

Rockwood School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Fruit / Vegetables / Condiments / Milk

Rockwood School District

Generated on: 9/24/2026 2:40:39 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 08/10/2026													
Rockwood Elementary Lunch	Total												
FRUIT	1/2 CUP	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Apple Crisps, Dried	Package	40	0	130	2.00	*N/A*	*N/A*	7.00	*0.00	0.0	10.0	0.0	0.00
Apples, Cinnamon, Canned	1/2 cup	55	0	2	1.53	0.16	4.8	*1.07	*1.07	0.21	14.76	0.06	0.00
Apples, Sliced in Bag 2 oz	2 oz Bag	33	0	0	1.00	0.00	10.0	7.00	*0.00	0.0	9.0	0.0	0.00
Apple, Medium (3" dia)	1 EACH	95	0	2	4.37	0.22	10.9	18.91	0.00	0.47	25.13	0.31	0.05
Applesauce, Unsweet Ind Cup	Cup (4.5 oz)	60	0	25	2.00	0.00	0.0	*N/A*	*N/A*	0.0	15.0	0.0	0.00
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
BANANAS, Medium, 7-7/8"	1 EACH	105	0	1	3.07	0.31	5.9	14.43	0.00	1.29	26.95	0.39	0.13
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
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
Cherries, Dried, Cherry Centra	Package	130	0	0	1.00	1.00	12.0	27.00	*10.00	1.0	31.0	0.0	0.00
Craisins, All Flavors	Pouch	110	0	0	2.00	0.00	0.0	24.00	*21.00	0.0	27.0	0.0	0.00
Clementine	1 each	35	0	1	1.30	0.00	20.0	*N/A*	*N/A*	0.6	9.0	0.1	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
Kiwi	1 each	44	0	2	2.16	0.22	24.5	6.47	0.00	0.82	10.56	0.37	0.02
Melon, Cantaloupe	1/2 cup	27	0	13	0.72	0.17	7.2	6.29	0.00	0.67	6.53	0.15	0.04
Melon, Honeydew	1/2 cup	31	0	15	0.68	0.14	5.1	6.90	0.00	0.46	7.73	0.12	0.03
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
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
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
Peaches, Diced Frozen Cup	4 oz cup	80	0	0	1.00	0.00	0.0	16.00	*N/A*	1.0	19.0	0.0	0.00
Peaches, Fresh	1 EACH	59	0	0	2.25	0.38	9.0	12.59	0.00	1.37	14.31	0.38	0.03
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
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
Pears, Fresh	1 EACH	95	0	2	5.15	0.30	14.9	16.19	0.00	0.6	25.28	0.23	0.04
Pineapple Chunks	1/2 CUP	75	0	1	1.00	0.35	17.4	17.99	0.00	0.52	19.55	0.1	0.01
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
Sour Berries	Package	120	0	0	2.00	1.00	8.0	24.00	*11.00	0.0	30.0	0.0	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
STRAWBERRIES,FRESH	1/2 Cup	23	0	1	1.44	0.30	11.5	3.52	0.00	0.48	5.53	0.22	0.01
Raisels	Pouch	130	0	5	2.00	0.00	20.0	24.00	*0.00	1.0	29.0	0.0	0.00
Raisels Sours	pkg	160	0	5	2.00	0.40	30.0	31.00	*9.00	1.0	38.0	0.0	0.00
Raisins	Box	113	0	4	1.00	0.54	20.0	22.00	*N/A*	1.0	30.0	0.0	0.00
Watermelon, Fresh	1/2 Cup	23	0	1	0.30	0.18	5.3	4.71	0.00	0.46	5.74	0.11	0.01
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 Merry Cherry	4 oz	60	0	10	0.00	0.20	100.0	13.00	*0.00	0.0	14.0	0.0	0.00
Juice Orange Citrus Blend	4 oz	60	0	10	0.00	0.20	10.0	12.00	*0.00	0.0	14.0	0.0	0.00
VEGETABLES	1 EACH	0	0	0	0.00	0.00	0.0	0.00	0.00	0.0	0.0	0.0	0.00

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

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

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Portion Values - Detailed

Page 3

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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 - 08/10/2026													
Broccoli Florets, Fresh	1/2 Cup	15	0	15	1.14	0.32	20.7	0.75	0.00	1.24	2.92	0.16	0.05
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
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
Carrots, Baby Raw	1/2 cup	25	0	57	2.10	0.65	23.2	3.45	0.00	0.46	5.98	0.09	0.02
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
Carrots, Glazed	1/2 cup	86	0	246	2.99	0.48	46.6	*4.32	*0.00	0.72	20.22	0.42	0.04
Celery Sticks	1/2 CUP	10	0	59	1.19	0.15	29.7	1.00	0.00	0.51	2.21	0.13	0.03
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
Cucumber, Raw	1/2 Cup	8	0	1	0.26	0.15	8.3	0.87	0.00	0.34	1.89	0.06	0.02
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
Green Beans, Canned, Cooked	1/2 cup	27	0	263	3.38	0.60	34.0	1.68	*0.00	1.68	5.1	0.0	0.00
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
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
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
Peas, steamed	1/2 cup	66	0	110	4.45	1.28	20.8	*0.00	*0.00	4.16	12.17	0.23	0.04
Peppers, Mini Sweet	3 mini	30	0	35	1.00	0.60	0.0	3.00	*0.00	1.0	6.0	0.0	0.00
Potato, Cheesy Hashbrown Bake	3/4 cup	239	10	643	1.94	0.58	126.1	3.87	*0.00	5.81	40.14	5.81	3.87
Refried Beans Southwestern	1/2 cup	196	5	742	10.82	2.36	87.6	0.94	*0.00	11.88	29.59	3.06	1.55
Tomatoes, Cherry	1/2 cup	13	0	4	0.89	0.20	7.5	1.96	0.00	0.66	2.9	0.15	0.02
CONDIMENTS / DRESSINGS	2 TBSP	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Ketchup	1 TBSP	15	0	45	0.00	0.00	0.0	3.00	*3.00	0.0	4.0	0.0	0.00
Mustard	Packet	0	0	65	0.00	0.00	2.0	0.00	*N/A*	0.0	0.0	0.0	0.00
BBQ Sauce	1 TBSP	45	0	390	0.00	0.00	0.0	10.00	*N/A*	0.0	11.0	0.0	0.00
Dressing Caesar	1.5 oz	165	15	465	0.00	0.00	45.0	1.50	*N/A*	1.5	3.0	16.5	3.00
Dressing, Chipotle Ranch	1.5 oz	213	14	340	0.00	0.28	14.2	1.42	*N/A*	1.42	2.84	21.26	3.54
Dressing Honey Mustard	1.5 oz	210	0	525	0.00	0.30	15.0	15.00	*N/A*	1.5	15.0	15.0	2.25
Dressing Italian Fat Free	1.5 oz	21	0	357	0.00	0.00	0.0	2.74	*N/A*	0.0	4.12	0.0	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	105	8	420	0.00	0.00	0.0	1.50	*N/A*	1.5	3.0	10.5	1.50
Sauce, Franks Red Hot Buffalo	1 TBSP	0	0	460	0.00	0.00	0.0	0.00	*N/A*	0.0	0.0	0.0	0.00
Salsa	1/4 cup	20	0	140	0.00	0.00	0.0	2.00	*0.00	0.0	4.0	0.0	0.00
Sour Cream, Light	1 TBSP	40	10	25	0.00	0.00	40.0	2.00	*N/A*	2.0	2.0	2.5	2.00
Sweet Chili Sauce	1 oz	55	0	378	0.00	0.00	0.0	12.60	*N/A*	0.0	14.17	0.0	0.00
Soy Sauce, Low Sodium Kikkoman	1 TBSP	10	0	590	0.00	0.00	0.0	0.00	*N/A*	1.0	1.0	0.0	0.00
Jelly, Grape	1 TBSP	48	0	5	0.00	0.00	0.0	6.65	6.65	0.0	12.35	0.0	0.00
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
Cream Cheese Indiv. Cup	Packet	70	20	110	0.00	0.00	20.0	2.00	*N/A*	1.0	2.0	7.0	4.00
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, 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, 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

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