

Rockwood School District

Nov 1, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Middle 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 Middle 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
Green Beans, Italian	1/2 cup	28	0	263	3.40	0.61	34.4	*1.74	*0.00	1.7	5.22	0.0	0.00
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
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
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3404	321	6091	48.50	27.33	1973.8	*86.69	*48.80	184.63	419.48	120.57	40.14
% of Calories								*10.2%	*5.7%	21.7%	49.3%	31.9%	10.6%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Thu - 11/05/2026													
Rockwood Middle 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
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
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
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
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
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3397	381	5643	40.11	25.83	1811.4	76.45	*47.30	188.93	389.26	129.07	40.64
% of Calories								9.0%	*5.6%	22.2%	45.8%	34.2%	10.8%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

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

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

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Rockwood School District

Nov 1, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 11/06/2026													
Rockwood Middle Lunch	Total												
Pizza Big Daddy's 4 Cheese	1 each	360	35	490	3.00	2.10	441.0	9.00	*2.00	21.0	35.0	16.0	7.00
Pizza Big Daddy Turk Pepperoni	1 each	360	45	570	3.00	2.20	370.0	8.00	*2.00	21.0	32.0	17.0	8.00
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2	54	1.99	0.42	51.7	*0.01	*0.00	2.65	3.92	3.87	0.78
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
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
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3752	397	6012	44.10	27.44	2633.1	*92.96	*50.80	207.58	414.18	152.44	54.42
% of Calories								*9.9%	*5.4%	22.1%	44.2%	36.6%	13.1%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Mon - 11/09/2026													
Rockwood Middle 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
Mixed Vegetables, Steamed	1/2 CUP	73	0	95	3.48	*0.00	*1.2	3.48	*N/A*	2.32	14.54	0.0	0.00
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
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
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3399	331	5733	44.59	*24.43	*2310.6	86.43	*47.80	186.25	396.80	127.57	42.14
% of Calories								10.2%	*5.6%	21.9%	46.7%	33.8%	11.2%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

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Rockwood School District

Nov 1, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 11/10/2026													
Rockwood Middle 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
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2	54	1.99	0.42	51.7	*0.01	*0.00	2.65	3.92	3.87	0.78
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
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
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
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		6343	717	12523	57.98	47.54	4340.7	*109.65	*46.80	310.73	688.99	265.52	113.45
% of Calories								*6.9%	*3.0%	19.6%	43.4%	37.7%	16.1%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Wed - 11/11/2026													
Rockwood Middle Lunch	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
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
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
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
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92

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Rockwood Middle 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)
Weighted Daily Average % of Calories		3618	461	5439	39.99	25.64	1832.1	*104.64 *11.6%	*54.80 *6.1%	180.08 19.9%	414.07 45.8%	148.65 37.0%	49.17 12.2%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Thu - 11/12/2026													
Rockwood Middle Lunch	Total												
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 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
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
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
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
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average % of Calories		3858	426	6490	46.12	28.09	2004.4	83.95 8.7%	*50.80 *5.3%	217.95 22.6%	449.37 46.6%	144.11 33.6%	42.15 9.8%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Fri - 11/13/2026													
Rockwood Middle Lunch	Total												
Nacho Supreme w/Queso K-8	Serving	322	57	572	3.11	2.09	235.3	4.51	*0.00	20.34	18.81	17.31	6.64
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
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
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
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
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92

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Weighted Daily Average		3520	377	6407	51.04	28.17	2109.3	84.40	*46.80	196.15	396.67	135.94	46.83
% of Calories								9.6%	*5.3%	22.3%	45.1%	34.8%	12.0%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Mon - 11/16/2026													
Rockwood Middle Lunch	Total												
Corn Dog, Chicken Foster Farms	1 Each	240	40	470	2.00	1.50	100.0	8.00	*7.00	9.0	30.0	9.0	2.50
Baked Beans Bush's Best	1/2 Cup	140	0	371	5.02	1.81	40.1	12.04	*N/A*	5.02	30.09	0.0	0.00
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
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
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3357	356	5739	43.12	26.03	1910.5	95.99	*53.80	176.95	403.35	124.57	41.14
% of Calories								11.4%	*6.4%	21.1%	48.1%	33.4%	11.0%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

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Rockwood School District

Nov 1, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Middle 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 Middle 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
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
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
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
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		6358	718	12666	56.79	47.58	4323.5	*110.28	*46.80	308.44	681.40	271.49	114.34
% of Calories								*6.9%	*2.9%	19.4%	42.9%	38.4%	16.2%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Wed - 11/18/2026													
Rockwood Middle Lunch	Total												
Mandarin Orange Chicken Elem	#8 scoop 3.6oz	150	40	300	0.00	0.70	10.0	11.00	*11.00	11.0	20.0	3.0	0.50
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
Cookie, Fortune	1 each	12	0	0	0.00	0.00	0.5	1.67	*1.67	0.17	2.67	0.0	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
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
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92

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Rockwood School District

Nov 1, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Middle 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		3164	356	5220	38.86	23.98	1827.2	*88.62 *11.2%	*59.47 *7.5%	176.91 22.4%	370.79 46.9%	118.67 33.8%	39.16 11.1%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Thu - 11/19/2026													
Rockwood Middle Lunch	Total												
Turkey Breast Steak w/Gravy	2 slices	101	30	585	0.00	0.40	0.0	1.03	*0.00	17.0	3.1	2.02	0.50
Roll, WG Sister Schubert's 2oz	1 each	170	5	210	3.00	1.70	0.0	5.00	*4.00	5.0	32.0	2.0	0.00
Potatoes Mashed w/Gravy	1/2 CUP	92	0	351	1.00	0.30	13.7	1.00	*0.00	0.0	17.35	1.5	0.00
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
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
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
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average % of Calories		3368	351	6307	43.53	25.74	1819.3	84.83 10.1%	*50.80 *6.0%	186.66 22.2%	401.19 47.6%	121.09 32.4%	39.14 10.5%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Fri - 11/20/2026													
Rockwood Middle Lunch	Total												
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
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
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
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
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92

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Rockwood School District

Nov 1, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Middle 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)
Weighted Daily Average		3839	386	6488	42.15	28.76	2451.6	89.52	*50.80	204.98	454.75	146.08	51.64
% of Calories								9.3%	*5.3%	21.4%	47.4%	34.2%	12.1%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Mon - 11/23/2026													
Rockwood Middle 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
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
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
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
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		3366	351	5669	44.63	26.03	2264.7	*82.13	*48.80	187.21	391.12	126.80	44.68
% of Calories								*9.8%	*5.8%	22.2%	46.5%	33.9%	11.9%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

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Rockwood School District

Nov 1, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Middle 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 Middle 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
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2	54	1.99	0.42	51.7	*0.01	*0.00	2.65	3.92	3.87	0.78
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
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
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92
Weighted Daily Average		6292	717	12502	56.10	47.14	4319.1	*105.95	*46.80	309.58	677.18	265.44	113.42
% of Calories								*6.7%	*3.0%	19.7%	43.1%	38.0%	16.2%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Mon - 11/30/2026													
Rockwood Middle 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
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
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
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
Black Bean Burger	Burger	300	0	560	7.00	3.00	110.0	6.00	*5.00	21.0	46.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	340	30	585	3.00	2.40	424.0	6.00	*4.00	19.0	37.0	15.0	8.00
Uncrustable PBJ Combo	1 each	494	20	724	7.10	2.37	272.8	19.44	*13.00	17.39	55.96	23.52	6.97
Nacho Snack Pack	1 each	435	30	880	6.00	2.12	390.0	13.50	*0.00	16.0	56.0	17.0	7.00
Protein Power Pack	1 each	427	53	409	6.00	3.94	256.1	18.51	*14.80	14.04	55.31	17.55	3.92

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Rockwood School District

Nov 1, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	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		3543	346	5727	45.15	27.27	2221.5	88.52	*49.80	191.27	423.90	130.37	44.80
% of Calories								10.0%	*5.6%	21.6%	47.9%	33.1%	11.4%
Nutrient Guideline		600-700				3.30	267.00			8.65		<=30.0	<10.00

Weighted Average		4036	437	7166	46.42	*30.44	*2509.5	*91.94	*50.06	213.39	460.78	158.02	57.33
								*20.5%	*11.2%	21.1%	45.7%	35.2%	12.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	4036		600 - 700	577%			3336	Correction Required - Calories too High
Cholesterol (mg)	437							
Sodium 1a (mg)	7166		1225	585%			5941	Correction Required - Sodium too High
Fiber (g)	46.42							
Iron (mg)	30.44		3.30	922%	Missing			
Calcium (mg)	2509.5		267.00	940%	Missing			
Total Sugars (g)	91.94	9.11%			Missing			
Added Sugars (g)	50.06	4.96%			Missing			
Protein (g)	213.39	21.15%	8.65	2467%	Missing			
Carbohydrate (g)	460.78	45.67%						
Total Fat (g)	158.02	35.24%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	57.33	12.78%	<10.00%					Correction Required - Sat. Fat too High

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