouse	Stick	40	20	190	0.00	0.00	0.0	0.00	*0.00	8.0	0.0	1.0	0.00
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
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
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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
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% 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% 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% 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		4288	747	4802	35.53	*23.95	*3235.9	288.73	*138.98	177.67	553.27	157.97	48.80
% of Calories								26.9%	*13.0%	16.6%	51.6%	33.2%	10.2%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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Rockwood School District

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

Rockwood Elementary 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 - 10/30/2026													
Rockwood Elementary Lunch	Total												
Soft Pretzel w/ Cheese Sauce	1 each	287	27	538	3.00	1.80	232.2	0.00	*0.00	11.86	34.12	10.6	6.17
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
Clementine	1 each	35	0	1	1.30	0.00	20.0	*N/A*	*N/A*	0.6	9.0	0.1	0.00
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
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
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
Sunbutter and Jelly Sandwich	1 Each	611	0	467	6.00	3.60	60.0	21.98	*19.98	20.0	62.52	34.0	4.00
Salad Chef Elem	Salad	309	196	503	4.83	*4.22	*119.0	2.16	*0.00	14.22	35.74	11.69	3.62
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 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 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
Turkey Stick, Smokehouse	Stick	40	20	190	0.00	0.00	0.0	0.00	*0.00	8.0	0.0	1.0	0.00
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
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
Amazing Chickpea Chocolate	1.25 oz cup	170	0	35	2.00	1.80	11.0	8.00	*7.00	5.0	15.0	10.0	1.50
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
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% 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% 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% 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		3553	579	4045	27.89	*18.30	*3266.8	*202.01	*79.98	162.39	420.49	140.15	45.45
% of Calories								*22.7%	*9.0%	18.3%	47.3%	35.5%	11.5%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

Weighted Average		4099	649	4837	33.20	*24.55	*3446.6	*245.02	*101.90	179.98	505.56	156.10	48.63
								*53.8%	*22.4%	17.6%	49.3%	34.3%	10.7%

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

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

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		Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)						
Calories	4099		550 - 650	631%			3449	Correction Required - Calories too High						
Cholesterol (mg)	649													
Sodium 1a (mg)	4837		1110	436%			3727	Correction Required - Sodium too High						
Fiber (g)	33.20													
Iron (mg)	24.55		3.30	744%	Missing									
Calcium (mg)	3446.6		267.00	1291%	Missing									
Total Sugars (g)	245.02	23.91%			Missing									
Added Sugars (g)	101.90	9.94%			Missing									
Protein (g)	179.98	17.57%	8.65	2081%	Missing									
Carbohydrate (g)	505.56	49.34%												
Total Fat (g)	156.10	34.28%	<=30.00%					Correction Required - Total Fat too High						
Saturated Fat (g)	48.63	10.68%	<10.00%					Correction Required - Sat. Fat too High						

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