

Rockwood School District

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 11/04/2026													
Rockwood High Lunch	Total												
Chicken Tenders Gold Creek	3 tenders	220	65	460	2.00	2.00	21.0	0.00	*0.00	22.0	14.0	7.0	1.50
Biscuit	Biscuit	220	0	320	1.00	2.00	120.0	3.00	*2.00	4.0	29.0	9.0	4.00
Pizza, Detroit Style Cheese	Piece	370	35	700	2.00	2.70	400.0	5.00	*2.00	20.0	44.0	14.0	6.00
Pizza, Detroit Style Pepperoni	Piece	390	35	820	1.00	2.80	280.0	4.00	*2.00	19.0	44.0	15.0	7.00
French Fries, Seasoned Spirals	1/2 cup	100	0	190	1.00	0.30	10.0	0.00	*0.00	1.0	17.0	3.0	0.00
Chicken Spicy Brd Sandwich	Sandwich	400	50	620	4.00	2.50	110.0	4.00	*2.00	27.0	45.0	13.0	2.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3930	427	6775	30.00	27.20	2239.5	70.50	*52.00	225.50	421.00	158.00	54.25
% of Calories								7.2%	*5.3%	23.0%	42.8%	36.2%	12.4%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Thu - 11/05/2026													
Rockwood High Lunch	Total												
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3.00	*N/A*	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3.00	*N/A*	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3.00	*N/A*	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2.00	*N/A*	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2.00	*N/A*	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2.00	*N/A*	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5.00	*N/A*	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5.00	*N/A*	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5.00	*N/A*	16.0	39.0	19.0	9.00
Chicken Buffalo Grilled Sandwi	1 Each	306	63	1151	3.00	1.50	209.8	4.00	*2.00	27.54	32.51	7.04	1.77
Tater Tots (Golden Nuggets)	1/2 cup	131	0	252	2.01	0.36	5.0	0.00	0.00	2.01	17.11	6.54	0.50
Chicken Breaded Sandwich GC	Sandwich	350	60	720	4.00	2.50	119.0	4.00	*2.00	26.0	44.0	9.0	1.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00

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Rockwood School District

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories		6276	765	13338	46.01	43.26	4129.3	92.50 5.9%	*48.00 *3.1%	332.06 21.2%	651.61 41.5%	265.58 38.1%	111.02 15.9%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Fri - 11/06/2026													
Rockwood High Lunch	Total												
Dumplings, Chicken & Vegetable	6 pieces	250	35	530	1.00	2.00	60.0	2.00	*1.00	18.0	31.0	7.0	0.50
Sweet Chili Sauce	1 oz	55	0	378	0.00	0.00	0.0	12.60	*N/A*	0.0	14.17	0.0	0.00
Soy Sauce, Low Sodium Kikkoman	1 TBSP	10	0	590	0.00	0.00	0.0	0.00	*N/A*	1.0	1.0	0.0	0.00
Corn Dog, Chicken Foster Farms	1 Each	240	40	470	2.00	1.50	100.0	8.00	*7.00	9.0	30.0	9.0	2.50
Carrots, Roasted Sweet Chili	1/2 CUP	136	0	356	2.63	0.81	29.1	*10.72	*0.00	0.58	14.68	9.08	1.24
Chicken Spicy Brd Sandwich	Sandwich	400	50	620	4.00	2.50	110.0	4.00	*2.00	27.0	45.0	13.0	2.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average % of Calories		3321	367	6609	28.63	21.71	1597.6	*91.82 *11.1%	*54.00 *6.5%	188.08 22.7%	363.85 43.8%	135.08 36.6%	39.99 10.8%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Mon - 11/09/2026													
Rockwood High Lunch	Total												
Mozzarella Sticks Breaded	6 sticks	310	15	540	3.00	1.70	520.0	3.00	*0.00	20.0	32.0	11.0	3.50
Marinara Cup	1 each	40	0	200	2.00	0.00	19.0	4.00	*1.00	1.0	7.0	1.0	0.00
Pork Rib BBQ Sandwich	Sandwich	320	40	640	3.00	2.70	52.0	9.00	*4.00	21.0	36.0	11.5	3.50
Baked Beans Bush's Best	1/2 Cup	140	0	371	5.02	1.81	40.1	12.04	*N/A*	5.02	30.09	0.0	0.00
Chicken Spicy Brd Sandwich	Sandwich	400	50	620	4.00	2.50	110.0	4.00	*2.00	27.0	45.0	13.0	2.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00

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Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories		3440	347	6036	36.02	23.61	2039.6	86.54 10.1%	*51.00 *5.9%	206.52 24.0%	378.09 44.0%	133.50 34.9%	42.75 11.2%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Tue - 11/10/2026													
Rockwood High Lunch	Total												
Mandarin Orange Chx Rice Bowl	#8 scoop	391	39	481	1.18	2.87	59.9	10.85	*10.63	15.57	72.54	3.58	0.68
Pizza, Alpha Cheese Skinny	Slice	340	30	540	3.00	2.00	500.0	3.00	*0.00	20.0	31.0	15.0	6.00
Pizza, Alpha Pepperoni Skinny	slice	370	35	580	3.00	2.00	450.0	3.00	*0.00	20.0	31.0	18.0	8.00
Broccoli, Roast/Steamed	1/2 Cup	26	0	22	2.76	0.55	46.3	*N/A*	*N/A*	2.81	4.86	0.1	0.02
Chicken Breaded Sandwich GC	Sandwich	350	60	720	4.00	2.50	119.0	4.00	*2.00	26.0	44.0	9.0	1.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average % of Calories		3707	406	6007	32.94	24.82	2473.7	*75.35 *8.1%	*56.63 *6.1%	216.89 23.4%	411.40 44.4%	142.68 34.6%	49.45 12.0%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Wed - 11/11/2026													
Rockwood High Lunch	Total												
Chicken Popcorn Smackers	10 pieces	270	70	480	3.00	1.44	20.0	0.00	*0.00	19.0	19.0	13.0	3.00
Breadstick, WG 5" Garlic	breadstick	100	0	95	1.00	0.80	10.0	0.50	*0.50	3.0	15.0	3.5	0.50
Pizza, 16" Cheese Tasty WG	Piece	350	35	480	5.00	2.00	420.0	4.00	*1.00	20.0	37.0	13.0	7.00
Pizza, 16" Turkey Pepp Tasty	slice	350	37	600	5.00	2.00	330.0	5.00	*1.00	21.0	37.0	13.0	6.00
French Fries, Seasoned Spirals	1/2 cup	100	0	190	1.00	0.30	10.0	0.00	*0.00	1.0	17.0	3.0	0.00
Green Beans, Canned, Cooked	1/2 cup	29	0	263	3.43	0.61	35.2	1.85	*0.00	1.73	5.47	0.0	0.00
Chicken Spicy Brd Sandwich	Sandwich	400	50	620	4.00	2.50	110.0	4.00	*2.00	27.0	45.0	13.0	2.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00

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Base Menu Spreadsheet

Rockwood High Lunch

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		3829	434	6393	41.43	24.55	2233.7	69.85	*48.50	225.23	403.47	155.50	52.25
% of Calories								7.3%	*5.1%	23.5%	42.2%	36.6%	12.3%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Thu - 11/12/2026													
Rockwood High Lunch	Total												
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3.00	*N/A*	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3.00	*N/A*	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3.00	*N/A*	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2.00	*N/A*	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2.00	*N/A*	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2.00	*N/A*	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5.00	*N/A*	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5.00	*N/A*	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5.00	*N/A*	16.0	39.0	19.0	9.00
Ham & Cheese Croissant	1 each	267	38	842	2.00	1.29	181.0	4.67	*3.00	16.84	33.33	10.33	4.92
Tater Tots (Golden Nuggets)	1/2 cup	131	0	252	2.01	0.36	5.0	0.00	0.00	2.01	17.11	6.54	0.50
Potato, Sweet Quick Baked	1/2 EACH	51	0	21	1.88	0.39	21.7	*3.69	*0.00	1.15	11.8	0.09	0.03
Chicken Breaded Sandwich GC	Sandwich	350	60	720	4.00	2.50	119.0	4.00	*2.00	26.0	44.0	9.0	1.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		6289	740	13049	46.90	43.45	4122.2	*96.86	*49.00	322.49	664.24	268.96	114.20
% of Calories								*6.2%	*3.1%	20.5%	42.2%	38.5%	16.3%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

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Fri - 11/13/2026													
Rockwood High Lunch	Total												
Chicken Wings, BBQ	4 wings	343	139	640	0.00	0.56	0.0	7.00	*0.00	20.0	8.81	24.44	6.67
Chicken Wings, Buffalo	4 wings	362	154	827	0.00	0.56	1.6	0.00	*0.00	20.06	1.11	30.19	10.32
Garlic Knot	Roll	170	0	170	3.00	2.00	10.0	3.00	*2.00	5.0	27.0	6.0	1.50
Burrito, Bean & Cheese IW	Burrito	404	21	692	8.00	3.60	300.0	2.00	*0.00	17.0	52.0	14.6	6.40
Potato, Sweet Quick Baked	1/2 EACH	51	0	21	1.88	0.39	21.7	*3.69	*0.00	1.15	11.8	0.09	0.03
Chicken Spicy Brd Sandwich	Sandwich	400	50	620	4.00	2.50	110.0	4.00	*2.00	27.0	45.0	13.0	2.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3960	607	6635	35.88	24.51	1741.7	*74.19	*48.00	222.70	373.73	185.32	60.67
% of Calories								*7.5%	*4.8%	22.5%	37.8%	42.1%	13.8%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Mon - 11/16/2026													
Rockwood High Lunch	Total												
Wild Mike's Cheese Bites	4 pieces	280	35	460	2.00	2.00	453.0	2.00	*1.00	19.0	28.0	10.0	6.00
Marinara Cup	1 each	40	0	200	2.00	0.00	19.0	4.00	*1.00	1.0	7.0	1.0	0.00
Meatball Marinara Sub MS/HS	Sandwich	421	64	637	4.77	3.26	237.2	8.26	*5.66	25.63	46.09	15.92	5.60
Carrots, Italian Roasted	1/2 CUP	122	3	218	2.68	0.85	56.1	*4.33	*0.00	1.51	8.14	9.92	1.70
Weighted Daily Average		863	102	1516	11.46	6.11	765.3	*18.59	*7.66	47.13	89.23	36.84	13.30
% of Calories								*8.6%	*3.6%	21.9%	41.4%	38.4%	13.9%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

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Rockwood School District

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 11/17/2026													
Rockwood High Lunch	Total												
Cajun Chicken Alfredo w/Penne	3/4 cup	345	53	811	0.00	1.33	414.3	8.36	*0.00	22.97	32.72	12.77	7.33
Breadstick, WG 5" Garlic	breadstick	100	0	95	1.00	0.80	10.0	0.50	*0.50	3.0	15.0	3.5	0.50
Pizza, Alpha Cheese Skinny	Slice	340	30	540	3.00	2.00	500.0	3.00	*0.00	20.0	31.0	15.0	6.00
Pizza, Alpha Pepperoni Skinny	slice	370	35	580	3.00	2.00	450.0	3.00	*0.00	20.0	31.0	18.0	8.00
Broccoli, Roast/Steamed	1/2 Cup	26	0	22	2.76	0.55	46.3	*N/A*	*N/A*	2.81	4.86	0.1	0.02
Chicken Breaded Sandwich GC	Sandwich	350	60	720	4.00	2.50	119.0	4.00	*2.00	26.0	44.0	9.0	1.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3760	421	6433	32.76	24.09	2838.1	*73.36	*46.50	227.29	386.58	155.37	56.60
% of Calories								*7.8%	*4.9%	24.2%	41.1%	37.2%	13.5%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00
Wed - 11/18/2026													
Rockwood High Lunch	Total												
Chicken Tenders Gold Creek	3 tenders	220	65	460	2.00	2.00	21.0	0.00	*0.00	22.0	14.0	7.0	1.50
Biscuit	Biscuit	220	0	320	1.00	2.00	120.0	3.00	*2.00	4.0	29.0	9.0	4.00
Pizza, Detroit Style Cheese	Piece	370	35	700	2.00	2.70	400.0	5.00	*2.00	20.0	44.0	14.0	6.00
Pizza, Detroit Style Pepperoni	Piece	390	35	820	1.00	2.80	280.0	4.00	*2.00	19.0	44.0	15.0	7.00
French Fries, Seasoned Spirals	1/2 cup	100	0	190	1.00	0.30	10.0	0.00	*0.00	1.0	17.0	3.0	0.00
Chicken Spicy Brd Sandwich	Sandwich	400	50	620	4.00	2.50	110.0	4.00	*2.00	27.0	45.0	13.0	2.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3930	427	6775	30.00	27.20	2239.5	70.50	*52.00	225.50	421.00	158.00	54.25
% of Calories								7.2%	*5.3%	23.0%	42.8%	36.2%	12.4%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

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Rockwood School District

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 11/19/2026													
Rockwood High Lunch	Total												
Pizza Dominos Cheese Slice 14"	slice	340	45	780	0.00	2.00	352.0	3.00	*N/A*	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45	830	1.00	2.70	318.0	3.00	*N/A*	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40	750	2.00	2.70	282.0	3.00	*N/A*	15.0	35.0	18.0	8.00
Pizza Hut Cheese 14"	Slice	320	40	660	3.00	2.70	380.0	2.00	*N/A*	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45	720	3.00	2.80	285.0	2.00	*N/A*	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45	800	3.00	3.00	320.0	2.00	*N/A*	17.0	36.0	18.0	9.00
Pizza Papa John's Cheese	slice	350	40	920	2.00	2.70	250.0	5.00	*N/A*	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50	1070	2.00	2.70	250.0	5.00	*N/A*	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50	1020	2.00	2.70	60.0	5.00	*N/A*	16.0	39.0	19.0	9.00
Quesadilla, Chicken Tinga	1 each	303	28	491	4.00	2.70	250.0	1.00	*0.00	19.5	32.0	11.0	5.30
Salsa Cup, Red Gold 3oz	3 oz cup	25	0	195	1.00	1.00	16.0	3.00	*0.00	1.0	5.0	0.0	0.00
Tater Tots (Golden Nuggets)	1/2 cup	131	0	252	2.01	0.36	5.0	0.00	0.00	2.01	17.11	6.54	0.50
Latin Baked Beans	1/2 Cup	271	0	495	12.74	3.31	63.1	*2.82	*0.00	12.69	50.66	1.52	0.71
Chicken Breaded Sandwich GC	Sandwich	350	60	720	4.00	2.50	119.0	4.00	*2.00	26.0	44.0	9.0	1.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		6570	731	13367	60.75	48.77	4248.6	*95.32	*46.00	337.71	706.76	271.06	115.26
% of Calories								*5.8%	*2.8%	20.6%	43.0%	37.1%	15.8%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

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Rockwood School District

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 11/20/2026													
Rockwood High Lunch	Total												
Turkey Breast Steak w/Gravy	2 slices	101	30	585	0.00	0.40	0.0	1.03	*0.00	17.0	3.1	2.02	0.50
Roll, WG Sister Schubert's 2oz	1 each	170	5	210	3.00	1.70	0.0	5.00	*4.00	5.0	32.0	2.0	0.00
Corn Dog, Chicken Foster Farms	1 Each	240	40	470	2.00	1.50	100.0	8.00	*7.00	9.0	30.0	9.0	2.50
Potatoes Mashed w/Gravy	1/2 CUP	92	0	351	1.00	0.30	13.7	1.00	*0.00	0.0	17.35	1.5	0.00
Corn, Canned	1/2 CUP	102	0	70	3.04	0.54	1.2	4.57	*N/A*	3.04	23.49	1.52	0.00
Chicken Spicy Brd Sandwich	Sandwich	400	50	620	4.00	2.50	110.0	4.00	*2.00	27.0	45.0	13.0	2.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3335	367	5971	32.04	21.84	1523.4	78.10	*57.00	193.54	378.94	126.03	38.75
% of Calories								9.4%	*6.8%	23.2%	45.5%	34.0%	10.5%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Mon - 11/23/2026													
Rockwood High Lunch	Total												
Bosco Breadsticks	2 breadstick	424	31	559	4.00	4.01	430.9	4.00	*2.00	24.3	50.14	12.29	6.16
Marinara Cup	1 each	40	0	200	2.00	0.00	19.0	4.00	*1.00	1.0	7.0	1.0	0.00
Chicken Hot Honey Sandwich	Sandwich	417	70	831	3.03	*2.76	*70.3	15.14	*15.14	28.74	54.41	11.78	3.13
Corn, Canned	1/2 CUP	102	0	70	3.04	0.54	1.2	4.57	*N/A*	3.04	23.49	1.52	0.00
Chicken Spicy Brd Sandwich	Sandwich	400	50	620	4.00	2.50	110.0	4.00	*2.00	27.0	45.0	13.0	2.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3613	393	5945	35.07	*24.70	*1929.9	86.21	*64.14	216.58	408.05	136.59	45.04
% of Calories								9.5%	*7.1%	24.0%	45.2%	34.0%	11.2%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

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Rockwood School District

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood High Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 11/24/2026													
Rockwood High Lunch	Total												
Nacho Supreme w Queso 9-12	Serving	403	65	575	3.82	2.49	271.9	3.25	*0.00	23.95	23.98	22.4	7.71
Salsa Cup, Red Gold 3oz	3 oz cup	25	0	195	1.00	1.00	16.0	3.00	*0.00	1.0	5.0	0.0	0.00
Pizza, Alpha Cheese Skinny	Slice	340	30	540	3.00	2.00	500.0	3.00	*0.00	20.0	31.0	15.0	6.00
Pizza, Alpha Pepperoni Skinny	slice	370	35	580	3.00	2.00	450.0	3.00	*0.00	20.0	31.0	18.0	8.00
Refried Beans Southwestern	1/2 cup	196	5	742	10.82	2.36	87.6	0.94	*0.00	11.88	29.59	3.06	1.55
Chicken Breaded Sandwich GC	Sandwich	350	60	720	4.00	2.50	119.0	4.00	*2.00	26.0	44.0	9.0	1.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3914	437	7017	44.64	27.25	2743.1	71.69	*46.00	235.33	392.57	164.47	58.01
% of Calories								7.3%	*4.7%	24.0%	40.1%	37.8%	13.3%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Mon - 11/30/2026													
Rockwood High Lunch	Total												
Ravioli, Toasted Cheese WG	7 pieces	360	5	730	7.00	4.00	150.0	5.00	*1.00	19.0	64.0	4.0	1.50
Marinara Cup	1 each	40	0	200	2.00	0.00	19.0	4.00	*1.00	1.0	7.0	1.0	0.00
Ham & Cheese Croissant	1 each	267	38	842	2.00	1.29	181.0	4.67	*3.00	16.84	33.33	10.33	4.92
Peas, Italian	1/2 cup	69	0	111	4.53	1.31	22.3	*0.18	*0.00	4.27	12.86	0.23	0.04
Chicken Spicy Brd Sandwich	Sandwich	400	50	620	4.00	2.50	110.0	4.00	*2.00	27.0	45.0	13.0	2.00
Chicken Grilled Sandwich WM	sandwich	250	55	590	2.00	1.70	56.0	4.00	*4.00	25.0	31.0	3.5	0.00
Hamburger on Bun 3 oz	Hamburger	340	60	500	2.00	3.70	54.0	4.00	*4.00	24.0	30.0	14.5	5.00
Cheeseburger 3 oz	1 each	390	67	650	3.00	3.50	207.5	4.50	*2.00	26.5	32.0	18.0	6.75
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Grilled Cheese Sandwich	Sandwich	320	30	810	2.00	1.60	474.0	6.00	*4.00	20.0	34.0	14.0	7.00
Uncrustables 5.3 oz	1 each	590	0	530	7.00	2.00	83.0	30.00	*26.00	18.0	64.0	32.0	7.00
Weighted Daily Average		3366	335	6168	38.53	24.00	1780.8	*72.35	*51.00	200.61	390.19	125.57	42.21
% of Calories								*8.6%	*6.1%	23.8%	46.4%	33.6%	11.3%
Nutrient Guideline		750-850				4.50	400.00			15.00		<=30.0	<10.00

Weighted Average		4006	457	7377	36.44	*27.32	*2415.4	*76.48 *17.2%	*48.59 *10.9%	226.45 22.6%	427.55 42.7%	163.66 36.8%	59.25 13.3%
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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)
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	4006		750 - 850	471%			3156	Correction Required - Calories too High
Cholesterol (mg)	457							
Sodium 1a (mg)	7377		1280	576%			6097	Correction Required - Sodium too High
Fiber (g)	36.44							
Iron (mg)	27.32		4.50	607%	Missing			
Calcium (mg)	2415.4		400.00	604%	Missing			
Total Sugars (g)	76.48	7.64%			Missing			
Added Sugars (g)	48.59	4.85%			Missing			
Protein (g)	226.45	22.61%	15.00	1510%	Missing			
Carbohydrate (g)	427.55	42.69%						
Total Fat (g)	163.66	36.76%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	59.25	13.31%	<10.00%					Correction Required - Sat. Fat too High

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*
** - denotes combined nutrient totals with either missing or incomplete nutrient data*
NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.