Rockwood School District

Nov 1, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

Generated on: 10/19/2026 1:37:27 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 Break	Total												
Bagel, White WG	1 each	150	0	170	4.00	1.40	30.0	5.00	*5.00	7.0	29.0	1.0	0.00
Bagel, Blueberry WG	bagel	130	0	200	2.00	1.44	20.0	2.00	*2.00	4.0	26.0	1.5	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
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 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
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
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
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 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 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
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% 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% 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% 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		2609	114	2975	24.00	26.41	2925.7	234.32	*109.00	90.68	447.71	54.43	20.05
% of Calories								35.9%	*16.7%	13.9%	68.6%	18.8%	6.9%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=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 1, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

Generated on: 10/19/2026 1:37:27 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 Break	Total												
Dutch Waffle	Waffle	334	15	330	3.00	1.80	40.0	13.02	*12.02	4.0	39.04	19.0	3.00
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 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
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
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
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 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 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
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% 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% 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% 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		2593	109	2825	21.00	25.38	2895.7	238.34	*114.02	82.68	429.75	63.93	19.05
% of Calories								36.8%	*17.6%	12.8%	66.3%	22.2%	6.6%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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

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Rockwood School District

Nov 1, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

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 Break	Total												
Breakfast Nachos Egg&Cheese	#16 scoop	231	104	373	1.00	0.36	114.1	0.00	*0.00	7.29	18.37	13.2	3.56
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 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
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
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
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 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 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
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% 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% 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% 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		2490	199	2868	19.00	23.93	2969.8	225.32	*102.00	85.97	409.08	58.13	19.61
% of Calories								36.2%	*16.4%	13.8%	65.7%	21.0%	7.1%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 11/09/2026													
Rockwood Elementary Break	Total												
Waffles, Eggo Froot Loops IW	2 waffles	180	0	210	3.00	3.60	260.0	5.00	*5.00	4.0	32.0	6.0	1.50
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 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
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
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
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 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 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
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% 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% 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% 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		2439	94	2705	21.00	27.17	3115.7	230.32	*107.00	82.68	422.71	50.93	17.55
% of Calories								37.8%	*17.5%	13.6%	69.3%	18.8%	6.5%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=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)
Tue - 11/10/2026													
Rockwood Elementary Break	Total												
Biscuit, Egg and Cheese	Sandwich	310	108	585	1.00	9.56	244.5	3.50	*2.00	10.5	30.0	15.5	6.75
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 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
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
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
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 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 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
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% 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% 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% 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		2569	202	3080	19.00	33.13	3100.2	228.82	*104.00	89.18	420.71	60.43	22.80
% of Calories								35.6%	*16.2%	13.9%	65.5%	21.2%	8.0%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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

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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 Break	Total												
Smoothie Fruit & Yogurt	1 each	169	6	91	2.00	*0.09	*200.1	21.04	*9.17	5.67	29.87	2.48	2.19
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 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
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
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
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 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 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
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% 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% 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% 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		2428	100	2585	20.00	*23.66	*3055.8	246.36	*111.17	84.35	420.58	47.41	18.23
% of Calories								40.6%	*18.3%	13.9%	69.3%	17.6%	6.8%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Nov 1, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

Generated on: 10/19/2026 1:37:27 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 - 11/12/2026													
Rockwood Elementary Break	Total												
Pizza, Breakfast Tony's	pizza	200	15	330	2.00	1.70	150.0	5.00	*2.00	9.0	25.0	7.0	2.00
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 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
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
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
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 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 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
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% 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% 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% 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		2459	109	2825	20.00	25.27	3005.7	230.32	*104.00	87.68	415.71	51.93	18.05
% of Calories								37.5%	*16.9%	14.3%	67.6%	19.0%	6.6%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Nov 1, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

Generated on: 10/19/2026 1:37:27 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)
Fri - 11/13/2026													
Rockwood Elementary Break	Total												
Cinnamon Roll	1 each	241	5	210	1.00	1.81	20.3	20.85	*0.50	5.0	49.11	3.5	1.00
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 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
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
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
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 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 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
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% 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% 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% 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		2500	99	2705	19.00	25.38	2876.0	246.18	*102.50	83.68	439.82	48.43	17.05
% of Calories								39.4%	*16.4%	13.4%	70.4%	17.4%	6.1%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=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 Break	Total												
Pancake Whole Grain (2)	2 pancakes	126	6	254	2.00	1.08	20.0	6.00	*N/A*	4.0	24.0	2.0	0.00
Sausage, Chicken Tyson	patty	100	45	180	0.00	0.00	0.0	0.00	*0.00	8.0	1.0	7.0	2.00
Syrup, Pancake 1.5 oz	1.5 oz	120	0	40	0.00	0.00	0.0	17.00	*N/A*	0.0	31.0	0.0	0.00
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 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
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
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
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 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 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
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% 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% 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% 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		2605	145	2969	20.00	24.66	2875.7	248.32	*102.00	90.68	446.70	53.93	18.05
% of Calories								38.1%	*15.7%	13.9%	68.6%	18.6%	6.2%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Nov 1, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

Generated on: 10/19/2026 1:37:27 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)
Tue - 11/17/2026													
Rockwood Elementary Break	Total												
Eggs precooked Scrambled	#16 scoop	45	95	130	0.00	0.00	20.0	0.00	*0.00	3.0	1.0	3.0	1.00
Biscuit	Biscuit	220	0	320	1.00	2.00	120.0	3.00	*2.00	4.0	29.0	9.0	4.00
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 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
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
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
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 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 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
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% 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% 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% 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		2524	189	2945	19.00	25.57	2995.7	228.32	*104.00	85.68	420.71	56.93	21.05
% of Calories								36.2%	*16.5%	13.6%	66.7%	20.3%	7.5%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=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 1, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

Generated on: 10/19/2026 1:37:27 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 Break	Total												
Yogurt Banana Split	1 Each	200	4	76	2.27	*0.27	*172.2	*22.30	*9.33	5.58	39.76	2.56	2.07
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 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
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
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
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 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 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
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% 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% 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% 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		2459	98	2571	20.27	*23.84	*3028.0	*247.62	*111.33	84.27	430.47	47.49	18.12
% of Calories								*40.3%	*18.1%	13.7%	70.0%	17.4%	6.6%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=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 - 11/19/2026													
Rockwood Elementary Break	Total												
Pumpkin Bread Super Slice	1 each	260	0	250	2.00	1.00	114.0	22.00	*22.00	5.0	44.0	8.0	1.50
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 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
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
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
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 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 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
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% 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% 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% 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		2519	94	2745	20.00	24.57	2969.7	247.32	*124.00	83.68	434.71	52.93	17.55
% of Calories								39.3%	*19.7%	13.3%	69.0%	18.9%	6.3%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=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 1, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

Generated on: 10/19/2026 1:37:27 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)
Fri - 11/20/2026													
Rockwood Elementary Break	Total												
Donuts, Mini Cake w/Cinn Sugar	3 donuts	172	15	180	1.50	0.75	14.3	10.50	*10.50	2.25	21.75	8.25	3.00
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 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
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
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
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 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 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
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% 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% 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% 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		2431	109	2675	19.50	24.32	2870.0	235.82	*112.50	80.93	412.46	53.18	19.05
% of Calories								38.8%	*18.5%	13.3%	67.9%	19.7%	7.1%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=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 - 11/23/2026													
Rockwood Elementary Break	Total												
Mini Cinnis Pillsbury	1 Each	230	0	280	3.00	2.00	30.0	14.00	*13.00	5.0	41.0	7.0	2.00
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 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
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
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
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 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 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
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% 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% 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% 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		2489	94	2775	21.00	25.57	2885.7	239.32	*115.00	83.68	431.71	51.93	18.05
% of Calories								38.5%	*18.5%	13.4%	69.4%	18.8%	6.5%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Nov 1, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

Generated on: 10/19/2026 1:37:27 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)
Tue - 11/24/2026													
Rockwood Elementary Break	Total												
Biscuit, Egg and Cheese	Sandwich	310	108	585	1.00	9.56	244.5	3.50	*2.00	10.5	30.0	15.5	6.75
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 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
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
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
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 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 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
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% 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% 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% 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		2569	202	3080	19.00	33.13	3100.2	228.82	*104.00	89.18	420.71	60.43	22.80
% of Calories								35.6%	*16.2%	13.9%	65.5%	21.2%	8.0%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

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Rockwood School District

Nov 1, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

Generated on: 10/19/2026 1:37:27 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 - 11/30/2026													
Rockwood Elementary Break	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
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
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 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
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
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
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 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 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
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% 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% 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% 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		2589	214	2855	20.00	25.37	2895.7	248.32	*107.00	87.68	447.71	52.93	18.55
% of Calories								38.4%	*16.5%	13.5%	69.2%	18.4%	6.4%
Nutrient Guideline		350-500		540		2.50	200.00			5.50		<=30.0	<10.00

Weighted Average		2517	136	2824	20.11	*26.09	*2972.8	*237.74	*108.35	85.79	428.20	54.08	19.10
								*85.0%	*38.7%	13.6%	68.1%	19.3%	6.8%

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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
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)								
Calories	2517		350 - 500	503%			2017	Correction Required - Calories too High
Cholesterol (mg)	136							
Sodium 1 (mg)	2824		540	523%			2284	Correction Required - Sodium too High
Fiber (g)	20.11							
Iron (mg)	26.09		2.50	1044%	Missing			
Calcium (mg)	2972.8		200.00	1486%	Missing			
Total Sugars (g)	237.74	37.78%			Missing			
Added Sugars (g)	108.35	17.22%			Missing			
Protein (g)	85.79	13.63%	5.50	1560%				
Carbohydrate (g)	428.20	68.05%						
Total Fat (g)	54.08	19.34%	<=30.00%					
Saturated Fat (g)	19.10	6.83%	<10.00%					

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