Rockwood School District

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Generated on: 10/19/2026 1:36:56 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 11/04/2026													
Rockwood Elementary Lunch	Total												
Chicken Brd Patty on Bun Elem	Sandwich	340	35	670	4.00	2.50	117.0	4.00	*2.00	21.0	42.0	10.0	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
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
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
Milk, Whole Chocolate	8 oz	190	25	190	1.00	0.60	270.0	21.00	*10.00	8.0	22.0	8.0	4.50
Weighted Daily Average		3915	612	4470	30.82	*21.63	*3395.2	240.93	*93.98	178.11	471.41	151.35	45.26
% of Calories								24.6%	*9.6%	18.2%	48.2%	34.8%	10.4%
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

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Generated on: 10/19/2026 1:36:57 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 11/05/2026													
Rockwood Elementary Lunch	Total												
Wild Mike's Cheese Pocket	Pocket	280	35	470	2.00	1.60	400.0	2.00	*0.50	18.0	29.0	14.0	7.00
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
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
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
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
Milk, Whole Chocolate	8 oz	190	25	190	1.00	0.60	270.0	21.00	*10.00	8.0	22.0	8.0	4.50
Weighted Daily Average		4425	757	4786	37.04	*23.60	*3799.7	*294.09	*147.47	189.85	556.09	170.20	57.34
% of Calories								*26.6%	*13.3%	17.2%	50.3%	34.6%	11.7%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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Rockwood School District

Nov 2, 2026 thru Nov 30, 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 - 11/06/2026													
Rockwood Elementary 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
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
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 Colors	1 each	100	0	170	1.00	0.72	20.0	0.00	*0.00	2.0	14.0	3.5	0.50
Scooby Doo Chocolate Grahams	pkg	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
Milk, Whole Chocolate	8 oz	190	25	190	1.00	0.60	270.0	21.00	*10.00	8.0	22.0	8.0	4.50
Weighted Daily Average		3982	639	4990	38.84	*21.20	*3621.3	240.36	*89.98	188.61	460.47	157.93	51.97
% of Calories								24.1%	*9.0%	18.9%	46.3%	35.7%	11.7%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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Rockwood School District

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

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Mon - 11/09/2026													
Rockwood Elementary Lunch	Total												
Pizza Create your Own	Pizza	358	28	738	4.00	2.64	355.3	5.19	*2.19	18.8	34.71	15.2	6.51
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
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
Cracker Goldfish Colors	1 each	100	0	170	1.00	0.72	20.0	0.00	*0.00	2.0	14.0	3.5	0.50
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	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
Milk, Whole Chocolate	8 oz	190	25	190	1.00	0.60	270.0	21.00	*10.00	8.0	22.0	8.0	4.50
Weighted Daily Average		3869	606	4512	29.84	*20.90	*3745.3	*239.32	*91.17	175.56	447.30	156.42	51.05
% of Calories								*24.7%	*9.4%	18.1%	46.2%	36.4%	11.9%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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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 - 11/10/2026													
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
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
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, Frozen Unsweet	1/2 cup	26	0	1	1.56	0.56	12.2	*N/A*	*N/A*	0.33	6.83	0.08	0.01
Potato, Sweet Quick Baked	1/2 EACH	51	0	21	1.88	0.39	21.7	*3.69	*0.00	1.15	11.8	0.09	0.03
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 Cocoa Loops 1 oz	1 oz bowl	100	0	170	3.00	3.70	20.0	6.00	*6.00	2.0	23.0	0.5	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
Milk, Whole Chocolate	8 oz	190	25	190	1.00	0.60	270.0	21.00	*10.00	8.0	22.0	8.0	4.50
Weighted Daily Average		4463	617	5468	47.27	*39.36	*3972.2	*292.68	*124.98	183.60	613.16	150.02	44.80
% of Calories								*26.2%	*11.2%	16.5%	55.0%	30.3%	9.0%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 11/11/2026													
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
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
Sidekick Icy Holiday	4.4 oz cup	90	0	20	0.00	1.44	90.0	21.00	*0.00	0.0	23.0	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 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
Milk, Whole Chocolate	8 oz	190	25	190	1.00	0.60	270.0	21.00	*10.00	8.0	22.0	8.0	4.50
Weighted Daily Average		6753	977	11388	45.23	*44.97	*5839.7	*281.74	*86.98	295.81	754.73	282.85	117.26
% of Calories								*16.7%	*5.2%	17.5%	44.7%	37.7%	15.6%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 11/12/2026													
Rockwood Elementary Lunch	Total												
French Toast Sticks, Cinn Glzd	3 stick	210	120	320	2.00	1.80	40.0	6.00	*5.00	9.0	26.0	8.0	2.50
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
Potato, Sweet Quick Baked	1/2 EACH	51	0	21	1.88	0.39	21.7	*3.69	*0.00	1.15	11.8	0.09	0.03
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
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
Milk, Whole Chocolate	8 oz	190	25	190	1.00	0.60	270.0	21.00	*10.00	8.0	22.0	8.0	4.50
Weighted Daily Average		4410	887	4640	33.71	*22.24	*3429.9	*297.70	*149.98	184.26	548.31	170.43	54.79
% of Calories								*27.0%	*13.6%	16.7%	49.7%	34.8%	11.2%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 11/13/2026													
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
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
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
Cracker Goldfish Colors	1 each	100	0	170	1.00	0.72	20.0	0.00	*0.00	2.0	14.0	3.5	0.50
Scooby Doo Chocolate Grahams	pkg	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
Milk, Whole Chocolate	8 oz	190	25	190	1.00	0.60	270.0	21.00	*10.00	8.0	22.0	8.0	4.50
Weighted Daily Average		3891	592	4357	29.91	*19.31	*3773.4	246.07	*91.98	179.16	470.63	150.36	47.26
% of Calories								25.3%	*9.5%	18.4%	48.4%	34.8%	10.9%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 11/16/2026													
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
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
Blueberries w/Whip Topping	1/2 Cup	52	0	1	2.20	0.14	6.0	*1.00	*1.00	0.32	10.5	1.5	1.04
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 Colors	1 each	100	0	170	1.00	0.72	20.0	0.00	*0.00	2.0	14.0	3.5	0.50
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	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
Milk, Whole Chocolate	8 oz	190	25	190	1.00	0.60	270.0	21.00	*10.00	8.0	22.0	8.0	4.50
Weighted Daily Average		3940	612	4405	30.31	*20.17	*3489.6	*237.56	*94.73	172.83	473.73	155.90	48.42
% of Calories								*24.1%	*9.6%	17.5%	48.1%	35.6%	11.1%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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**** - 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)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 11/17/2026													
Rockwood Elementary Lunch	Total												
Spaghetti w/Meat Sauce	3/4 cup	253	25	279	5.98	2.64	44.7	*6.87	*3.43	14.17	42.89	4.01	0.87
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
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 Cocoa Loops 1 oz	1 oz bowl	100	0	170	3.00	3.70	20.0	6.00	*6.00	2.0	23.0	0.5	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
Milk, Whole Chocolate	8 oz	190	25	190	1.00	0.60	270.0	21.00	*10.00	8.0	22.0	8.0	4.50
Weighted Daily Average		4363	604	5038	44.79	*38.72	*3905.5	*270.68	*126.33	185.93	585.10	151.23	44.41
% of Calories								*24.8%	*11.6%	17.0%	53.6%	31.2%	9.2%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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Rockwood School District

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Generated on: 10/19/2026 1:36:57 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 11/18/2026													
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
Breadstick, WG 5" Garlic	breadstick	100	0	95	1.00	0.80	10.0	0.50	*0.50	3.0	15.0	3.5	0.50
Corn, 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
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
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
Milk, Whole Chocolate	8 oz	190	25	190	1.00	0.60	270.0	21.00	*10.00	8.0	22.0	8.0	4.50
Weighted Daily Average		3910	647	4261	31.55	*21.78	*3307.0	241.77	*92.48	180.70	465.67	154.98	46.80
% of Calories								24.7%	*9.5%	18.5%	47.6%	35.7%	10.8%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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Rockwood School District

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Generated on: 10/19/2026 1:36:57 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 11/19/2026													
Rockwood Elementary Lunch	Total												
Turkey Breast Steak w/Gravy	2 slices	101	30	585	0.00	0.40	0.0	1.03	*0.00	17.0	3.1	2.02	0.50
Roll, WG Sister Schubert's 2oz	1 each	170	5	210	3.00	1.70	0.0	5.00	*4.00	5.0	32.0	2.0	0.00
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
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
Cookie, Frosted Sugar w/Sprink	Cookie	160	5	55	1.00	0.90	10.0	14.00	*6.00	2.0	26.0	6.0	1.50
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
Milk, Whole Chocolate	8 oz	190	25	190	1.00	0.60	270.0	21.00	*10.00	8.0	22.0	8.0	4.50
Weighted Daily Average		4592	762	5323	35.36	*23.50	*3386.8	*303.11	*156.05	190.32	593.72	166.92	52.26
% of Calories								*26.4%	*13.6%	16.6%	51.7%	32.7%	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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	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 - 11/20/2026													
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
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
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 Colors	1 each	100	0	170	1.00	0.72	20.0	0.00	*0.00	2.0	14.0	3.5	0.50
Scooby Doo Chocolate Grahams	pkg	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
Milk, Whole Chocolate	8 oz	190	25	190	1.00	0.60	270.0	21.00	*10.00	8.0	22.0	8.0	4.50
Weighted Daily Average		4206	664	4877	33.97	*23.96	*3538.9	253.72	*96.98	197.46	505.00	161.10	54.10
% of Calories								24.1%	*9.2%	18.8%	48.0%	34.5%	11.6%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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

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Rockwood School District

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Generated on: 10/19/2026 1:36:57 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 11/23/2026													
Rockwood Elementary Lunch	Total												
Chicken Biscuit	1 each	320	30	550	2.00	3.00	129.0	3.00	*2.00	14.0	35.0	12.5	4.50
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
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
Cracker Goldfish Colors	1 each	100	0	170	1.00	0.72	20.0	0.00	*0.00	2.0	14.0	3.5	0.50
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	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
Milk, Whole Chocolate	8 oz	190	25	190	1.00	0.60	270.0	21.00	*10.00	8.0	22.0	8.0	4.50
Weighted Daily Average		3880	607	4443	25.83	*21.54	*3490.5	238.87	*98.54	169.90	458.72	153.08	48.26
% of Calories								24.6%	*10.2%	17.5%	47.3%	35.5%	11.2%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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**** - 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)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 11/24/2026													
Rockwood Elementary Lunch	Total												
Grilled Cheese IW	Sandwich	430	30	630	4.00	0.00	350.0	3.00	*2.00	19.0	27.0	27.0	9.00
Munchies Snack Mix	Package	110	0	150	2.00	2.70	10.0	2.00	*2.00	2.0	18.0	3.5	0.00
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
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
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 Cocoa Loops 1 oz	1 oz bowl	100	0	170	3.00	3.70	20.0	6.00	*6.00	2.0	23.0	0.5	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
Milk, Whole Chocolate	8 oz	190	25	190	1.00	0.60	270.0	21.00	*10.00	8.0	22.0	8.0	4.50
Weighted Daily Average		4541	607	5466	44.94	*38.09	*4181.5	*259.46	*121.98	188.58	578.49	171.44	51.28
% of Calories								*22.9%	*10.7%	16.6%	51.0%	34.0%	10.2%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 11/30/2026													
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
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
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
Cracker Goldfish Colors	1 each	100	0	170	1.00	0.72	20.0	0.00	*0.00	2.0	14.0	3.5	0.50
Goldfish Giant Cinnamon Graham	package	120	0	140	1.00	2.00	100.0	7.00	*7.00	1.0	19.0	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
Milk, Whole Chocolate	8 oz	190	25	190	1.00	0.60	270.0	21.00	*10.00	8.0	22.0	8.0	4.50
Weighted Daily Average		4248	657	4874	33.33	*22.15	*4150.5	254.59	*92.98	198.44	490.20	170.35	58.76
% of Calories								24.0%	*8.8%	18.7%	46.2%	36.1%	12.4%
Nutrient Guideline		550-650				3.30	267.00			8.65		<=30.0	<10.00

Weighted Average		4337	678	5206	35.80	*26.45	*3814.2	*262.04	*109.78	191.20	529.55	167.16	54.63
								*54.4%	*22.8%	17.6%	48.8%	34.7%	11.3%

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

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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	4337		550 - 650	667%			3687	Correction Required - Calories too High
Cholesterol (mg)	678							
Sodium 1a (mg)	5206		1110	469%			4096	Correction Required - Sodium too High
Fiber (g)	35.80							
Iron (mg)	26.45		3.30	801%	Missing			
Calcium (mg)	3814.2		267.00	1429%	Missing			
Total Sugars (g)	262.04	24.17%			Missing			
Added Sugars (g)	109.78	10.13%			Missing			
Protein (g)	191.20	17.64%	8.65	2210%				
Carbohydrate (g)	529.55	48.84%						
Total Fat (g)	167.16	34.69%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	54.63	11.34%	<10.00%					Correction Required - Sat. Fat too High

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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