

Rockwood School District

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 10/01/2026													
Rockwood Middle Lunch	Total												
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
Potato Smiles	4 smiles	130	0	180	2.00	0.40	10.0	0.00	*0.00	2.0	20.0	4.5	0.50
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3528	380	5715	42.88	26.38	2017.6	84.21	*52.46	190.56	409.35	135.99	44.74
% of Calories								9.5%	*5.9%	21.6%	46.4%	34.7%	11.4%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Fri - 10/02/2026													
Rockwood Middle 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
Corn, Canned	1/2 CUP	102	0	70	3.04	0.54	1.2	4.57	*N/A*	3.04	23.49	1.52	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3339	336	5528	43.15	25.06	2121.6	84.52	*46.80	186.98	390.75	126.08	43.64
% of Calories								10.1%	*5.6%	22.4%	46.8%	34.0%	11.8%
Nutrient Guideline		600-700				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 Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/06/2026													
Rockwood Middle Lunch	Total												
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3.00	*N/A*	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3.00	*N/A*	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3.00	*N/A*	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2.00	*N/A*	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2.00	*N/A*	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2.00	*N/A*	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5.00	*N/A*	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5.00	*N/A*	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5.00	*N/A*	16.0	39.0	19.0	9.00
Carrots, Italian Roasted	1/2 CUP	122	3	218	2.68	0.85	56.1	*4.33	*0.00	1.51	8.14	9.92	1.70
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		6358	718	12666	56.79	47.58	4323.5	*110.28	*46.80	308.44	681.40	271.49	114.34
% of Calories								*6.9%	*2.9%	19.4%	42.9%	38.4%	16.2%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Wed - 10/07/2026													
Rockwood Middle Lunch	Total												
Mandarin Orange Chx Rice Bowl	#8 scoop	391	39	481	1.18	2.87	59.9	10.85	*10.63	15.57	72.54	3.58	0.68
Broccoli, Roast/Steamed	1/2 Cup	26	0	22	2.76	0.55	46.3	*N/A*	*N/A*	2.81	4.86	0.1	0.02
Cookie, Fortune	1 each	12	0	0	0.00	0.00	0.5	1.67	*1.67	0.17	2.67	0.0	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92

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Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories		3405	354	5401	40.05	26.15	1877.1	*88.47 *10.4%	*59.10 *6.9%	181.48 21.3%	423.33 49.7%	119.24 31.5%	39.34 10.4%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Thu - 10/08/2026													
Rockwood Middle Lunch	Total												
Mozzarella Sticks Breaded	6 sticks	310	15	540	3.00	1.70	520.0	3.00	*0.00	20.0	32.0	11.0	3.50
Marinara Cup	1 each	40	0	200	2.00	0.00	19.0	4.00	*1.00	1.0	7.0	1.0	0.00
Mixed Vegetables, Steamed	1/2 CUP	73	0	95	3.48	*0.00	*1.2	3.48	*N/A*	2.32	14.54	0.0	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average % of Calories		3399	331	5733	44.59	*24.43	*2310.6	86.43 10.2%	*47.80 *5.6%	186.25 21.9%	396.80 46.7%	127.57 33.8%	42.14 11.2%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Fri - 10/09/2026													
Rockwood Middle Lunch	Total												
Chicken Breaded Sandwich GC	Sandwich	350	60	720	4.00	2.50	119.0	4.00	*2.00	26.0	44.0	9.0	1.00
Chicken Spicy Brd Sandwich	Sandwich	400	50	620	4.00	2.50	110.0	4.00	*2.00	27.0	45.0	13.0	2.00
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
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		3830	426	6413	44.11	28.03	2009.7	83.95	*50.80	216.96	447.70	140.66	41.64
% of Calories								8.8%	*5.3%	22.7%	46.8%	33.1%	9.8%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Mon - 10/12/2026													
Rockwood Middle Lunch	Total												
Corn Dog, Chicken Foster Farms	1 Each	240	40	470	2.00	1.50	100.0	8.00	*7.00	9.0	30.0	9.0	2.50
Baked Beans Bush's Best	1/2 Cup	140	0	371	5.02	1.81	40.1	12.04	*N/A*	5.02	30.09	0.0	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3357	356	5739	43.12	26.03	1910.5	95.99	*53.80	176.95	403.35	124.57	41.14
% of Calories								11.4%	*6.4%	21.1%	48.1%	33.4%	11.0%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

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Tue - 10/13/2026													
Rockwood Middle Lunch	Total												
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3.00	*N/A*	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3.00	*N/A*	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3.00	*N/A*	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2.00	*N/A*	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2.00	*N/A*	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2.00	*N/A*	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5.00	*N/A*	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5.00	*N/A*	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5.00	*N/A*	16.0	39.0	19.0	9.00
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
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
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		6389	716	12565	60.91	48.92	4332.2	*106.13	*46.80	312.65	699.16	265.73	113.23
% of Calories								*6.6%	*2.9%	19.6%	43.8%	37.4%	16.0%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Wed - 10/14/2026													
Rockwood Middle Lunch	Total												
French Tst Sticks w/SausageLin	3 stick/2 link	470	145	480	2.00	2.52	40.0	8.00	*8.00	16.0	28.0	33.0	10.50
Syrup, Pancake 1.5 oz	1.5 oz	120	0	40	0.00	0.00	0.0	17.00	*N/A*	0.0	31.0	0.0	0.00
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
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92

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Rockwood School District

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		3650	461	5424	40.38	26.13	1852.9	*100.95	*54.80	180.38	415.30	152.50	49.69
% of Calories								*11.1%	*6.0%	19.8%	45.5%	37.6%	12.3%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Thu - 10/15/2026													
Rockwood Middle Lunch	Total												
Chicken Wings, BBQ	4 wings	343	139	640	0.00	0.56	0.0	7.00	*0.00	20.0	8.81	24.44	6.67
Chicken Wings, Buffalo	4 wings	362	154	827	0.00	0.56	1.6	0.00	*0.00	20.06	1.11	30.19	10.32
Garlic Knot	Roll	170	0	170	3.00	2.00	10.0	3.00	*2.00	5.0	27.0	6.0	1.50
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
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3981	609	6715	41.11	26.24	1792.0	85.95	*48.80	209.99	400.19	180.70	57.63
% of Calories								8.6%	*4.9%	21.1%	40.2%	40.8%	13.0%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Fri - 10/16/2026													
Rockwood Middle 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
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2	54	1.99	0.42	51.7	*0.01	*0.00	2.65	3.92	3.87	0.78
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92

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Rockwood School District

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		3752	397	6012	44.10	27.44	2633.1	*92.96	*50.80	207.58	414.18	152.44	54.42
% of Calories								*9.9%	*5.4%	22.1%	44.2%	36.6%	13.1%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Mon - 10/19/2026													
Rockwood Middle 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
Green Beans, Italian	1/2 cup	28	0	263	3.40	0.61	34.4	*1.74	*0.00	1.7	5.22	0.0	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3324	351	5821	43.50	25.33	2276.8	*83.69	*48.80	184.63	383.48	126.57	44.64
% of Calories								*10.1%	*5.9%	22.2%	46.1%	34.3%	12.1%
Nutrient Guideline		600-700				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 Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/20/2026													
Rockwood Middle Lunch	Total												
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3.00	*N/A*	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3.00	*N/A*	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3.00	*N/A*	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2.00	*N/A*	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2.00	*N/A*	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2.00	*N/A*	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5.00	*N/A*	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5.00	*N/A*	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5.00	*N/A*	16.0	39.0	19.0	9.00
Carrots, Italian Roasted	1/2 CUP	122	3	218	2.68	0.85	56.1	*4.33	*0.00	1.51	8.14	9.92	1.70
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		6358	718	12666	56.79	47.58	4323.5	*110.28	*46.80	308.44	681.40	271.49	114.34
% of Calories								*6.9%	*2.9%	19.4%	42.9%	38.4%	16.2%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Wed - 10/21/2026													
Rockwood Middle Lunch	Total												
Spaghetti w/Meatballs MS/HS	3/4 cup/3m eatba	404	57	426	7.68	3.76	83.5	*10.89	*4.97	22.95	53.97	12.21	3.88
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
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2	54	1.99	0.42	51.7	*0.01	*0.00	2.65	3.92	3.87	0.78
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92

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Rockwood School District

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		3516	374	5473	46.78	27.62	1910.6	*86.85	*51.77	190.53	413.15	134.15	43.80
% of Calories								*9.9%	*5.9%	21.7%	47.0%	34.3%	11.2%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Thu - 10/22/2026													
Rockwood Middle Lunch	Total												
Chicken Popcorn Smackers	10 pieces	270	70	480	3.00	1.44	20.0	0.00	*0.00	19.0	19.0	13.0	3.00
Breadstick, WG 5" Garlic	breadstick	100	0	95	1.00	0.80	10.0	0.50	*0.50	3.0	15.0	3.5	0.50
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
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3438	386	5824	41.11	25.26	1814.1	77.45	*47.30	184.93	394.61	133.57	42.14
% of Calories								9.0%	*5.5%	21.5%	45.9%	35.0%	11.0%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Fri - 10/23/2026													
Rockwood Middle 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
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
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92

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Rockwood School District

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		3831	362	5806	56.76	31.52	2056.5	*85.14	*48.80	201.27	490.57	129.40	43.96
% of Calories								*8.9%	*5.1%	21.0%	51.2%	30.4%	10.3%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Mon - 10/26/2026													
Rockwood Middle Lunch	Total												
Bosco Breadsticks	2 breadstick	424	31	559	4.00	4.01	430.9	4.00	*2.00	24.3	50.14	12.29	6.16
Marinara Cup	1 each	40	0	200	2.00	0.00	19.0	4.00	*1.00	1.0	7.0	1.0	0.00
Corn, Canned	1/2 CUP	102	0	70	3.04	0.54	1.2	4.57	*N/A*	3.04	23.49	1.52	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3543	346	5727	45.15	27.27	2221.5	88.52	*49.80	191.27	423.90	130.37	44.80
% of Calories								10.0%	*5.6%	21.6%	47.9%	33.1%	11.4%
Nutrient Guideline		600-700				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 Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/27/2026													
Rockwood Middle Lunch	Total												
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3.00	*N/A*	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3.00	*N/A*	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3.00	*N/A*	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2.00	*N/A*	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2.00	*N/A*	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2.00	*N/A*	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5.00	*N/A*	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5.00	*N/A*	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5.00	*N/A*	16.0	39.0	19.0	9.00
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2	54	1.99	0.42	51.7	*0.01	*0.00	2.65	3.92	3.87	0.78
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		6292	717	12502	56.10	47.14	4319.1	*105.95	*46.80	309.58	677.18	265.44	113.42
% of Calories								*6.7%	*3.0%	19.7%	43.1%	38.0%	16.2%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Wed - 10/28/2026													
Rockwood Middle Lunch	Total												
Nacho Supreme w/Queso K-8	Serving	322	57	572	3.11	2.09	235.3	4.51	*0.00	20.34	18.81	17.31	6.64
Salsa Cup, Red Gold 3oz	3 oz cup	25	0	195	1.00	1.00	16.0	3.00	*0.00	1.0	5.0	0.0	0.00
Fiesta Black Beans	1/2 CUP	113	0	481	4.10	1.84	41.0	2.05	*N/A*	5.12	20.48	1.02	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92

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Rockwood School District

Oct 1, 2026 thru Oct 31, 2026

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories		3436	372	6147	44.31	27.66	2062.6	85.51 10.0%	*46.80 *5.4%	189.40 22.0%	387.55 45.1%	133.90 35.1%	45.28 11.9%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Thu - 10/29/2026													
Rockwood Middle Lunch	Total												
Chicken Drumstick Gold Creek	Drumstick	230	75	490	1.00	1.00	23.0	0.00	*0.00	16.0	11.0	14.0	3.50
Biscuit	Biscuit	220	0	320	1.00	2.00	120.0	3.00	*2.00	4.0	29.0	9.0	4.00
Potatoes Mashed w/Gravy	1/2 CUP	92	0	351	1.00	0.30	13.7	1.00	*0.00	0.0	17.35	1.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average % of Calories		3518	391	6059	39.11	26.02	1927.1	79.95 9.1%	*48.80 *5.5%	182.93 20.8%	400.61 45.5%	140.07 35.8%	46.14 11.8%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Fri - 10/30/2026													
Rockwood Middle Lunch	Total												
Chili Cheese Fries MS	Serving	324	42	698	3.00	0.92	211.9	*0.00	*0.00	14.26	29.29	15.55	6.25
Garlic Knot	Roll	170	0	170	3.00	2.00	10.0	3.00	*2.00	5.0	27.0	6.0	1.50
Hot Dog w/ Chili & Cheese	1 each	365	67	727	4.50	2.49	224.7	*5.00	*2.00	18.75	37.0	15.75	5.37
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
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
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		4209	475	7168	48.60	30.86	2327.3	*88.95	*54.80	215.97	482.99	166.46	54.76
% of Calories								*8.5%	*5.2%	20.5%	45.9%	35.6%	11.7%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Weighted Average		4117	456	7196	46.64	*30.89	*2496.2	*91.05	*49.96	215.10	467.47	163.26	58.82
								*19.9%	*10.9%	20.9%	45.4%	35.7%	12.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	4117		600 - 700	588%			3417	Correction Required - Calories too High
Cholesterol (mg)	456							
Sodium 1a (mg)	7196		1225	587%			5971	Correction Required - Sodium too High
Fiber (g)	46.64							
Iron (mg)	30.89		3.30	936%	Missing			
Calcium (mg)	2496.2		267.00	935%	Missing			
Total Sugars (g)	91.05	8.85%			Missing			
Added Sugars (g)	49.96	4.85%			Missing			
Protein (g)	215.10	20.90%	8.65	2487%	Missing			
Carbohydrate (g)	467.47	45.42%						
Total Fat (g)	163.26	35.69%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	58.82	12.86%	<10.00%					Correction Required - Sat. Fat too High

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