

Rockwood School District

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

Page 2

Generated on: 10/19/2026 1:35:59 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 11/04/2026													
Rockwood Middle Breakfast	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
Granola, Vanilla IW GF	2 oz pkg	220	0	90	4.00	1.44	0.0	8.00	*6.00	4.0	32.0	8.0	0.00
Yogurt Parfait (secondary)	1 each	209	7	150	2.00	*0.43	*336.0	*23.50	*12.00	9.27	40.56	0.0	0.00
Donut, Long John	Donut	253	0	280	3.00	1.44	16.0	13.33	*12.33	6.0	37.67	9.0	3.50
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
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
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
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
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
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
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
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
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
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

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 Middle Breakfast

Portion Values - Detailed

Page 3

Generated on: 10/19/2026 1:35:59 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													
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
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
Weighted Daily Average		7577	559	7569	90.00	*75.09	*4628.4	*492.41	*337.50	205.83	1205.0	229.14	67.33
% of Calories								*26.0%	*17.8%	10.9%	63.6%	27.2%	8.0%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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

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Portion Values - Detailed

Page 4

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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 - 11/05/2026													
Rockwood Middle Breakfast	Total												
Breakfast Burrito Chorizo	Burrito	308	254	558	2.00	2.53	190.5	1.73	*0.00	20.44	21.9	14.97	6.59
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
Bacon Egg & Cheese Croissant	1 each	291	119	664	2.00	8.63	182.0	3.68	*3.18	12.26	30.18	14.41	5.85
Egg & Cheese Croissant	1 each	260	108	565	2.00	8.56	205.5	3.50	*3.00	11.5	30.0	11.5	4.75
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
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
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
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
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
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
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
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
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

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcmm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 11/05/2026													
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
Weighted Daily Average		7494	996	8475	86.00	90.40	*4555.3	446.44	*315.18	216.10	1152.9	245.04	76.34
% of Calories								23.8%	*16.8%	11.5%	61.5%	29.4%	9.2%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=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 Values - Detailed

Page 6

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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 Middle Breakfast	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
Cinnamon Crumble Buena Vista	1 each	310	20	290	2.00	1.80	40.0	21.00	*9.00	5.0	48.0	12.0	1.50
Biscuit, Sausage Egg & Cheese	Sandwich	410	153	765	1.00	9.56	244.5	3.50	*2.00	18.5	31.0	22.5	8.75
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
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
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
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
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
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
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
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
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
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
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

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)
Fri - 11/06/2026													
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
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
Weighted Daily Average		7887	801	8469	86.00	95.02	*4546.5	482.39	*319.50	209.90	1223.0	257.66	76.14
% of Calories								24.5%	*16.2%	10.6%	62.0%	29.4%	8.7%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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Rockwood School District

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

Page 8

Generated on: 10/19/2026 1:35:59 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 - 11/09/2026													
Rockwood Middle Breakfast	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
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
Biscuit, Sausage Egg & Cheese	Sandwich	410	153	765	1.00	9.56	244.5	3.50	*2.00	18.5	31.0	22.5	8.75
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
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
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
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
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
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
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
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
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
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

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 11/09/2026													
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
Weighted Daily Average		7535	791	8298	85.00	93.11	*4636.3	445.53	*312.00	208.90	1150.9	249.16	75.64
% of Calories								23.7%	*16.6%	11.1%	61.1%	29.8%	9.0%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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Rockwood School District

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

Page 10

Generated on: 10/19/2026 1:35:59 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 - 11/10/2026													
Rockwood Middle Breakfast	Total												
French Tst Sticks w/SausageLin	3 stick/2 link	470	145	480	2.00	2.52	40.0	8.00	*8.00	16.0	28.0	33.0	10.50
Syrup, Pancake 1.5 oz	1.5 oz	120	0	40	0.00	0.00	0.0	17.00	*N/A*	0.0	31.0	0.0	0.00
Donut Holes, Glazed MS/HS	6 donut hole	293	0	340	2.00	1.60	20.0	15.75	*13.75	6.0	42.0	12.0	5.00
Bacon Egg & Cheese Croissant	1 each	291	119	664	2.00	8.63	182.0	3.68	*3.18	12.26	30.18	14.41	5.85
Egg & Cheese Croissant	1 each	260	108	565	2.00	8.56	205.5	3.50	*3.00	11.5	30.0	11.5	4.75
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
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
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
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
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
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
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
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
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

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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													
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
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
Weighted Daily Average		7839	887	8497	85.00	90.00	*4394.8	471.46	*323.93	212.66	1191.0	268.07	83.24
% of Calories								24.1%	*16.5%	10.9%	60.8%	30.8%	9.6%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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Rockwood School District

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

Page 12

Generated on: 10/19/2026 1:35:59 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 11/11/2026													
Rockwood Middle Breakfast	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
Granola, Vanilla IW GF	2 oz pkg	220	0	90	4.00	1.44	0.0	8.00	*6.00	4.0	32.0	8.0	0.00
Yogurt Parfait (secondary)	1 each	209	7	150	2.00	*0.43	*336.0	*23.50	*12.00	9.27	40.56	0.0	0.00
Cinnamon Crumble Buena Vista	1 each	310	20	290	2.00	1.80	40.0	21.00	*9.00	5.0	48.0	12.0	1.50
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
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
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
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
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
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
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
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
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
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

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)
Wed - 11/11/2026													
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
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
Weighted Daily Average		7634	579	7579	89.00	*75.45	*4652.4	*500.08	*334.17	204.83	1215.3	232.14	65.33
% of Calories								*26.2%	*17.5%	10.7%	63.7%	27.4%	7.7%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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Rockwood School District

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

Page 14

Generated on: 10/19/2026 1:35:59 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 Middle Breakfast	Total												
Breakfast Burrito Chorizo	Burrito	308	254	558	2.00	2.53	190.5	1.73	*0.00	20.44	21.9	14.97	6.59
Donut, Long John	Donut	253	0	280	3.00	1.44	16.0	13.33	*12.33	6.0	37.67	9.0	3.50
Bacon Egg & Cheese Croissant	1 each	291	119	664	2.00	8.63	182.0	3.68	*3.18	12.26	30.18	14.41	5.85
Egg & Cheese Croissant	1 each	260	108	565	2.00	8.56	205.5	3.50	*3.00	11.5	30.0	11.5	4.75
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
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
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
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
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
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
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
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
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

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 11/12/2026													
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
Weighted Daily Average		7518	996	8475	86.00	89.84	*4541.3	445.78	*314.51	217.10	1149.6	247.04	77.84
% of Calories								23.7%	*16.7%	11.6%	61.2%	29.6%	9.3%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=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 Middle Breakfast

Portion Values - Detailed

Page 16

Generated on: 10/19/2026 1:35:59 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 11/13/2026													
Rockwood Middle Breakfast	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
Donut Holes, Glazed MS/HS	6 donut hole	293	0	340	2.00	1.60	20.0	15.75	*13.75	6.0	42.0	12.0	5.00
Biscuit, Sausage Egg & Cheese	Sandwich	410	153	765	1.00	9.56	244.5	3.50	*2.00	18.5	31.0	22.5	8.75
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
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
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
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
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
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
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
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
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
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
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

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

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Rockwood School District

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

Page 17

Generated on: 10/19/2026 1:35:59 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													
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
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
Weighted Daily Average		7869	781	8519	86.00	94.82	*4526.5	477.14	*324.25	210.90	1217.0	257.66	79.64
% of Calories								24.3%	*16.5%	10.7%	61.9%	29.5%	9.1%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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Rockwood School District

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

Page 18

Generated on: 10/19/2026 1:35:59 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 - 11/16/2026													
Rockwood Middle Breakfast	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
Donut Holes, Glazed MS/HS	6 donut hole	293	0	340	2.00	1.60	20.0	15.75	*13.75	6.0	42.0	12.0	5.00
Biscuit, Sausage Egg & Cheese	Sandwich	410	153	765	1.00	9.56	244.5	3.50	*2.00	18.5	31.0	22.5	8.75
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
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
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
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
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
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
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
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
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
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

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 11/16/2026													
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
Weighted Daily Average		7618	791	8428	83.00	91.11	*4606.3	451.28	*315.75	210.90	1157.9	254.16	79.64
% of Calories								23.7%	*16.6%	11.1%	60.8%	30.0%	9.4%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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Rockwood School District

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

Page 20

Generated on: 10/19/2026 1:36:00 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 Middle Breakfast	Total												
French Tst Sticks w/SausageLin	3 stick/2 link	470	145	480	2.00	2.52	40.0	8.00	*8.00	16.0	28.0	33.0	10.50
Syrup, Pancake 1.5 oz	1.5 oz	120	0	40	0.00	0.00	0.0	17.00	*N/A*	0.0	31.0	0.0	0.00
Crescent,Choc Filled Pillsbury	Package	240	0	280	3.00	2.00	40.0	11.00	*9.00	6.0	38.0	8.0	1.50
Bacon Egg & Cheese Croissant	1 each	291	119	664	2.00	8.63	182.0	3.68	*3.18	12.26	30.18	14.41	5.85
Egg & Cheese Croissant	1 each	260	108	565	2.00	8.56	205.5	3.50	*3.00	11.5	30.0	11.5	4.75
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
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
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
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
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
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
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
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
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

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Tue - 11/17/2026													
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
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
Weighted Daily Average		7787	887	8437	86.00	90.40	*4414.8	466.71	*319.18	212.66	1187.0	264.07	79.74
% of Calories								24.0%	*16.4%	10.9%	61.0%	30.5%	9.2%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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Rockwood School District

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

Page 22

Generated on: 10/19/2026 1:36:00 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 Middle Breakfast	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
Granola, Vanilla IW GF	2 oz pkg	220	0	90	4.00	1.44	0.0	8.00	*6.00	4.0	32.0	8.0	0.00
Yogurt Parfait (secondary)	1 each	209	7	150	2.00	*0.43	*336.0	*23.50	*12.00	9.27	40.56	0.0	0.00
Donut, Long John	Donut	253	0	280	3.00	1.44	16.0	13.33	*12.33	6.0	37.67	9.0	3.50
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
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
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
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
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
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
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
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
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
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

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

Base Menu Spreadsheet

Portion Values - Detailed

Page 23

Nov 2, 2026 thru Nov 30, 2026

Rockwood Middle Breakfast

Generated on: 10/19/2026 1:36:00 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													
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
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
Weighted Daily Average		7577	559	7569	90.00	*75.09	*4628.4	*492.41	*337.50	205.83	1205.0	229.14	67.33
% of Calories								*26.0%	*17.8%	10.9%	63.6%	27.2%	8.0%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=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 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

Page 24

Generated on: 10/19/2026 1:36:00 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 Middle Breakfast	Total												
Breakfast Burrito Chorizo	Burrito	308	254	558	2.00	2.53	190.5	1.73	*0.00	20.44	21.9	14.97	6.59
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
Bacon Egg & Cheese Croissant	1 each	291	119	664	2.00	8.63	182.0	3.68	*3.18	12.26	30.18	14.41	5.85
Egg & Cheese Croissant	1 each	260	108	565	2.00	8.56	205.5	3.50	*3.00	11.5	30.0	11.5	4.75
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
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
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
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
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
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
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
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
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

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcmm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 11/19/2026													
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
Weighted Daily Average		7494	996	8475	86.00	90.40	*4555.3	446.44	*315.18	216.10	1152.9	245.04	76.34
% of Calories								23.8%	*16.8%	11.5%	61.5%	29.4%	9.2%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=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 Middle Breakfast

Portion Values - Detailed

Page 26

Generated on: 10/19/2026 1:36:00 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 11/20/2026													
Rockwood Middle Breakfast	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
Cinnamon Crumble Buena Vista	1 each	310	20	290	2.00	1.80	40.0	21.00	*9.00	5.0	48.0	12.0	1.50
Biscuit, Sausage Egg & Cheese	Sandwich	410	153	765	1.00	9.56	244.5	3.50	*2.00	18.5	31.0	22.5	8.75
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
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
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
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
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
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
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
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
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
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
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

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

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Rockwood School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 27

Nov 2, 2026 thru Nov 30, 2026

Rockwood Middle Breakfast

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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													
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
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
Weighted Daily Average		7887	801	8469	86.00	95.02	*4546.5	482.39	*319.50	209.90	1223.0	257.66	76.14
% of Calories								24.5%	*16.2%	10.6%	62.0%	29.4%	8.7%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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Rockwood School District

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

Page 28

Generated on: 10/19/2026 1:36:00 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 Middle Breakfast	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
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
Biscuit, Sausage Egg & Cheese	Sandwich	410	153	765	1.00	9.56	244.5	3.50	*2.00	18.5	31.0	22.5	8.75
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
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
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
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
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
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
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
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
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
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

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcmm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 11/23/2026													
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
Weighted Daily Average		7535	791	8298	85.00	93.11	*4636.3	445.53	*312.00	208.90	1150.9	249.16	75.64
% of Calories								23.7%	*16.6%	11.1%	61.1%	29.8%	9.0%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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Rockwood School District

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

Page 30

Generated on: 10/19/2026 1:36:00 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 11/24/2026													
Rockwood Middle Breakfast	Total												
French Tst Sticks w/SausageLin	3 stick/2 link	470	145	480	2.00	2.52	40.0	8.00	*8.00	16.0	28.0	33.0	10.50
Syrup, Pancake 1.5 oz	1.5 oz	120	0	40	0.00	0.00	0.0	17.00	*N/A*	0.0	31.0	0.0	0.00
Donut Holes, Glazed MS/HS	6 donut hole	293	0	340	2.00	1.60	20.0	15.75	*13.75	6.0	42.0	12.0	5.00
Bacon Egg & Cheese Croissant	1 each	291	119	664	2.00	8.63	182.0	3.68	*3.18	12.26	30.18	14.41	5.85
Egg & Cheese Croissant	1 each	260	108	565	2.00	8.56	205.5	3.50	*3.00	11.5	30.0	11.5	4.75
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
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
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
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
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
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
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
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
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

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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													
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
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
Weighted Daily Average		7839	887	8497	85.00	90.00	*4394.8	471.46	*323.93	212.66	1191.0	268.07	83.24
% of Calories								24.1%	*16.5%	10.9%	60.8%	30.8%	9.6%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

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Rockwood School District

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Middle Breakfast

Portion Values - Detailed

Page 32

Generated on: 10/19/2026 1:36:00 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 Middle Breakfast	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
Donut Holes, Glazed MS/HS	6 donut hole	293	0	340	2.00	1.60	20.0	15.75	*13.75	6.0	42.0	12.0	5.00
Biscuit, Sausage Egg & Cheese	Sandwich	410	153	765	1.00	9.56	244.5	3.50	*2.00	18.5	31.0	22.5	8.75
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
Bagel, White WG	bagel	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
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	8.00	*8.00	5.0	32.0	16.0	7.00
Cinnamon Roll IW Hadley	Cinnamon R	240	0	240	3.00	1.80	40.0	12.00	*11.00	5.0	38.0	7.0	1.50
Chocolate Swirls Bakecrafters	1 Each	260	20	140	2.00	1.50	45.0	16.00	*16.00	4.0	37.0	10.0	3.00
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
Uncrustable PBJ Small 2.6oz	sandwich	300	0	270	4.00	1.00	44.0	15.00	*13.00	9.0	32.0	16.0	3.50
Cereal Bar Cinn Toast Crunch	bar	150	0	120	2.00	2.00	220.0	8.00	8.00	2.0	30.0	2.0	0.00
Cereal Bar Cocoa Puffs	Bar	150	0	100	3.00	2.00	260.0	9.00	8.00	3.0	29.0	4.0	0.00
Cereal Cinn Toast Crunch 2 oz	1 each	210	0	320	7.00	4.50	100.0	11.00	*N/A*	3.0	44.0	5.0	0.50
Cereal Honey Cheerios 2 oz	2 oz bowl	210	0	340	5.00	5.40	200.0	12.00	*12.00	6.0	44.0	3.0	0.50
Cereal Cocoa Puffs 2 oz	2 oz bowl	220	0	22	4.00	6.00	200.0	12.00	*12.00	3.0	47.0	3.0	0.00
Cereal Trix 2 oz	2 oz bowl	220	0	320	3.00	4.90	160.0	12.00	*12.00	3.0	47.0	3.0	0.50
Cereal Lucky Charms 2 oz	2 oz bowl	210	0	440	5.00	5.40	200.0	12.00	*12.00	5.0	45.0	2.0	0.00
Cereal, Kashi Straw Ban Loops	Pouch	100	0	110	3.00	0.60	0.0	7.00	*6.00	2.0	23.0	1.0	0.00
Cereal Cinnamon Chex 2 oz	2 oz bowl	230	0	320	3.00	14.40	100.0	12.00	*12.00	3.0	46.0	5.0	0.50
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
Oatmeal Choc Chip Bar BettyCro	Bar	150	20	105	2.00	1.00	0.0	8.00	*8.00	2.0	25.0	5.0	1.00
Nature Valley Crisps Choc Chip	Package	150	0	140	2.00	0.90	*N/A*	9.00	*9.00	3.0	24.0	5.0	1.00
Nutri-Grain Bar Variety	bar	150	0	127	3.00	1.90	140.0	12.67	*12.00	2.0	30.67	3.5	0.50
Cracker Goldfish Cheddar	1 EACH	100	0	170	1.00	0.70	20.0	0.00	0.00	2.0	14.0	3.5	0.50
Crackers Cheez-It Whole Grain	Package	100	5	150	1.00	0.90	20.0	0.00	*N/A*	2.0	14.0	3.5	1.00
Bug Bites Graham Crackers	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
Scooby Grahams Cinnamon	Package	120	0	100	1.00	0.72	0.0	8.00	*8.00	2.0	21.0	4.0	1.00
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
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
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
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

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 Middle Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 11/30/2026													
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
Weighted Daily Average		7618	791	8428	83.00	91.11	*4606.3	451.28	*315.75	210.90	1157.9	254.16	79.64
% of Calories								23.7%	*16.6%	11.1%	60.8%	30.0%	9.4%
Nutrient Guideline		400-550		600		2.50	200.00			7.00		<=30.0	<10.00

Weighted Average		7669	806	8280	86.06	*88.75	*4554.4	*466.80	*321.24	210.88	1183.1	250.46	76.20
								*54.8%	*37.7%	11.0%	61.7%	29.4%	8.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	7669		400 - 550	1394%			7119	Correction Required - Calories too High
Cholesterol (mg)	806							
Sodium 1 (mg)	8280		600	1380%			7680	Correction Required - Sodium too High
Fiber (g)	86.06							
Iron (mg)	88.75		2.50	3550%	Missing			
Calcium (mg)	4554.4		200.00	2277%	Missing			
Total Sugars (g)	466.80	24.35%			Missing			
Added Sugars (g)	321.24	16.75%			Missing			
Protein (g)	210.88	11.00%	7.00	3013%	Missing			
Carbohydrate (g)	1183.19	61.71%						
Total Fat (g)	250.46	29.39%	<=30.00%					
Saturated Fat (g)	76.20	8.94%	<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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