

Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/03/2019															
Rockwood Elementary Break	Total														
Pancake & Sausage on a stick	1 each	200	25	310	3.00	1.80	0.0	0	0.0	4	7.0	17.0	10.0	2.50	0.00
SYRUP	1.5 oz	120	0	40	0.00	0.00	0.0	0	0.0	*N/A*	0.0	31.0	0.0	0.00	0.00
Yogurt, Danimals	1 Each	70	5	60	0.00	0.00	150.0	0	9.0	10	4.0	14.0	0.0	0.00	0.00
Bug Bites Graham Crackers	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Crackers Cheez-It Whole Grain	Package	100	4	150	1.00	0.72	80.0	500	0.0	0	3.0	14.0	3.5	1.00	0.00
CRACKERS GOLDFISH CHEDDA	1 EACH	100	0	170	1.00	0.72	0.0	0	0.0	0	2.0	14.0	3.5	0.50	0.00
Crackers Graham Honey Maid Lil	Package	130	0	150	2.00	1.08	0.0	0	0.0	8	2.0	24.0	3.0	0.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Toast Crunch	Bowl	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	1.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00
Cereal Froot Loops 1 oz Bowl	1 each	110	0	160	2.00	4.50	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Frosted Mini Wheat Choc	Bowl Pack	100	0	105	3.00	8.10	0.0	0	0.0	6	3.0	23.0	1.0	0.00	0.00
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00
Cereal Fruity Cheerios	Bowlpak	120	0	140	2.00	4.50	100.0	500	6.0	9	2.0	25.0	2.0	0.00	0.00
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Lucky Charms Bowlpak	Bowlpak	110	0	180	2.00	4.50	100.0	500	6.0	10	2.0	23.0	1.0	0.00	0.00
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Juice Apple	serving	60	0	0	0.00	0.00	0.0	0	15.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Cherry Star	Carton (4 o	50	0	35	0.00	*N/A*	*N/A*	500	30.0	12	0.0	13.0	0.0	0.00	0.00
Juice Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		2720	64	3400	29.00	*58.86	*2190.0	8550	161.40	*188	73.00	513.00	47.50	13.00	0.00
% of Calories										*27.6%	10.7%	75.4%	15.7%	4.3%	0.0%
Nutrient Guideline		350-500		540		2.50	200.00	595	11.00		5.50		<=30.0	<10.00	

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

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Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/04/2019															
Rockwood Elementary Break	Total														
MaxStix Blueberry Cinn Breadst	MaxStix	190	4	300	2.00	1.08	100.0	0	0.0	7	7.0	24.0	7.0	2.50	0.00
Yogurt Vanilla Nonfat	1/2 cup	91	0	56	0.70	0.00	301.9	0	0.0	15	3.51	19.66	0.0	0.00	0.00
Yogurt, Danimals	1 Each	70	5	60	0.00	0.00	150.0	0	9.0	10	4.0	14.0	0.0	0.00	0.00
Bug Bites Graham Crackers	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Crackers Cheez-It Whole Grain	Package	100	4	150	1.00	0.72	80.0	500	0.0	0	3.0	14.0	3.5	1.00	0.00
Crackers Graham Honey Maid Lil	Package	130	0	150	2.00	1.08	0.0	0	0.0	8	2.0	24.0	3.0	0.00	0.00
CRACKERS GOLDFISH CHEDDA	1 EACH	100	0	170	1.00	0.72	0.0	0	0.0	0	2.0	14.0	3.5	0.50	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Toast Crunch	Bowl	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	1.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00
Cereal Froot Loops 1 oz Bowl	1 each	110	0	160	2.00	4.50	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Frosted Mini Wheat Choc	Bowl Pack	100	0	105	3.00	8.10	0.0	0	0.0	6	3.0	23.0	1.0	0.00	0.00
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00
Cereal Fruity Cheerios	Bowlpak	120	0	140	2.00	4.50	100.0	500	6.0	9	2.0	25.0	2.0	0.00	0.00
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Lucky Charms Bowlpak	Bowlpak	110	0	180	2.00	4.50	100.0	500	6.0	10	2.0	23.0	1.0	0.00	0.00
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Juice Apple	serving	60	0	0	0.00	0.00	0.0	0	15.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Cherry Star	Carton (4 o	50	0	35	0.00	*N/A*	*N/A*	500	30.0	12	0.0	13.0	0.0	0.00	0.00
Juice Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		2681	43	3406	28.70	*58.14	*2591.9	8550	161.40	*206	76.51	508.66	44.50	13.00	0.00
% of Calories										*30.8%	11.4%	75.9%	14.9%	4.4%	0.0%
Nutrient Guideline		350-500		540		2.50	200.00	595	11.00		5.50		<=30.0	<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/05/2019															
Rockwood Elementary Break	Total														
Yogurt Banana Split	1 Each	194	0	72	2.85	0.36	311.6	79	19.62	*25	4.97	42.75	1.64	1.08	*0.00
Yogurt, Danimals	1 Each	70	5	60	0.00	0.00	150.0	0	9.0	10	4.0	14.0	0.0	0.00	0.00
Bug Bites Graham Crackers	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Crackers Cheez-It Whole Grain	Package	100	4	150	1.00	0.72	80.0	500	0.0	0	3.0	14.0	3.5	1.00	0.00
CRACKERS GOLDFISH CHEDDA	1 EACH	100	0	170	1.00	0.72	0.0	0	0.0	0	2.0	14.0	3.5	0.50	0.00
Crackers Graham Honey Maid Lil	Package	130	0	150	2.00	1.08	0.0	0	0.0	8	2.0	24.0	3.0	0.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Toast Crunch	Bowl	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	1.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00
Cereal Froot Loops 1 oz Bowl	1 each	110	0	160	2.00	4.50	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Frosted Mini Wheat Choc	Bowl Pack	100	0	105	3.00	8.10	0.0	0	0.0	6	3.0	23.0	1.0	0.00	0.00
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00
Cereal Fruity Cheerios	Bowlpak	120	0	140	2.00	4.50	100.0	500	6.0	9	2.0	25.0	2.0	0.00	0.00
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Lucky Charms Bowlpak	Bowlpak	110	0	180	2.00	4.50	100.0	500	6.0	10	2.0	23.0	1.0	0.00	0.00
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Juice Apple	serving	60	0	0	0.00	0.00	0.0	0	15.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Cherry Star	Carton (4 o	50	0	35	0.00	*N/A*	*N/A*	500	30.0	12	0.0	13.0	0.0	0.00	0.00
Juice Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		2594	39	3122	28.85	*57.42	*2501.6	8629	181.02	*209	70.96	507.75	39.13	11.58	*0.00
% of Calories										*32.3%	10.9%	78.3%	13.6%	4.0%	*0.0%
Nutrient Guideline		350-500		540		2.50	200.00	595	11.00		5.50		<=30.0	<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/06/2019															
Rockwood Elementary Break	Total														
Blueberry Cinn Breakfast Cake	1 Each	201	10	211	1.32	2.73	21.7	5	0.29	*27	2.05	41.55	3.07	1.01	*0.00
Yogurt, Danimals	1 Each	70	5	60	0.00	0.00	150.0	0	9.0	10	4.0	14.0	0.0	0.00	0.00
Bug Bites Graham Crackers	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Crackers Cheez-It Whole Grain	Package	100	4	150	1.00	0.72	80.0	500	0.0	0	3.0	14.0	3.5	1.00	0.00
CRACKERS GOLDFISH CHEDDA	1 EACH	100	0	170	1.00	0.72	0.0	0	0.0	0	2.0	14.0	3.5	0.50	0.00
Crackers Graham Honey Maid Lil	Package	130	0	150	2.00	1.08	0.0	0	0.0	8	2.0	24.0	3.0	0.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Toast Crunch	Bowl	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	1.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00
Cereal Froot Loops 1 oz Bowl	1 each	110	0	160	2.00	4.50	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Frosted Mini Wheat Choc	Bowl Pack	100	0	105	3.00	8.10	0.0	0	0.0	6	3.0	23.0	1.0	0.00	0.00
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00
Cereal Fruity Cheerios	Bowlpak	120	0	140	2.00	4.50	100.0	500	6.0	9	2.0	25.0	2.0	0.00	0.00
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Lucky Charms Bowlpak	Bowlpak	110	0	180	2.00	4.50	100.0	500	6.0	10	2.0	23.0	1.0	0.00	0.00
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Juice Apple	serving	60	0	0	0.00	0.00	0.0	0	15.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Cherry Star	Carton (4 o	50	0	35	0.00	*N/A*	*N/A*	500	30.0	12	0.0	13.0	0.0	0.00	0.00
Juice Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		2601	49	3261	27.32	*59.79	*2211.7	8555	161.69	*211	68.04	506.55	40.57	11.50	*0.00
% of Calories										*32.4%	10.5%	77.9%	14.0%	4.0%	*0.0%
Nutrient Guideline		350-500		540		2.50	200.00	595	11.00		5.50		<=30.0	<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/09/2019															
Rockwood Elementary Break	Total														
Pop Tart Blueberry WG 1 Pk	Pop Tart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Cinn WG 1 Pk	PopTart	190	0	200	3.00	1.80	100.0	500	0.0	16	2.0	38.0	3.0	1.00	0.00
Pop Tart Fudge WG 1 Pk	Pop Tart	190	0	200	3.00	1.80	100.0	500	0.0	15	3.0	38.0	3.0	1.00	0.00
Pop Tart Strawberry WG 1 Pk	PopTart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Yogurt, Danimals	1 Each	70	5	60	0.00	0.00	150.0	0	9.0	10	4.0	14.0	0.0	0.00	0.00
Bug Bites Graham Crackers	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Crackers Cheez-It Whole Grain	Package	100	4	150	1.00	0.72	80.0	500	0.0	0	3.0	14.0	3.5	1.00	0.00
CRACKERS GOLDFISH CHEDDA	1 EACH	100	0	170	1.00	0.72	0.0	0	0.0	0	2.0	14.0	3.5	0.50	0.00
Crackers Graham Honey Maid Lil	Package	130	0	150	2.00	1.08	0.0	0	0.0	8	2.0	24.0	3.0	0.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Toast Crunch	Bowl	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	1.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00
Cereal Froot Loops 1 oz Bowl	1 each	110	0	160	2.00	4.50	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Frosted Mini Wheat Choc	Bowl Pack	100	0	105	3.00	8.10	0.0	0	0.0	6	3.0	23.0	1.0	0.00	0.00
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00
Cereal Fruity Cheerios	Bowlpak	120	0	140	2.00	4.50	100.0	500	6.0	9	2.0	25.0	2.0	0.00	0.00
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Lucky Charms Bowlpak	Bowlpak	110	0	180	2.00	4.50	100.0	500	6.0	10	2.0	23.0	1.0	0.00	0.00
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Juice Apple	serving	60	0	0	0.00	0.00	0.0	0	15.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Cherry Star	Carton (4 o	50	0	35	0.00	*N/A*	*N/A*	500	30.0	12	0.0	13.0	0.0	0.00	0.00
Juice Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		3140	39	3810	38.00	*64.26	*2590.0	10550	161.40	*245	75.00	617.00	48.50	14.50	0.00
% of Calories										*31.2%	9.6%	78.6%	13.9%	4.2%	0.0%
Nutrient Guideline		350-500		540		2.50	200.00	595	11.00		5.50		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/10/2019															
Rockwood Elementary Break	Total														
Bagelicious	1 each	145	28	490	2.00	1.08	95.0	179	0.0	*2	8.5	14.95	6.25	3.00	0.00
Yogurt, Danimals	1 Each	70	5	60	0.00	0.00	150.0	0	9.0	10	4.0	14.0	0.0	0.00	0.00
Bug Bites Graham Crackers	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Crackers Cheez-It Whole Grain	Package	100	4	150	1.00	0.72	80.0	500	0.0	0	3.0	14.0	3.5	1.00	0.00
CRACKERS GOLDFISH CHEDDA	1 EACH	100	0	170	1.00	0.72	0.0	0	0.0	0	2.0	14.0	3.5	0.50	0.00
Crackers Graham Honey Maid Lil	Package	130	0	150	2.00	1.08	0.0	0	0.0	8	2.0	24.0	3.0	0.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Toast Crunch	Bowl	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	1.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00
Cereal Froot Loops 1 oz Bowl	1 each	110	0	160	2.00	4.50	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Frosted Mini Wheat Choc	Bowl Pack	100	0	105	3.00	8.10	0.0	0	0.0	6	3.0	23.0	1.0	0.00	0.00
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00
Cereal Fruity Cheerios	Bowlpak	120	0	140	2.00	4.50	100.0	500	6.0	9	2.0	25.0	2.0	0.00	0.00
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Lucky Charms Bowlpak	Bowlpak	110	0	180	2.00	4.50	100.0	500	6.0	10	2.0	23.0	1.0	0.00	0.00
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Juice Apple	serving	60	0	0	0.00	0.00	0.0	0	15.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Cherry Star	Carton (4 o	50	0	35	0.00	*N/A*	*N/A*	500	30.0	12	0.0	13.0	0.0	0.00	0.00
Juice Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		2545	66	3540	28.00	*58.14	*2285.0	8729	161.40	*186	74.50	479.95	43.75	13.50	0.00
% of Calories										*29.2%	11.7%	75.4%	15.5%	4.8%	0.0%
Nutrient Guideline		350-500		540		2.50	200.00	595	11.00		5.50		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/11/2019															
Rockwood Elementary Break	Total														
Cinnamon Roll	1 each	202	4	188	1.22	1.72	14.3	426	0.0	13	4.53	37.75	3.57	0.86	0.04
Yogurt Vanilla Nonfat	1/2 cup	91	0	56	0.70	0.00	301.9	0	0.0	15	3.51	19.66	0.0	0.00	0.00
Yogurt, Danimals	1 Each	70	5	60	0.00	0.00	150.0	0	9.0	10	4.0	14.0	0.0	0.00	0.00
Bug Bites Graham Crackers	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Crackers Cheez-It Whole Grain	Package	100	4	150	1.00	0.72	80.0	500	0.0	0	3.0	14.0	3.5	1.00	0.00
Crackers Graham Honey Maid Lil	Package	130	0	150	2.00	1.08	0.0	0	0.0	8	2.0	24.0	3.0	0.00	0.00
CRACKERS GOLDFISH CHEDDA	1 EACH	100	0	170	1.00	0.72	0.0	0	0.0	0	2.0	14.0	3.5	0.50	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Toast Crunch	Bowl	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	1.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00
Cereal Froot Loops 1 oz Bowl	1 each	110	0	160	2.00	4.50	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Frosted Mini Wheat Choc	Bowl Pack	100	0	105	3.00	8.10	0.0	0	0.0	6	3.0	23.0	1.0	0.00	0.00
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00
Cereal Fruity Cheerios	Bowlpak	120	0	140	2.00	4.50	100.0	500	6.0	9	2.0	25.0	2.0	0.00	0.00
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Lucky Charms Bowlpak	Bowlpak	110	0	180	2.00	4.50	100.0	500	6.0	10	2.0	23.0	1.0	0.00	0.00
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Juice Apple	serving	60	0	0	0.00	0.00	0.0	0	15.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Cherry Star	Carton (4 o	50	0	35	0.00	*N/A*	*N/A*	500	30.0	12	0.0	13.0	0.0	0.00	0.00
Juice Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		2693	43	3294	27.92	*58.78	*2506.2	8976	161.40	*212	74.04	522.41	41.07	11.36	0.04
% of Calories										*31.5%	11.0%	77.6%	13.7%	3.8%	0.0%
Nutrient Guideline		350-500		540		2.50	200.00	595	11.00		5.50		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/12/2019															
Rockwood Elementary Break	Total														
Pancake & Sausage Breakfast	1 each	300	40	280	1.00	1.44	0.0	103	*0.0	2	9.0	15.0	24.0	7.00	0.00
SYRUP	1.5 oz	120	0	40	0.00	0.00	0.0	0	0.0	*N/A*	0.0	31.0	0.0	0.00	0.00
Yogurt, Danimals	1 Each	70	5	60	0.00	0.00	150.0	0	9.0	10	4.0	14.0	0.0	0.00	0.00
Bug Bites Graham Crackers	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Crackers Cheez-It Whole Grain	Package	100	4	150	1.00	0.72	80.0	500	0.0	0	3.0	14.0	3.5	1.00	0.00
CRACKERS GOLDFISH CHEDDA	1 EACH	100	0	170	1.00	0.72	0.0	0	0.0	0	2.0	14.0	3.5	0.50	0.00
Crackers Graham Honey Maid Lil	Package	130	0	150	2.00	1.08	0.0	0	0.0	8	2.0	24.0	3.0	0.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Toast Crunch	Bowl	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	1.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00
Cereal Froot Loops 1 oz Bowl	1 each	110	0	160	2.00	4.50	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Frosted Mini Wheat Choc	Bowl Pack	100	0	105	3.00	8.10	0.0	0	0.0	6	3.0	23.0	1.0	0.00	0.00
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00
Cereal Fruity Cheerios	Bowlpak	120	0	140	2.00	4.50	100.0	500	6.0	9	2.0	25.0	2.0	0.00	0.00
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Lucky Charms Bowlpak	Bowlpak	110	0	180	2.00	4.50	100.0	500	6.0	10	2.0	23.0	1.0	0.00	0.00
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Juice Apple	serving	60	0	0	0.00	0.00	0.0	0	15.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Cherry Star	Carton (4 o	50	0	35	0.00	*N/A*	*N/A*	500	30.0	12	0.0	13.0	0.0	0.00	0.00
Juice Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		2820	79	3370	27.00	*58.50	*2190.0	8653	*161.40	*186	75.00	511.00	61.50	17.50	0.00
% of Calories										*26.4%	10.6%	72.5%	19.6%	5.6%	0.0%
Nutrient Guideline		350-500		540		2.50	200.00	595	11.00		5.50		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/13/2019															
Rockwood Elementary Break	Total														
Pizza Breakfast	pizza	210	15	350	3.00	1.80	100.0	0	0.0	5	9.0	27.0	7.0	2.00	0.00
Yogurt, Danimals	1 Each	70	5	60	0.00	0.00	150.0	0	9.0	10	4.0	14.0	0.0	0.00	0.00
Bug Bites Graham Crackers	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Crackers Cheez-It Whole Grain	Package	100	4	150	1.00	0.72	80.0	500	0.0	0	3.0	14.0	3.5	1.00	0.00
CRACKERS GOLDFISH CHEDDA	1 EACH	100	0	170	1.00	0.72	0.0	0	0.0	0	2.0	14.0	3.5	0.50	0.00
Crackers Graham Honey Maid Lil	Package	130	0	150	2.00	1.08	0.0	0	0.0	8	2.0	24.0	3.0	0.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Toast Crunch	Bowl	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	1.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00
Cereal Froot Loops 1 oz Bowl	1 each	110	0	160	2.00	4.50	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Frosted Mini Wheat Choc	Bowl Pack	100	0	105	3.00	8.10	0.0	0	0.0	6	3.0	23.0	1.0	0.00	0.00
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00
Cereal Fruity Cheerios	Bowlpak	120	0	140	2.00	4.50	100.0	500	6.0	9	2.0	25.0	2.0	0.00	0.00
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Lucky Charms Bowlpak	Bowlpak	110	0	180	2.00	4.50	100.0	500	6.0	10	2.0	23.0	1.0	0.00	0.00
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Juice Apple	serving	60	0	0	0.00	0.00	0.0	0	15.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Cherry Star	Carton (4 o	50	0	35	0.00	*N/A*	*N/A*	500	30.0	12	0.0	13.0	0.0	0.00	0.00
Juice Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		2610	54	3400	29.00	*58.86	*2290.0	8550	161.40	*189	75.00	492.00	44.50	12.50	0.00
% of Calories										*29.0%	11.5%	75.4%	15.3%	4.3%	0.0%
Nutrient Guideline		350-500		540		2.50	200.00	595	11.00		5.50		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/16/2019															
Rockwood Elementary Break	Total														
Pancakes, Mini Confetti Eggo	Pouch	220	10	300	4.00	3.60	40.0	1000	*N/A*	11	4.0	36.0	7.0	1.00	0.00
Pancakes Mini Maple Pillsbury	Pouch	230	10	270	3.00	0.72	60.0	0	0.0	*N/A*	5.0	40.0	7.0	1.00	0.00
Yogurt, Danimals	1 Each	70	5	60	0.00	0.00	150.0	0	9.0	10	4.0	14.0	0.0	0.00	0.00
Bug Bites Graham Crackers	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Crackers Cheez-It Whole Grain	Package	100	4	150	1.00	0.72	80.0	500	0.0	0	3.0	14.0	3.5	1.00	0.00
CRACKERS GOLDFISH CHEDDA	1 EACH	100	0	170	1.00	0.72	0.0	0	0.0	0	2.0	14.0	3.5	0.50	0.00
Crackers Graham Honey Maid Lil	Package	130	0	150	2.00	1.08	0.0	0	0.0	8	2.0	24.0	3.0	0.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Toast Crunch	Bowl	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	1.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00
Cereal Froot Loops 1 oz Bowl	1 each	110	0	160	2.00	4.50	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Frosted Mini Wheat Choc	Bowl Pack	100	0	105	3.00	8.10	0.0	0	0.0	6	3.0	23.0	1.0	0.00	0.00
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00
Cereal Fruity Cheerios	Bowlpak	120	0	140	2.00	4.50	100.0	500	6.0	9	2.0	25.0	2.0	0.00	0.00
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Lucky Charms Bowlpak	Bowlpak	110	0	180	2.00	4.50	100.0	500	6.0	10	2.0	23.0	1.0	0.00	0.00
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Juice Apple	serving	60	0	0	0.00	0.00	0.0	0	15.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Cherry Star	Carton (4 o	50	0	35	0.00	*N/A*	*N/A*	500	30.0	12	0.0	13.0	0.0	0.00	0.00
Juice Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		2850	59	3620	33.00	*61.38	*2290.0	9550	*161.40	*195	75.00	541.00	51.50	12.50	0.00
% of Calories										*27.4%	10.5%	75.9%	16.3%	3.9%	0.0%
Nutrient Guideline		350-500		540		2.50	200.00	595	11.00		5.50		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/17/2019															
Rockwood Elementary Break	Total														
Muffin Blueberry Otis Spunkmey	1 Each	190	45	130	2.00	1.08	20.0	100	0.0	*N/A*	3.0	30.0	6.0	2.00	0.00
Muffin Chocolate Otis	Muffin	190	45	130	2.00	1.44	40.0	100	0.0	*N/A*	4.0	32.0	6.0	2.00	0.00
Muffin Banana Otis	Muffin	190	31	130	2.00	0.72	40.0	100	0.0	*N/A*	3.0	31.0	6.0	2.00	0.00
Muffin, Apple Cinnamon	Muffin	190	40	130	2.00	1.08	20.0	50	0.0	16	3.0	30.0	6.0	2.00	0.00
Yogurt, Danimals	1 Each	70	5	60	0.00	0.00	150.0	0	9.0	10	4.0	14.0	0.0	0.00	0.00
Bug Bites Graham Crackers	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Crackers Cheez-It Whole Grain	Package	100	4	150	1.00	0.72	80.0	500	0.0	0	3.0	14.0	3.5	1.00	0.00
CRACKERS GOLDFISH CHEDDA	1 EACH	100	0	170	1.00	0.72	0.0	0	0.0	0	2.0	14.0	3.5	0.50	0.00
Crackers Graham Honey Maid Lil	Package	130	0	150	2.00	1.08	0.0	0	0.0	8	2.0	24.0	3.0	0.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Toast Crunch	Bowl	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	1.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00
Cereal Froot Loops 1 oz Bowl	1 each	110	0	160	2.00	4.50	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Frosted Mini Wheat Choc	Bowl Pack	100	0	105	3.00	8.10	0.0	0	0.0	6	3.0	23.0	1.0	0.00	0.00
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00
Cereal Fruity Cheerios	Bowlpak	120	0	140	2.00	4.50	100.0	500	6.0	9	2.0	25.0	2.0	0.00	0.00
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Lucky Charms Bowlpak	Bowlpak	110	0	180	2.00	4.50	100.0	500	6.0	10	2.0	23.0	1.0	0.00	0.00
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Juice Apple	serving	60	0	0	0.00	0.00	0.0	0	15.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Cherry Star	Carton (4 o	50	0	35	0.00	*N/A*	*N/A*	500	30.0	12	0.0	13.0	0.0	0.00	0.00
Juice Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		3160	200	3570	34.00	*61.38	*2310.0	8900	161.40	*200	79.00	588.00	61.50	18.50	0.00
% of Calories										*25.3%	10.0%	74.4%	17.5%	5.3%	0.0%
Nutrient Guideline		350-500		540		2.50	200.00	595	11.00		5.50		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/18/2019															
Rockwood Elementary Break	Total														
Eggs Scrambled	1/4 cup	82	221	147	0.00	0.94	54.7	307	0.1	*0	6.73	1.42	5.16	1.60	0.00
Biscuit	Biscuit	210	0	420	0.90	1.44	100.0	0	0.0	3	5.0	28.0	9.0	4.50	0.00
Biscuit w Jelly	biscuit	258	0	420	0.90	1.44	100.0	0	0.0	*3	5.0	39.69	9.0	4.50	0.00
Yogurt, Danimals	1 Each	70	5	60	0.00	0.00	150.0	0	9.0	10	4.0	14.0	0.0	0.00	0.00
Bug Bites Graham Crackers	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Crackers Cheez-It Whole Grain	Package	100	4	150	1.00	0.72	80.0	500	0.0	0	3.0	14.0	3.5	1.00	0.00
Crackers Graham Honey Maid Lil	Package	130	0	150	2.00	1.08	0.0	0	0.0	8	2.0	24.0	3.0	0.00	0.00
CRACKERS GOLDFISH CHEDDA	1 EACH	100	0	170	1.00	0.72	0.0	0	0.0	0	2.0	14.0	3.5	0.50	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Toast Crunch	Bowl	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	1.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00
Cereal Froot Loops 1 oz Bowl	1 each	110	0	160	2.00	4.50	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Frosted Mini Wheat Choc	Bowl Pack	100	0	105	3.00	8.10	0.0	0	0.0	6	3.0	23.0	1.0	0.00	0.00
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00
Cereal Fruity Cheerios	Bowlpak	120	0	140	2.00	4.50	100.0	500	6.0	9	2.0	25.0	2.0	0.00	0.00
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Lucky Charms Bowlpak	Bowlpak	110	0	180	2.00	4.50	100.0	500	6.0	10	2.0	23.0	1.0	0.00	0.00
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Juice Apple	-serving	60	0	0	0.00	0.00	0.0	0	15.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Cherry Star	Carton (4 o	50	0	35	0.00	*N/A*	*N/A*	500	30.0	12	0.0	13.0	0.0	0.00	0.00
Juice Orange Dairy Pak	-serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		2950	260	4037	27.80	*60.88	*2444.7	8857	161.49	*190	82.73	534.12	60.66	21.10	0.00
% of Calories										*25.8%	11.2%	72.4%	18.5%	6.4%	0.0%
Nutrient Guideline		350-500		540		2.50	200.00	595	11.00		5.50		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/19/2019															
Rockwood Elementary Break	Total														
Donut, Glazed	Donut	302	0	300	3.00	0.72	0.0	0	0.0	12	5.0	35.33	16.0	7.00	0.00
Yogurt, Danimals	1 Each	70	5	60	0.00	0.00	150.0	0	9.0	10	4.0	14.0	0.0	0.00	0.00
Bug Bites Graham Crackers	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Crackers Cheez-It Whole Grain	Package	100	4	150	1.00	0.72	80.0	500	0.0	0	3.0	14.0	3.5	1.00	0.00
CRACKERS GOLDFISH CHEDDA	1 EACH	100	0	170	1.00	0.72	0.0	0	0.0	0	2.0	14.0	3.5	0.50	0.00
Crackers Graham Honey Maid Lil	Package	130	0	150	2.00	1.08	0.0	0	0.0	8	2.0	24.0	3.0	0.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Toast Crunch	Bowl	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	1.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00
Cereal Froot Loops 1 oz Bowl	1 each	110	0	160	2.00	4.50	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Frosted Mini Wheat Choc	Bowl Pack	100	0	105	3.00	8.10	0.0	0	0.0	6	3.0	23.0	1.0	0.00	0.00
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00
Cereal Fruity Cheerios	Bowlpak	120	0	140	2.00	4.50	100.0	500	6.0	9	2.0	25.0	2.0	0.00	0.00
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Lucky Charms Bowlpak	Bowlpak	110	0	180	2.00	4.50	100.0	500	6.0	10	2.0	23.0	1.0	0.00	0.00
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Juice Apple	serving	60	0	0	0.00	0.00	0.0	0	15.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Cherry Star	Carton (4 o	50	0	35	0.00	*N/A*	*N/A*	500	30.0	12	0.0	13.0	0.0	0.00	0.00
Juice Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		2702	39	3350	29.00	*57.78	*2190.0	8550	161.40	*196	71.00	500.33	53.50	17.50	0.00
% of Calories										*29.1%	10.5%	74.1%	17.8%	5.8%	0.0%
Nutrient Guideline		350-500		540		2.50	200.00	595	11.00		5.50		<=30.0	<10.00	

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

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

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/20/2019															
Rockwood Elementary Break	Total														
Breakfast Nachos	1 Each	232	217	227	2.00	1.28	74.0	301	1.3	*1	8.6	19.41	12.25	2.69	0.00
Yogurt, Danimals	1 Each	70	5	60	0.00	0.00	150.0	0	9.0	10	4.0	14.0	0.0	0.00	0.00
Bug Bites Graham Crackers	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Crackers Cheez-It Whole Grain	Package	100	4	150	1.00	0.72	80.0	500	0.0	0	3.0	14.0	3.5	1.00	0.00
CRACKERS GOLDFISH CHEDDA	1 EACH	100	0	170	1.00	0.72	0.0	0	0.0	0	2.0	14.0	3.5	0.50	0.00
Crackers Graham Honey Maid Lil	Package	130	0	150	2.00	1.08	0.0	0	0.0	8	2.0	24.0	3.0	0.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Toast Crunch	Bowl	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	1.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00
Cereal Froot Loops 1 oz Bowl	1 each	110	0	160	2.00	4.50	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Frosted Mini Wheat Choc	Bowl Pack	100	0	105	3.00	8.10	0.0	0	0.0	6	3.0	23.0	1.0	0.00	0.00
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00
Cereal Fruity Cheerios	Bowlpak	120	0	140	2.00	4.50	100.0	500	6.0	9	2.0	25.0	2.0	0.00	0.00
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Lucky Charms Bowlpak	Bowlpak	110	0	180	2.00	4.50	100.0	500	6.0	10	2.0	23.0	1.0	0.00	0.00
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Juice Apple	serving	60	0	0	0.00	0.00	0.0	0	15.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Cherry Star	Carton (4 o	50	0	35	0.00	*N/A*	*N/A*	500	30.0	12	0.0	13.0	0.0	0.00	0.00
Juice Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		2632	256	3277	28.00	*58.34	*2264.0	8851	162.69	*185	74.59	484.41	49.75	13.18	0.00
% of Calories										*28.1%	11.3%	73.6%	17.0%	4.5%	0.0%
Nutrient Guideline		350-500		540		2.50	200.00	595	11.00		5.50		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/23/2019															
Rockwood Elementary Break	Total														
BAGEL, Toasted w Cream Cheese	1 EACH	230	25	320	4.00	1.80	60.0	300	0.0	7	7.0	31.0	10.79	5.00	0.00
Yogurt, Danimals	1 Each	70	5	60	0.00	0.00	150.0	0	9.0	10	4.0	14.0	0.0	0.00	0.00
Bug Bites Graham Crackers	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Crackers Cheez-It Whole Grain	Package	100	4	150	1.00	0.72	80.0	500	0.0	0	3.0	14.0	3.5	1.00	0.00
CRACKERS GOLDFISH CHEDDA	1 EACH	100	0	170	1.00	0.72	0.0	0	0.0	0	2.0	14.0	3.5	0.50	0.00
Crackers Graham Honey Maid Lil	Package	130	0	150	2.00	1.08	0.0	0	0.0	8	2.0	24.0	3.0	0.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Toast Crunch	Bowl	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	1.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00
Cereal Froot Loops 1 oz Bowl	1 each	110	0	160	2.00	4.50	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Frosted Mini Wheat Choc	Bowl Pack	100	0	105	3.00	8.10	0.0	0	0.0	6	3.0	23.0	1.0	0.00	0.00
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00
Cereal Fruity Cheerios	Bowlpak	120	0	140	2.00	4.50	100.0	500	6.0	9	2.0	25.0	2.0	0.00	0.00
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Lucky Charms Bowlpak	Bowlpak	110	0	180	2.00	4.50	100.0	500	6.0	10	2.0	23.0	1.0	0.00	0.00
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Juice Apple	serving	60	0	0	0.00	0.00	0.0	0	15.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Cherry Star	Carton (4 o	50	0	35	0.00	*N/A*	*N/A*	500	30.0	12	0.0	13.0	0.0	0.00	0.00
Juice Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		2630	64	3370	30.00	*58.86	*2250.0	8850	161.40	*191	73.00	496.00	48.29	15.50	0.00
% of Calories										*29.0%	11.1%	75.4%	16.5%	5.3%	0.0%
Nutrient Guideline		350-500		540		2.50	200.00	595	11.00		5.50		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/24/2019															
Rockwood Elementary Break	Total														
Oatmeal Combi	1 CUP	213	0	11	4.34	1.89	41.0	1	0.01	*0	6.78	37.56	2.66	0.47	*0.00
Oatmeal	1 CUP	219	0	13	4.51	1.96	43.4	1	0.01	*0	7.05	38.57	2.76	0.49	*0.00
Chocolate Chips	1 TSP	23	0	0	0.00	0.00	0.0	0	0.0	2	0.33	3.0	1.33	1.00	0.00
Sprinkles Rainbow	1 TSP	20	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	1.0	0.00	0.00
CRANBERRIES DRIED	1/8 CUP	47	0	1	0.88	0.08	1.5	0	0.03	*N/A*	0.01	12.48	0.21	0.01	0.00
Yogurt, Danimals	1 Each	70	5	60	0.00	0.00	150.0	0	9.0	10	4.0	14.0	0.0	0.00	0.00
Bug Bites Graham Crackers	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Crackers Cheez-It Whole Grain	Package	100	4	150	1.00	0.72	80.0	500	0.0	0	3.0	14.0	3.5	1.00	0.00
CRACKERS GOLDFISH CHEDDA	1 EACH	100	0	170	1.00	0.72	0.0	0	0.0	0	2.0	14.0	3.5	0.50	0.00
Crackers Graham Honey Maid Lil	Package	130	0	150	2.00	1.08	0.0	0	0.0	8	2.0	24.0	3.0	0.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Toast Crunch	Bowl	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	1.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00
Cereal Froot Loops 1 oz Bowl	1 each	110	0	160	2.00	4.50	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Frosted Mini Wheat Choc	Bowl Pack	100	0	105	3.00	8.10	0.0	0	0.0	6	3.0	23.0	1.0	0.00	0.00
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00
Cereal Fruity Cheerios	Bowlpak	120	0	140	2.00	4.50	100.0	500	6.0	9	2.0	25.0	2.0	0.00	0.00
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Lucky Charms Bowlpak	Bowlpak	110	0	180	2.00	4.50	100.0	500	6.0	10	2.0	23.0	1.0	0.00	0.00
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Juice Apple	serving	60	0	0	0.00	0.00	0.0	0	15.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Cherry Star	Carton (4 o	50	0	35	0.00	*N/A*	*N/A*	500	30.0	12	0.0	13.0	0.0	0.00	0.00
Juice Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		2922	39	3075	35.72	*60.98	*2275.8	8552	161.45	*187	80.17	559.61	45.46	12.47	*0.00
% of Calories										*25.5%	11.0%	76.6%	14.0%	3.8%	*0.0%
Nutrient Guideline		350-500		540		2.50	200.00	595	11.00		5.50		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/25/2019															
Rockwood Elementary Break	Total														
Honey Bun Whole Grain	1 Each	290	0	240	3.00	1.80	20.0	0	0.0	8	5.0	32.0	16.0	7.00	0.00
Yogurt Vanilla Nonfat	1/2 cup	91	0	56	0.70	0.00	301.9	0	0.0	15	3.51	19.66	0.0	0.00	0.00
Yogurt, Danimals	1 Each	70	5	60	0.00	0.00	150.0	0	9.0	10	4.0	14.0	0.0	0.00	0.00
Bug Bites Graham Crackers	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Crackers Cheez-It Whole Grain	Package	100	4	150	1.00	0.72	80.0	500	0.0	0	3.0	14.0	3.5	1.00	0.00
Crackers Graham Honey Maid Lil	Package	130	0	150	2.00	1.08	0.0	0	0.0	8	2.0	24.0	3.0	0.00	0.00
CRACKERS GOLDFISH CHEDDA	1 EACH	100	0	170	1.00	0.72	0.0	0	0.0	0	2.0	14.0	3.5	0.50	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Toast Crunch	Bowl	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	1.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00
Cereal Froot Loops 1 oz Bowl	1 each	110	0	160	2.00	4.50	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Frosted Mini Wheat Choc	Bowl Pack	100	0	105	3.00	8.10	0.0	0	0.0	6	3.0	23.0	1.0	0.00	0.00
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00
Cereal Fruity Cheerios	Bowlpak	120	0	140	2.00	4.50	100.0	500	6.0	9	2.0	25.0	2.0	0.00	0.00
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Lucky Charms Bowlpak	Bowlpak	110	0	180	2.00	4.50	100.0	500	6.0	10	2.0	23.0	1.0	0.00	0.00
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Juice Apple	serving	60	0	0	0.00	0.00	0.0	0	15.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Cherry Star	Carton (4 o	50	0	35	0.00	*N/A*	*N/A*	500	30.0	12	0.0	13.0	0.0	0.00	0.00
Juice Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		2781	39	3346	29.70	*58.86	*2511.9	8550	161.40	*207	74.51	516.66	53.50	17.50	0.00
% of Calories										*29.8%	10.7%	74.3%	17.3%	5.7%	0.0%
Nutrient Guideline		350-500		540		2.50	200.00	595	11.00		5.50		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/26/2019															
Rockwood Elementary Break	Total														
EGG HARD-BOILED/Egg Pop	1 EACH	78	187	78	0.00	0.60	25.0	260	0.68	*1	6.29	0.62	5.31	1.63	*0.00
Yogurt, Danimals	1 Each	70	5	60	0.00	0.00	150.0	0	9.0	10	4.0	14.0	0.0	0.00	0.00
Bug Bites Graham Crackers	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Crackers Cheez-It Whole Grain	Package	100	4	150	1.00	0.72	80.0	500	0.0	0	3.0	14.0	3.5	1.00	0.00
CRACKERS GOLDFISH CHEDDA	1 EACH	100	0	170	1.00	0.72	0.0	0	0.0	0	2.0	14.0	3.5	0.50	0.00
Crackers Graham Honey Maid Lil	Package	130	0	150	2.00	1.08	0.0	0	0.0	8	2.0	24.0	3.0	0.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Toast Crunch	Bowl	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	1.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00
Cereal Froot Loops 1 oz Bowl	1 each	110	0	160	2.00	4.50	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Frosted Mini Wheat Choc	Bowl Pack	100	0	105	3.00	8.10	0.0	0	0.0	6	3.0	23.0	1.0	0.00	0.00
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00
Cereal Fruity Cheerios	Bowlpak	120	0	140	2.00	4.50	100.0	500	6.0	9	2.0	25.0	2.0	0.00	0.00
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Lucky Charms Bowlpak	Bowlpak	110	0	180	2.00	4.50	100.0	500	6.0	10	2.0	23.0	1.0	0.00	0.00
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Juice Apple	serving	60	0	0	0.00	0.00	0.0	0	15.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Cherry Star	Carton (4 o	50	0	35	0.00	*N/A*	*N/A*	500	30.0	12	0.0	13.0	0.0	0.00	0.00
Juice Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		2478	225	3128	26.00	*57.65	*2215.0	8810	162.07	*185	72.29	465.62	42.80	12.13	*0.00
% of Calories										*29.8%	11.7%	75.2%	15.5%	4.4%	*0.0%
Nutrient Guideline		350-500		540		2.50	200.00	595	11.00		5.50		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/27/2019															
Rockwood Elementary Break	Total														
Dutch Waffle	Waffle	304	20	350	3.00	1.80	40.0	0	0.0	13	4.0	44.04	13.0	3.00	*0.00
Blueberry Topping	1 Each	75	*0	2	1.04	0.45	7.0	65	1.52	*13	0.29	18.84	0.0	0.00	*0.00
Cherry Sauce Combi	1/8 Cup	45	0	8	0.02	0.12	3.9	51	1.05	*11	0.26	11.03	0.0	0.00	*0.00
Yogurt, Danimals	1 Each	70	5	60	0.00	0.00	150.0	0	9.0	10	4.0	14.0	0.0	0.00	0.00
Bug Bites Graham Crackers	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Crackers Cheez-It Whole Grain	Package	100	4	150	1.00	0.72	80.0	500	0.0	0	3.0	14.0	3.5	1.00	0.00
CRACKERS GOLDFISH CHEDDA	1 EACH	100	0	170	1.00	0.72	0.0	0	0.0	0	2.0	14.0	3.5	0.50	0.00
Crackers Graham Honey Maid Lil	Package	130	0	150	2.00	1.08	0.0	0	0.0	8	2.0	24.0	3.0	0.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Toast Crunch	Bowl	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	1.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00
Cereal Froot Loops 1 oz Bowl	1 each	110	0	160	2.00	4.50	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Frosted Mini Wheat Choc	Bowl Pack	100	0	105	3.00	8.10	0.0	0	0.0	6	3.0	23.0	1.0	0.00	0.00
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00
Cereal Fruity Cheerios	Bowlpak	120	0	140	2.00	4.50	100.0	500	6.0	9	2.0	25.0	2.0	0.00	0.00
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Lucky Charms Bowlpak	Bowlpak	110	0	180	2.00	4.50	100.0	500	6.0	10	2.0	23.0	1.0	0.00	0.00
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Juice Apple	-serving	60	0	0	0.00	0.00	0.0	0	15.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Cherry Star	Carton (4 o	50	0	35	0.00	*N/A*	*N/A*	500	30.0	12	0.0	13.0	0.0	0.00	0.00
Juice Orange Dairy Pak	-serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		2824	*59	3410	30.06	*59.43	*2241.0	8666	163.97	*220	70.55	538.91	50.50	13.50	*0.00
% of Calories										*31.2%	10.0%	76.3%	16.1%	4.3%	*0.0%
Nutrient Guideline		350-500		540		2.50	200.00	595	11.00		5.50		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/30/2019															
Rockwood Elementary Break	Total														
Pizza Breakfast	pizza	210	15	350	3.00	1.80	100.0	0	0.0	5	9.0	27.0	7.0	2.00	0.00
Yogurt, Danimals	1 Each	70	5	60	0.00	0.00	150.0	0	9.0	10	4.0	14.0	0.0	0.00	0.00
Bug Bites Graham Crackers	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Crackers Cheez-It Whole Grain	Package	100	4	150	1.00	0.72	80.0	500	0.0	0	3.0	14.0	3.5	1.00	0.00
CRACKERS GOLDFISH CHEDDA	1 EACH	100	0	170	1.00	0.72	0.0	0	0.0	0	2.0	14.0	3.5	0.50	0.00
Crackers Graham Honey Maid Lil	Package	130	0	150	2.00	1.08	0.0	0	0.0	8	2.0	24.0	3.0	0.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Toast Crunch	Bowl	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	1.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00
Cereal Froot Loops 1 oz Bowl	1 each	110	0	160	2.00	4.50	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Frosted Mini Wheat Choc	Bowl Pack	100	0	105	3.00	8.10	0.0	0	0.0	6	3.0	23.0	1.0	0.00	0.00
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00
Cereal Fruity Cheerios	Bowlpak	120	0	140	2.00	4.50	100.0	500	6.0	9	2.0	25.0	2.0	0.00	0.00
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Lucky Charms Bowlpak	Bowlpak	110	0	180	2.00	4.50	100.0	500	6.0	10	2.0	23.0	1.0	0.00	0.00
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Juice Apple	serving	60	0	0	0.00	0.00	0.0	0	15.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Cherry Star	Carton (4 o	50	0	35	0.00	*N/A*	*N/A*	500	30.0	12	0.0	13.0	0.0	0.00	0.00
Juice Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		2610	54	3400	29.00	*58.86	*2290.0	8550	161.40	*189	75.00	492.00	44.50	12.50	0.00
% of Calories										*29.0%	11.5%	75.4%	15.3%	4.3%	0.0%
Nutrient Guideline		350-500		540		2.50	200.00	595	11.00		5.50		<=30.0	<10.00	

Weighted Average		2747	*89	3409	29.80	*59.36	*2331.9	8821	*162.63	*199	74.49	518.75	48.65	14.24	*0.00
										*65.2%	10.8%	75.5%	15.9%	4.7%	*0.0%

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Breakfast

Portion Values - Detailed

Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
			Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	2747		350 - 500	549%			2247	Correction Required - Calories too High									
Cholesterol (mg)	89				Missing												
Sodium 1 (mg)	3409		540				2869	Correction Required - Sodium too High									
Sodium 2 (mg)	3409		485				2924	Correction Required - Sodium too High									
Fiber (g)	29.80																
Iron (mg)	59.36		2.50	2374%	Missing												
Calcium (mg)	2331.9		200.00	1166%	Missing												
Vitamin A (IU)	8821		595	1483%													
Sugars (g)	199	28.96%			Missing												
Vitamin C (mg)	162.63		11.00	1478%	Missing												
Protein (g)	74.49	10.85%	5.50	1354%													
Carbohydrate (g)	518.75	75.53%															
Total Fat (g)	48.65	15.94%	<=30.00%														
Saturated Fat (g)	14.24	4.67%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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