

Rockwood School District

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2019 thru Sep 30, 2019

Rockwood Elementary Lunch

Generated on: 8/22/2019 1:30:18 PM

	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 - 09/02/2019															
Rockwood Elementary Lunch NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		550-650		1230		3.30	267.00	1000	15.00		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*

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Sep 1, 2019 thru Sep 30, 2019

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Rockwood Elementary Lunch

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Page 2

Generated on: 8/22/2019 1:30:18 PM

	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 Lunch	Total														
Tacos, Mini Chicken	Serving (3)	320	55	480	4.00	3.60	200.0	400	2.4	0	17.0	31.0	14.0	5.00	0.00
Chips & Salsa	1 each	98	0	328	1.90	1.61	17.7	352	3.16	*N/A*	1.96	13.48	3.63	0.52	*0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey on Whole Wheat	Sandwich	252	45	591	2.86	1.80	20.0	0	0.0	*0	22.82	25.34	6.5	2.08	0.00
Sunbutter and Jelly Sandwich	1 Each	614	0	491	10.86	4.32	60.0	105	0.0	*N/A*	19.82	56.88	34.0	4.58	0.00
Veggie Wrap w Hummus	SERVINGS	408	16	781	7.77	*1.81	*298.5	*987	*5.4	*3	17.47	37.56	22.18	6.38	0.00
Salad Chef El. no dres/cracker	Salad	105	188	121	2.83	2.60	101.5	10782	16.22	*2	8.97	5.66	5.61	1.79	0.02
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
CRACKERS, SALTINE, WG	4 EACH	120	0	360	2.00	1.44	0.0	0	0.0	0	2.0	20.0	3.0	0.00	0.00
Goldfish Pretzels	1 each	90	0	200	1.00	0.72	0.0	0	0.0	*N/A*	2.0	16.0	1.5	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
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	0	0.0	8	2.0	21.0	4.0	1.00	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	0	0.0	7	2.0	21.0	4.0	1.00	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
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
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	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
Yogurt 8 oz Upstate Farms Var	1 each	180	5	105	0.00	0.00	600.0	0	2.4	*N/A*	6.0	38.0	0.0	0.00	0.00
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00
Veggie Boat Elementary	1 each	131	7	374	1.35	*0.40	*20.1	*4255	*11.2	*2	2.06	6.75	11.45	2.15	0.00
Hummus w Hummus Made Easy	1/4 Cup	118	0	173	2.54	0.69	16.4	13	2.06	*3	4.11	9.25	7.48	1.08	0.00
Refried Beans Southwestern	1/2 cup	229	6	904	10.93	3.66	73.7	355	3.3	*0	11.46	32.62	5.56	2.19	*0.00
PINEAPPLE CHUNKS canned It syr	1/2 CUP	75	0	1	1.00	0.35	17.4	47	11.83	18	0.52	19.55	0.1	0.01	0.00
Applesauce, Unsweet Ind Cup	Cup (4.5 oz)	60	0	25	2.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Cinnamon Ind Cup	Cup (4.5 oz)	60	0	15	1.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Strawberry Ind Cup	Cup (4.5 oz)	60	0	17	1.00	0.00	0.0	0	60.0	*N/A*	0.0	15.0	0.0	0.00	0.00
BLUEBERRIES, FROZEN, WILD, I QF	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
Craisins, All Flavors	Pouch (1.16 oz)	110	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	28.0	0.0	0.00	0.00
Peach cup frozen commodity	6 oz serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00

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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)
Tue - 09/03/2019															
RAISINS	Pkg (1.5 oz)	113	0	10	1.70	0.67	23.4	0	0.87	25	1.24	29.91	0.09	0.04	0.00
Raisel: Grape/Tropical Flavor	Package (1.5oz)	130	0	5	2.00	0.00	20.0	0	60.0	23	1.0	29.0	0.0	0.00	0.00
Juice Apple	1.5oz	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 oz)	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 Commodity	1.5oz	56	0	1	0.20	0.12	11.0	133	48.4	*N/A*	0.85	13.41	0.07	0.01	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00
Dressing Italian Fat Free	1.5 oz	21	0	343	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.12	0.0	0.00	0.00
Dressing Honey Mustard	1.5 oz	147	0	411	0.00	0.00	0.0	0	0.0	*N/A*	0.0	8.8	11.73	1.47	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	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
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
Weighted Daily Average		6374	654	9711	80.44	*34.36	*4044.9	*31227	*584.29	*228	233.82	825.33	242.02	65.64	*0.02
% of Calories										*14.3%	14.7%	51.8%	34.2%	9.3%	*0.0%
Nutrient Guideline		550-650		1230		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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Wed - 09/04/2019															
Rockwood Elementary Lunch	Total														
French Toast Sticks, BakeCraft	3 French T oast	260	10	290	2.00	0.72	20.0	0	0.0	14	6.0	42.0	8.0	1.00	0.00
Sausage, Link Jones	2 links	240	40	180	0.00	0.72	0.0	0	0.0	0	8.0	0.0	24.0	8.00	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
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey on Whole Wheat	Sandwich	252	45	591	2.86	1.80	20.0	0	0.0	*0	22.82	25.34	6.5	2.08	0.00
Sunbutter and Jelly Sandwich	1 Each	614	0	491	10.86	4.32	60.0	105	0.0	*N/A*	19.82	56.88	34.0	4.58	0.00
Veggie Wrap w Hummus	SERVINGS	408	16	781	7.77	*1.81	*298.5	*987	*5.4	*3	17.47	37.56	22.18	6.38	0.00
Salad Chef El. no dres/cracker	Salad	105	188	121	2.83	2.60	101.5	10782	16.22	*2	8.97	5.66	5.61	1.79	0.02
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
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
Goldfish Pretzels	1 each	90	0	200	1.00	0.72	0.0	0	0.0	*N/A*	2.0	16.0	1.5	0.00	0.00
CRACKERS, SALTINE, WG	4 EACH	120	0	360	2.00	1.44	0.0	0	0.0	0	2.0	20.0	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
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	0	0.0	8	2.0	21.0	4.0	1.00	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	0	0.0	7	2.0	21.0	4.0	1.00	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
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
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	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
Yogurt 8 oz Upstate Farms Var	1 each	180	5	105	0.00	0.00	600.0	0	2.4	*N/A*	6.0	38.0	0.0	0.00	0.00
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00
Veggie Boat Elementary	1 each	131	7	374	1.35	*0.40	*20.1	*4255	*11.2	*2	2.06	6.75	11.45	2.15	0.00
Hummus w Hummus Made Easy	1/4 Cup	118	0	173	2.54	0.69	16.4	13	2.06	*3	4.11	9.25	7.48	1.08	0.00
Sweet Potat. Roasted/Breakfast	1/2 cup	110	0	97	1.10	0.50	33.1	18415	8.51	*8	1.11	21.8	2.21	0.33	*0.01
APPLESAUCE:cnnnd unswtnd+vit C	1/2 CUP	51	0	2	1.34	0.28	4.9	35	25.86	*N/A*	0.21	13.75	0.12	0.01	*N/A*
Applesauce, Unsweet Ind Cup	Cup (4.5 oz	60	0	25	2.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Cinnamon Ind Cup	Cup (4.5 oz	60	0	15	1.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Strawberry Ind Cup	Cup (4.5 oz	60	0	17	1.00	0.00	0.0	0	60.0	*N/A*	0.0	15.0	0.0	0.00	0.00
BLUEBERRIES, FROZEN, WILD, I	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00

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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)
Wed - 09/04/2019															
QF															
Craisins, All Flavors	Pouch (1.1 6 oz)	110	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	28.0	0.0	0.00	0.00
RAISINS	Pkg (1.5 oz)	113	0	10	1.70	0.67	23.4	0	0.87	25	1.24	29.91	0.09	0.04	0.00
Raisel: Grape/Tropical Flavor	Package (1.5oz)	130	0	5	2.00	0.00	20.0	0	60.0	23	1.0	29.0	0.0	0.00	0.00
Strawberry Froz Cup 4.5oz Swt	4.5 oz cup	90	0	0	2.00	0.36	20.0	31	66.0	18	1.0	22.0	0.0	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 Commodity	serving	56	0	1	0.20	0.12	11.0	133	48.4	*N/A*	0.85	13.41	0.07	0.01	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00
Dressing Italian Fat Free	1.5 oz	21	0	343	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.12	0.0	0.00	0.00
Dressing Honey Mustard	1.5 oz	147	0	411	0.00	0.00	0.0	0	0.0	*N/A*	0.0	8.8	11.73	1.47	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	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
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
Weighted Daily Average		6893	663	9177	75.06	*31.68	*3914.0	*49254	*501.98	*262	227.20	916.24	267.07	69.27	*0.03
% of Calories										*15.2%	13.2%	53.2%	34.9%	9.0%	*0.0%
Nutrient Guideline		550-650		1230		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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Rockwood School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

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)
Thu - 09/05/2019															
Rockwood Elementary Lunch	Total														
Galaxy Pizza	Indv. Pizza	280	30	410	3.00	1.80	200.0	300	0.0	8	15.0	26.0	12.0	6.00	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey on Whole Wheat	Sandwich	252	45	591	2.86	1.80	20.0	0	0.0	*0	22.82	25.34	6.5	2.08	0.00
Sunbutter and Jelly Sandwich	1 Each	614	0	491	10.86	4.32	60.0	105	0.0	*N/A*	19.82	56.88	34.0	4.58	0.00
Veggie Wrap w Hummus	SERVINGS	408	16	781	7.77	*1.81	*298.5	*987	*5.4	*3	17.47	37.56	22.18	6.38	0.00
Salad Chef El. no dres/cracker	Salad	105	188	121	2.83	2.60	101.5	10782	16.22	*2	8.97	5.66	5.61	1.79	0.02
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
CRACKERS, SALTINE, WG	4 EACH	120	0	360	2.00	1.44	0.0	0	0.0	0	2.0	20.0	3.0	0.00	0.00
Goldfish Pretzels	1 each	90	0	200	1.00	0.72	0.0	0	0.0	*N/A*	2.0	16.0	1.5	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
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	0	0.0	8	2.0	21.0	4.0	1.00	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	0	0.0	7	2.0	21.0	4.0	1.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
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
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	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
Yogurt 8 oz Upstate Farms Var	1 each	180	5	105	0.00	0.00	600.0	0	2.4	*N/A*	6.0	38.0	0.0	0.00	0.00
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00
Veggie Boat Elementary	1 each	131	7	374	1.35	*0.40	*20.1	*4255	*11.2	*2	2.06	6.75	11.45	2.15	0.00
Mushrooms Roasted	1/2 cup	18	0	24	0.90	0.33	0.2	0	1.07	0	2.68	2.73	0.0	0.00	0.00
BANANAS, Medium, 7-7/8"	1 EACH	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
BANANAS, Small, 6" to 6-7/8"	1 EACH	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
Applesauce, Unsweet Ind Cup	Cup (4.5 oz)	60	0	25	2.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Cinnamon Ind Cup	Cup (4.5 oz)	60	0	15	1.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Strawberry Ind Cup	Cup (4.5 oz)	60	0	17	1.00	0.00	0.0	0	60.0	*N/A*	0.0	15.0	0.0	0.00	0.00
BLUEBERRIES, FROZEN, WILD, I QF	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
Craisins, All Flavors	Pouch (1.1 6 oz)	110	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	28.0	0.0	0.00	0.00
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
RAISINS	Pkg (1.5 oz)	113	0	10	1.70	0.67	23.4	0	0.87	25	1.24	29.91	0.09	0.04	0.00

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Rockwood School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

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 - 09/05/2019															
Raisel: Grape/Tropical Flavor	Package (1.5oz)	130	0	5	2.00	0.00	20.0	0	60.0	23	1.0	29.0	0.0	0.00	0.00
Strawberry Froz Cup 4.5oz Swt	4.5 oz cup	90	0	0	2.00	0.36	20.0	31	66.0	18	1.0	22.0	0.0	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 oz)	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 Commodity	serving	56	0	1	0.20	0.12	11.0	133	48.4	*N/A*	0.85	13.41	0.07	0.01	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00
Dressing Italian Fat Free	1.5 oz	21	0	343	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.12	0.0	0.00	0.00
Dressing Honey Mustard	1.5 oz	147	0	411	0.00	0.00	0.0	0	0.0	*N/A*	0.0	8.8	11.73	1.47	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	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
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
Weighted Daily Average		6117	623	8261	71.68	*27.51	*3950.8	*30531	*647.66	*261	219.84	820.18	223.98	63.09	*0.02
% of Calories										*17.0%	14.4%	53.6%	33.0%	9.3%	*0.0%
Nutrient Guideline		550-650		1230		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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Rockwood School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

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)
Fri - 09/06/2019															
Rockwood Elementary Lunch	Total														
CHICKEN GIGGLES	2 PIECES	250	50	410	2.00	1.80	20.0	0	0.0	1	16.0	14.0	14.0	3.00	0.00
Breadstick White Wheat	Breadstick	60	0	70	1.00	0.72	20.0	0	0.0	0	2.0	13.0	0.5	0.00	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey on Whole Wheat	Sandwich	252	45	591	2.86	1.80	20.0	0	0.0	*0	22.82	25.34	6.5	2.08	0.00
Sunbutter and Jelly Sandwich	1 Each	614	0	491	10.86	4.32	60.0	105	0.0	*N/A*	19.82	56.88	34.0	4.58	0.00
Veggie Wrap w Hummus	SERVINGS	408	16	781	7.77	*1.81	*298.5	*987	*5.4	*3	17.47	37.56	22.18	6.38	0.00
Salad Chef El. no dres/cracker	Salad	105	188	121	2.83	2.60	101.5	10782	16.22	*2	8.97	5.66	5.61	1.79	0.02
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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 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, 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
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
CRACKERS, SALTINE, WG	4 EACH	120	0	360	2.00	1.44	0.0	0	0.0	0	2.0	20.0	3.0	0.00	0.00
Goldfish Pretzels	1 each	90	0	200	1.00	0.72	0.0	0	0.0	*N/A*	2.0	16.0	1.5	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
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	0	0.0	8	2.0	21.0	4.0	1.00	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	0	0.0	7	2.0	21.0	4.0	1.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
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
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	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
Yogurt 8 oz Upstate Farms Var	1 each	180	5	105	0.00	0.00	600.0	0	2.4	*N/A*	6.0	38.0	0.0	0.00	0.00
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00
Veggie Boat Elementary	1 each	131	7	374	1.35	*0.40	*20.1	*4255	*11.2	*2	2.06	6.75	11.45	2.15	0.00
Hummus w Hummus Made Easy	1/4 Cup	118	0	173	2.54	0.69	16.4	13	2.06	*3	4.11	9.25	7.48	1.08	0.00
Potato Smiles	4 smiles	130	0	180	2.00	0.36	0.0	0	2.4	0	2.0	20.0	4.5	0.50	0.00
ORANGES	1 EACH	62	0	0	3.14	0.13	52.4	295	69.69	12	1.23	15.39	0.16	0.02	0.00
Applesauce, Cinnamon Ind Cup	Cup (4.5 oz)	60	0	15	1.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Strawberry Ind Cup	Cup (4.5 oz)	60	0	17	1.00	0.00	0.0	0	60.0	*N/A*	0.0	15.0	0.0	0.00	0.00
BLUEBERRIES, FROZEN, WILD, I QF	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00

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Rockwood School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

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 - 09/06/2019															
Craisins, All Flavors	Pouch (1.16 oz)	110	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	28.0	0.0	0.00	0.00
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
RAISINS	Pkg (1.5 oz)	113	0	10	1.70	0.67	23.4	0	0.87	25	1.24	29.91	0.09	0.04	0.00
Raisel: Grape/Tropical Flavor	Package (1.5oz)	130	0	5	2.00	0.00	20.0	0	60.0	23	1.0	29.0	0.0	0.00	0.00
Strawberry Froz Cup 4.5oz Swt	4.5 oz cup	90	0	0	2.00	0.36	20.0	31	66.0	18	1.0	22.0	0.0	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 Commodity	serving	56	0	1	0.20	0.12	11.0	133	48.4	*N/A*	0.85	13.41	0.07	0.01	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00
Dressing Italian Fat Free	1.5 oz	21	0	343	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.12	0.0	0.00	0.00
Dressing Honey Mustard	1.5 oz	147	0	411	0.00	0.00	0.0	0	0.0	*N/A*	0.0	8.8	11.73	1.47	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	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
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
Weighted Daily Average		6944	804	9153	78.77	*32.83	*3968.5	*30749	*641.69	*258	238.11	922.08	261.89	69.45	*0.02
% of Calories										*14.8%	13.7%	53.1%	33.9%	9.0%	*0.0%
Nutrient Guideline		550-650		1230		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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Rockwood School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

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)
Mon - 09/09/2019															
Rockwood Elementary Lunch	Total														
Nacho Supreme w Cheese Sauce	1 each	297	10	693	3.47	1.73	141.5	902	5.03	*1	16.33	24.02	14.18	3.93	*0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey on Whole Wheat	Sandwich	252	45	591	2.86	1.80	20.0	0	0.0	*0	22.82	25.34	6.5	2.08	0.00
Sunbutter and Jelly Sandwich	1 Each	614	0	491	10.86	4.32	60.0	105	0.0	*N/A*	19.82	56.88	34.0	4.58	0.00
Veggie Wrap w Hummus	SERVINGS	408	16	781	7.77	*1.81	*298.5	*987	*5.4	*3	17.47	37.56	22.18	6.38	0.00
Salad Chef El. no dres/cracker	Salad	105	188	121	2.83	2.60	101.5	10782	16.22	*2	8.97	5.66	5.61	1.79	0.02
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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 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, 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
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
CRACKERS, SALTINE, WG	4 EACH	120	0	360	2.00	1.44	0.0	0	0.0	0	2.0	20.0	3.0	0.00	0.00
Goldfish Pretzels	1 each	90	0	200	1.00	0.72	0.0	0	0.0	*N/A*	2.0	16.0	1.5	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
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	0	0.0	8	2.0	21.0	4.0	1.00	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	0	0.0	7	2.0	21.0	4.0	1.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
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
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	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
Yogurt 8 oz Upstate Farms Var	1 each	180	5	105	0.00	0.00	600.0	0	2.4	*N/A*	6.0	38.0	0.0	0.00	0.00
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00
Veggie Boat Elementary	1 each	131	7	374	1.35	*0.40	*20.1	*4255	*11.2	*2	2.06	6.75	11.45	2.15	0.00
CORN: frozen yellow boil/steam	HALF CUP	67	0	1	2.02	0.40	2.0	165	2.93	*N/A*	2.11	15.98	0.55	0.08	0.00
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
Applesauce, Unsweet Ind Cup	Cup (4.5 oz)	60	0	25	2.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Cinnamon Ind Cup	Cup (4.5 oz)	60	0	15	1.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Strawberry Ind Cup	Cup (4.5 oz)	60	0	17	1.00	0.00	0.0	0	60.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Craisins, All Flavors	Pouch (1.16 oz)	110	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	28.0	0.0	0.00	0.00
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00

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Rockwood School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

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 - 09/09/2019															
RAISINS	Pkg (1.5 oz)	113	0	10	1.70	0.67	23.4	0	0.87	25	1.24	29.91	0.09	0.04	0.00
Raisel: Grape/Tropical Flavor	Package (1.5oz)	130	0	5	2.00	0.00	20.0	0	60.0	23	1.0	29.0	0.0	0.00	0.00
Strawberry Froz Cup 4.5oz Swt	4.5 oz cup	90	0	0	2.00	0.36	20.0	31	66.0	18	1.0	22.0	0.0	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 Commodity	serving	56	0	1	0.20	0.12	11.0	133	48.4	*N/A*	0.85	13.41	0.07	0.01	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00
Dressing Italian Fat Free	1.5 oz	21	0	343	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.12	0.0	0.00	0.00
Dressing Honey Mustard	1.5 oz	147	0	411	0.00	0.00	0.0	0	0.0	*N/A*	0.0	8.8	11.73	1.47	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	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
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
Weighted Daily Average		6788	764	9038	74.47	*31.48	*3997.0	*31772	*795.56	*236	231.89	913.99	249.49	68.82	*0.02
% of Calories										*13.9%	13.7%	53.9%	33.1%	9.1%	*0.0%
Nutrient Guideline		550-650		1230		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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Rockwood School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

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 - 09/10/2019															
Rockwood Elementary Lunch	Total														
Pizza Dominos Cheese	slice	330	40	790	2.00	1.80	350.0	500	9.0	3	16.0	38.0	13.0	7.00	0.00
Pizza Dominos Pepperoni	slice	340	40	790	2.00	2.70	300.0	500	9.0	3	17.0	37.0	14.0	7.00	0.00
Pizza Dominos Sausage	slice	360	40	790	2.00	2.70	250.0	500	9.0	3	16.0	37.0	17.0	8.00	0.00
Pizza Hut Cheese 14"	Slice	320	40	640	3.00	2.70	390.0	360	*N/A*	2	16.0	36.0	12.0	3.90	0.00
Pizza Hut Pepperoni 14"	Slice	350	45	740	3.00	2.80	350.0	370	*N/A*	2	17.0	35.0	16.0	7.80	0.00
Pizza Hut Sausage 14"	Slice	370	45	780	3.00	3.00	330.0	330	*N/A*	2	17.0	35.0	18.0	8.00	0.00
Pizza Papa John's Cheese	slice	360	45	930	2.00	2.70	300.0	500	3.6	5	15.0	39.0	15.0	8.00	0.00
Pizza Papa John's Pepperoni	slice	390	50	1020	2.00	2.70	300.0	500	3.6	5	16.0	39.0	18.0	9.00	0.00
Pizza Papa John's Sausage	slice	400	50	1030	2.00	2.70	300.0	500	3.6	5	16.0	39.0	19.0	9.00	0.00
Lasagna Roll Up w Mozz Cheese	Roll Up	295	19	727	3.78	2.07	321.3	818	14.0	*4	16.15	38.04	7.83	4.00	0.00
Breadstick White Wheat	Breadstick	60	0	70	1.00	0.72	20.0	0	0.0	0	2.0	13.0	0.5	0.00	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey on Whole Wheat	Sandwich	252	45	591	2.86	1.80	20.0	0	0.0	*0	22.82	25.34	6.5	2.08	0.00
Sunbutter and Jelly Sandwich	1 Each	614	0	491	10.86	4.32	60.0	105	0.0	*N/A*	19.82	56.88	34.0	4.58	0.00
Veggie Wrap w Hummus	SERVINGS	408	16	781	7.77	*1.81	*298.5	*987	*5.4	*3	17.47	37.56	22.18	6.38	0.00
Salad Chef El. no dres/cracker	Salad	105	188	121	2.83	2.60	101.5	10782	16.22	*2	8.97	5.66	5.61	1.79	0.02
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
CRACKERS, SALTINE, WG	4 EACH	120	0	360	2.00	1.44	0.0	0	0.0	0	2.0	20.0	3.0	0.00	0.00
Goldfish Pretzels	1 each	90	0	200	1.00	0.72	0.0	0	0.0	*N/A*	2.0	16.0	1.5	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
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	0	0.0	8	2.0	21.0	4.0	1.00	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	0	0.0	7	2.0	21.0	4.0	1.00	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
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
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	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
Yogurt 8 oz Upstate Farms Var	1 each	180	5	105	0.00	0.00	600.0	0	2.4	*N/A*	6.0	38.0	0.0	0.00	0.00
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00
Veggie Boat Elementary	1 each	131	7	374	1.35	*0.40	*20.1	*4255	*11.2	*2	2.06	6.75	11.45	2.15	0.00
Hummus w Hummus Made Easy	1/4 Cup	118	0	173	2.54	0.69	16.4	13	2.06	*3	4.11	9.25	7.48	1.08	0.00
GREEN BEANS, Seasoned	HALF CUP	19	0	6	2.00	0.59	33.0	376	2.8	*N/A*	1.01	4.35	0.11	0.03	0.00

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Rockwood School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

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 - 09/10/2019															
Cantaloupe-Fresh	1/2 cup	27	0	13	0.72	0.17	7.2	2706	29.36	6	0.67	6.53	0.15	0.04	0.00
Applesauce, Unsweet Ind Cup	Cup (4.5 oz)	60	0	25	2.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Cinnamon Ind Cup	Cup (4.5 oz)	60	0	15	1.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Strawberry Ind Cup	Cup (4.5 oz)	60	0	17	1.00	0.00	0.0	0	60.0	*N/A*	0.0	15.0	0.0	0.00	0.00
BLUEBERRIES, FROZEN, WILD, I QF	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
Craisins, All Flavors	Pouch (1.1 6 oz)	110	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	28.0	0.0	0.00	0.00
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
RAISINS	Pkg (1.5 oz)	113	0	10	1.70	0.67	23.4	0	0.87	25	1.24	29.91	0.09	0.04	0.00
Raisel: Grape/Tropical Flavor	Package (1.5oz)	130	0	5	2.00	0.00	20.0	0	60.0	23	1.0	29.0	0.0	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 Commodity	serving	56	0	1	0.20	0.12	11.0	133	48.4	*N/A*	0.85	13.41	0.07	0.01	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00
Dressing Italian Fat Free	1.5 oz	21	0	343	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.12	0.0	0.00	0.00
Dressing Honey Mustard	1.5 oz	147	0	411	0.00	0.00	0.0	0	0.0	*N/A*	0.0	8.8	11.73	1.47	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	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
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
Weighted Daily Average		9273	1007	16324	91.12	*52.49	*6987.6	*38032	*647.56	*251	368.72	1125.6	369.33	129.69	*0.02
% of Calories										*10.8%	15.9%	48.6%	35.8%	12.6%	*0.0%
Nutrient Guideline		550-650		1230		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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Rockwood School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

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 - 09/11/2019															
Rockwood Elementary Lunch	Total														
Pizza Dominos Cheese	slice	330	40	790	2.00	1.80	350.0	500	9.0	3	16.0	38.0	13.0	7.00	0.00
Pizza Dominos Pepperoni	slice	340	40	790	2.00	2.70	300.0	500	9.0	3	17.0	37.0	14.0	7.00	0.00
Pizza Dominos Sausage	slice	360	40	790	2.00	2.70	250.0	500	9.0	3	16.0	37.0	17.0	8.00	0.00
Pizza Hut Cheese 14"	Slice	320	40	640	3.00	2.70	390.0	360	*N/A*	2	16.0	36.0	12.0	3.90	0.00
Pizza Hut Pepperoni 14"	Slice	350	45	740	3.00	2.80	350.0	370	*N/A*	2	17.0	35.0	16.0	7.80	0.00
Pizza Hut Sausage 14"	Slice	370	45	780	3.00	3.00	330.0	330	*N/A*	2	17.0	35.0	18.0	8.00	0.00
Pizza Papa John's Cheese	slice	360	45	930	2.00	2.70	300.0	500	3.6	5	15.0	39.0	15.0	8.00	0.00
Pizza Papa John's Pepperoni	slice	390	50	1020	2.00	2.70	300.0	500	3.6	5	16.0	39.0	18.0	9.00	0.00
Pizza Papa John's Sausage	slice	400	50	1030	2.00	2.70	300.0	500	3.6	5	16.0	39.0	19.0	9.00	0.00
Corn Dog	1 each	240	40	470	2.00	1.44	60.0	0	0.0	8	9.0	30.0	9.0	2.50	0.00
Cookies, States & Capitols	Package	100	0	70	2.00	7.20	100.0	400	4.8	*N/A*	2.0	18.0	3.0	1.00	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey on Whole Wheat	Sandwich	252	45	591	2.86	1.80	20.0	0	0.0	*0	22.82	25.34	6.5	2.08	0.00
Sunbutter and Jelly Sandwich	1 Each	614	0	491	10.86	4.32	60.0	105	0.0	*N/A*	19.82	56.88	34.0	4.58	0.00
Veggie Wrap w Hummus	SERVINGS	408	16	781	7.77	*1.81	*298.5	*987	*5.4	*3	17.47	37.56	22.18	6.38	0.00
Salad Chef El. no dres/cracker	Salad	105	188	121	2.83	2.60	101.5	10782	16.22	*2	8.97	5.66	5.61	1.79	0.02
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
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
Goldfish Pretzels	1 each	90	0	200	1.00	0.72	0.0	0	0.0	*N/A*	2.0	16.0	1.5	0.00	0.00
CRACKERS, SALTINE, WG	4 EACH	120	0	360	2.00	1.44	0.0	0	0.0	0	2.0	20.0	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
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	0	0.0	8	2.0	21.0	4.0	1.00	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	0	0.0	7	2.0	21.0	4.0	1.00	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
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
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	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
Yogurt 8 oz Upstate Farms Var	1 each	180	5	105	0.00	0.00	600.0	0	2.4	*N/A*	6.0	38.0	0.0	0.00	0.00
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00
Veggie Boat Elementary	1 each	131	7	374	1.35	*0.40	*20.1	*4255	*11.2	*2	2.06	6.75	11.45	2.15	0.00

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Rockwood School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

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 - 09/11/2019															
Hummus w Hummus Made Easy	1/4 Cup	118	0	173	2.54	0.69	16.4	13	2.06	*3	4.11	9.25	7.48	1.08	0.00
FRENCH FRIES: Crinkle Cut	1/2 Cup	80	0	20	1.33	0.48	0.0	0	4.0	*N/A*	1.33	12.67	3.0	1.00	0.00
GRAPES Fresh	1/2 CUP	60	0	10	0.67	0.00	13.3	0	0.8	*N/A*	0.0	15.33	0.0	0.00	0.00
Applesauce, Unsweet Ind Cup	Cup (4.5 oz	60	0	25	2.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Cinnamon Ind Cup	Cup (4.5 oz	60	0	15	1.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Strawberry Ind Cup	Cup (4.5 oz	60	0	17	1.00	0.00	0.0	0	60.0	*N/A*	0.0	15.0	0.0	0.00	0.00
BLUEBERRIES, FROZEN, WILD, I QF	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
Craisins, All Flavors	Pouch (1.1 6 oz)	110	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	28.0	0.0	0.00	0.00
RAISINS	Pkg (1.5 oz	113	0	10	1.70	0.67	23.4	0	0.87	25	1.24	29.91	0.09	0.04	0.00
Raisel: Grape/Tropical Flavor	Package (1.5oz)	130	0	5	2.00	0.00	20.0	0	60.0	23	1.0	29.0	0.0	0.00	0.00
Strawberry Froz Cup 4.5oz Swt	4.5 oz cup	90	0	0	2.00	0.36	20.0	31	66.0	18	1.0	22.0	0.0	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 Commodity	serving	56	0	1	0.20	0.12	11.0	133	48.4	*N/A*	0.85	13.41	0.07	0.01	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00
Dressing Italian Fat Free	1.5 oz	21	0	343	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.12	0.0	0.00	0.00
Dressing Honey Mustard	1.5 oz	147	0	411	0.00	0.00	0.0	0	0.0	*N/A*	0.0	8.8	11.73	1.47	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	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
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
Weighted Daily Average		9812	1048	16648	97.62	*62.38	*6899.4	*35264	*515.00	*277	370.21	1218.6	389.74	132.13	*0.02
% of Calories										*11.3%	15.1%	49.7%	35.7%	12.1%	*0.0%
Nutrient Guideline		550-650		1230		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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Rockwood School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

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)
Thu - 09/12/2019															
Rockwood Elementary Lunch	Total														
3 Cheese Mac & Cheese Combi	1/2 cup	226	35	332	2.03	0.92	276.1	*409	0.01	*0	12.31	20.24	11.61	7.08	*0.14
Breadstick White Wheat	Breadstick	60	0	70	1.00	0.72	20.0	0	0.0	0	2.0	13.0	0.5	0.00	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey on Whole Wheat	Sandwich	252	45	591	2.86	1.80	20.0	0	0.0	*0	22.82	25.34	6.5	2.08	0.00
Sunbutter and Jelly Sandwich	1 Each	614	0	491	10.86	4.32	60.0	105	0.0	*N/A*	19.82	56.88	34.0	4.58	0.00
Veggie Wrap w Hummus	SERVINGS	408	16	781	7.77	*1.81	*298.5	*987	*5.4	*3	17.47	37.56	22.18	6.38	0.00
Salad Chef El. no dres/cracker	Salad	105	188	121	2.83	2.60	101.5	10782	16.22	*2	8.97	5.66	5.61	1.79	0.02
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
CRACKERS, SALTINE, WG	4 EACH	120	0	360	2.00	1.44	0.0	0	0.0	0	2.0	20.0	3.0	0.00	0.00
Goldfish Pretzels	1 each	90	0	200	1.00	0.72	0.0	0	0.0	*N/A*	2.0	16.0	1.5	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
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	0	0.0	8	2.0	21.0	4.0	1.00	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	0	0.0	7	2.0	21.0	4.0	1.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
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
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	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
Yogurt 8 oz Upstate Farms Var	1 each	180	5	105	0.00	0.00	600.0	0	2.4	*N/A*	6.0	38.0	0.0	0.00	0.00
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00
Veggie Boat Elementary	1 each	131	7	374	1.35	*0.40	*20.1	*4255	*11.2	*2	2.06	6.75	11.45	2.15	0.00
Hummus w Hummus Made Easy	1/4 Cup	118	0	173	2.54	0.69	16.4	13	2.06	*3	4.11	9.25	7.48	1.08	0.00
CARROTS:frozen, boiled	HALF CUP	27	0	51	2.49	0.33	27.1	10711	1.88	4	0.59	5.95	0.35	0.04	0.00
Strawberry Froz Cup 4.5oz Swt	4.5 oz cup	90	0	0	2.00	0.36	20.0	31	66.0	18	1.0	22.0	0.0	0.00	0.00
Applesauce, Unsweet Ind Cup	Cup (4.5 oz)	60	0	25	2.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Cinnamon Ind Cup	Cup (4.5 oz)	60	0	15	1.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Strawberry Ind Cup	Cup (4.5 oz)	60	0	17	1.00	0.00	0.0	0	60.0	*N/A*	0.0	15.0	0.0	0.00	0.00
BLUEBERRIES, FROZEN, WILD, I QF	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
Craisins, All Flavors	Pouch (1.16 oz)	110	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	28.0	0.0	0.00	0.00
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00

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Rockwood School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

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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 - 09/12/2019															
RAISINS	Pkg (1.5 oz)	113	0	10	1.70	0.67	23.4	0	0.87	25	1.24	29.91	0.09	0.04	0.00
Raisel: Grape/Tropical Flavor	Package (1.5oz)	130	0	5	2.00	0.00	20.0	0	60.0	23	1.0	29.0	0.0	0.00	0.00
Strawberry Froz Cup 4.5oz Swt	4.5 oz cup	90	0	0	2.00	0.36	20.0	31	66.0	18	1.0	22.0	0.0	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 Commodity	serving	56	0	1	0.20	0.12	11.0	133	48.4	*N/A*	0.85	13.41	0.07	0.01	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00
Dressing Italian Fat Free	1.5 oz	21	0	343	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.12	0.0	0.00	0.00
Dressing Honey Mustard	1.5 oz	147	0	411	0.00	0.00	0.0	0	0.0	*N/A*	0.0	8.8	11.73	1.47	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	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
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
Weighted Daily Average		6145	628	8451	72.14	*27.83	*4099.3	*41255	*697.50	*250	219.77	811.89	231.20	65.04	*0.16
% of Calories										*16.3%	14.3%	52.8%	33.9%	9.5%	*0.0%
Nutrient Guideline		550-650		1230		3.30	267.00	1000	15.00		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

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

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)
Fri - 09/13/2019															
Rockwood Elementary Lunch	Total														
Mandarin Orange Chicken	3.6 oz	150	40	280	0.00	0.72	*N/A*	*N/A*	1.2	10	11.0	19.0	3.0	0.50	0.00
Rice, Brown, Parboiled	1/2 Cup	97	0	1	1.14	0.43	1.1	0	0.0	*0	2.7	19.8	0.86	0.00	0.00
Rice, White, Long Grain	1/2 Cup	104	0	2	1.22	0.46	1.8	0	0.0	*0	2.9	21.26	0.92	0.00	0.00
Cookie, Fortune	Cookie	20	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	5.0	0.0	0.00	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey on Whole Wheat	Sandwich	252	45	591	2.86	1.80	20.0	0	0.0	*0	22.82	25.34	6.5	2.08	0.00
Sunbutter and Jelly Sandwich	1 Each	614	0	491	10.86	4.32	60.0	105	0.0	*N/A*	19.82	56.88	34.0	4.58	0.00
Veggie Wrap w Hummus	SERVINGS	408	16	781	7.77	*1.81	*298.5	*987	*5.4	*3	17.47	37.56	22.18	6.38	0.00
Salad Chef El. no dres/cracker	Salad	105	188	121	2.83	2.60	101.5	10782	16.22	*2	8.97	5.66	5.61	1.79	0.02
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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 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, 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
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
CRACKERS, SALTINE, WG	4 EACH	120	0	360	2.00	1.44	0.0	0	0.0	0	2.0	20.0	3.0	0.00	0.00
Goldfish Pretzels	1 each	90	0	200	1.00	0.72	0.0	0	0.0	*N/A*	2.0	16.0	1.5	0.00	0.00
Scoby 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
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	0	0.0	8	2.0	21.0	4.0	1.00	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	0	0.0	7	2.0	21.0	4.0	1.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
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
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	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
Yogurt 8 oz Upstate Farms Var	1 each	180	5	105	0.00	0.00	600.0	0	2.4	*N/A*	6.0	38.0	0.0	0.00	0.00
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00
Veggie Boat Elementary	1 each	131	7	374	1.35	*0.40	*20.1	*4255	*11.2	*2	2.06	6.75	11.45	2.15	0.00
Hummus w Hummus Made Easy	1/4 Cup	118	0	173	2.54	0.69	16.4	13	2.06	*3	4.11	9.25	7.48	1.08	0.00
BROCCOLI frozen steamed/boiled	1/2 Cup	29	0	24	3.33	0.00	22.2	72	35.35	*N/A*	3.33	5.56	0.0	0.00	0.00
PINEAPPLE CHUNKS canned lt syr	1/2 CUP	75	0	1	1.00	0.35	17.4	47	11.83	18	0.52	19.55	0.1	0.01	0.00
Applesauce, Cinnamon Ind Cup	Cup (4.5 oz)	60	0	15	1.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Strawberry Ind Cup	Cup (4.5 oz)	60	0	17	1.00	0.00	0.0	0	60.0	*N/A*	0.0	15.0	0.0	0.00	0.00

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Rockwood School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

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															
BLUEBERRIES, FROZEN, WILD, I QF	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
Craisins, All Flavors	Pouch (1.1 6 oz)	110	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	28.0	0.0	0.00	0.00
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
RAISINS	Pkg (1.5 oz)	113	0	10	1.70	0.67	23.4	0	0.87	25	1.24	29.91	0.09	0.04	0.00
Raisel: Grape/Tropical Flavor	Package (1.5oz)	130	0	5	2.00	0.00	20.0	0	60.0	23	1.0	29.0	0.0	0.00	0.00
Strawberry Froz Cup 4.5oz Swt	4.5 oz cup	90	0	0	2.00	0.36	20.0	31	66.0	18	1.0	22.0	0.0	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 Commodity	serving	56	0	1	0.20	0.12	11.0	133	48.4	*N/A*	0.85	13.41	0.07	0.01	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00
Dressing Italian Fat Free	1.5 oz	21	0	343	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.12	0.0	0.00	0.00
Dressing Honey Mustard	1.5 oz	147	0	411	0.00	0.00	0.0	0	0.0	*N/A*	0.0	8.8	11.73	1.47	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	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
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
Weighted Daily Average		6916	794	8801	77.32	*31.78	*3918.6	*30573	*617.98	*272	237.34	949.85	247.61	66.43	*0.02
% of Calories										*15.8%	13.7%	54.9%	32.2%	8.6%	*0.0%
Nutrient Guideline		550-650		1230		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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Rockwood School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

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)
Mon - 09/16/2019															
Rockwood Elementary Lunch	Total														
Chicken Breaded Bone-in	Serving	260	60	570	1.00	1.80	20.0	100	1.2	0	16.0	10.0	17.0	4.00	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
Fruit to Go Variety	Fruit Strip	60	0	5	1.00	0.00	0.0	0	1.2	14	0.0	15.5	0.0	0.00	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey on Whole Wheat	Sandwich	252	45	591	2.86	1.80	20.0	0	0.0	*0	22.82	25.34	6.5	2.08	0.00
Sunbutter and Jelly Sandwich	1 Each	614	0	491	10.86	4.32	60.0	105	0.0	*N/A*	19.82	56.88	34.0	4.58	0.00
Veggie Wrap w Hummus	SERVINGS	408	16	781	7.77	*1.81	*298.5	*987	*5.4	*3	17.47	37.56	22.18	6.38	0.00
Salad Chef El. no dres/cracker	Salad	105	188	121	2.83	2.60	101.5	10782	16.22	*2	8.97	5.66	5.61	1.79	0.02
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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 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, 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
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
CRACKERS, SALTINE, WG	4 EACH	120	0	360	2.00	1.44	0.0	0	0.0	0	2.0	20.0	3.0	0.00	0.00
Goldfish Pretzels	1 each	90	0	200	1.00	0.72	0.0	0	0.0	*N/A*	2.0	16.0	1.5	0.00	0.00
Scooby Gramms 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
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	0	0.0	8	2.0	21.0	4.0	1.00	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	0	0.0	7	2.0	21.0	4.0	1.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
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
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	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
Yogurt 8 oz Upstate Farms Var	1 each	180	5	105	0.00	0.00	600.0	0	2.4	*N/A*	6.0	38.0	0.0	0.00	0.00
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00
Veggie Boat Elementary	1 each	131	7	374	1.35	*0.40	*20.1	*4255	*11.2	*2	2.06	6.75	11.45	2.15	0.00
GREEN BEANS, Seasoned	HALF CUP	19	0	6	2.00	0.59	33.0	376	2.8	*N/A*	1.01	4.35	0.11	0.03	0.00
Mixed Fruit (peach pear grape)	1/2 CUP	80	0	5	1.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
Applesauce, Unsweet Ind Cup	Cup (4.5 oz)	60	0	25	2.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Cinnamon Ind Cup	Cup (4.5 oz)	60	0	15	1.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Strawberry Ind Cup	Cup (4.5 oz)	60	0	17	1.00	0.00	0.0	0	60.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Craisins, All Flavors	Pouch (1.1	110	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	28.0	0.0	0.00	0.00

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Rockwood School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

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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 - 09/16/2019	6 oz)														
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
RAISINS	Pkg (1.5 oz	113	0	10	1.70	0.67	23.4	0	0.87	25	1.24	29.91	0.09	0.04	0.00
Raisel: Grape/Tropical Flavor	Package (1.5oz)	130	0	5	2.00	0.00	20.0	0	60.0	23	1.0	29.0	0.0	0.00	0.00
Strawberry Froz Cup 4.5oz Swt	4.5 oz cup	90	0	0	2.00	0.36	20.0	31	66.0	18	1.0	22.0	0.0	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 Commodity	serving	56	0	1	0.20	0.12	11.0	133	48.4	*N/A*	0.85	13.41	0.07	0.01	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00
Dressing Italian Fat Free	1.5 oz	21	0	343	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.12	0.0	0.00	0.00
Dressing Honey Mustard	1.5 oz	147	0	411	0.00	0.00	0.0	0	0.0	*N/A*	0.0	8.8	11.73	1.47	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	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
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
Weighted Daily Average		6973	814	9350	73.89	*32.82	*4006.5	*30881	*630.81	*252	234.46	930.85	260.86	73.33	*0.02
% of Calories										*14.5%	13.4%	53.4%	33.7%	9.5%	*0.0%
Nutrient Guideline		550-650		1230		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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Rockwood School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

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 - 09/17/2019															
Rockwood Elementary Lunch	Total														
Pizza Create your Own	Pizza	368	37	970	5.55	5.18	429.5	3579	32.12	*3	20.09	37.68	16.04	5.57	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey on Whole Wheat	Sandwich	252	45	591	2.86	1.80	20.0	0	0.0	*0	22.82	25.34	6.5	2.08	0.00
Sunbutter and Jelly Sandwich	1 Each	614	0	491	10.86	4.32	60.0	105	0.0	*N/A*	19.82	56.88	34.0	4.58	0.00
Veggie Wrap w Hummus	SERVINGS	408	16	781	7.77	*1.81	*298.5	*987	*5.4	*3	17.47	37.56	22.18	6.38	0.00
Salad Chef El. no dres/cracker	Salad	105	188	121	2.83	2.60	101.5	10782	16.22	*2	8.97	5.66	5.61	1.79	0.02
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
CRACKERS, SALTINE, WG	4 EACH	120	0	360	2.00	1.44	0.0	0	0.0	0	2.0	20.0	3.0	0.00	0.00
Goldfish Pretzels	1 each	90	0	200	1.00	0.72	0.0	0	0.0	*N/A*	2.0	16.0	1.5	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
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	0	0.0	8	2.0	21.0	4.0	1.00	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	0	0.0	7	2.0	21.0	4.0	1.00	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
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
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	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
Yogurt 8 oz Upstate Farms Var	1 each	180	5	105	0.00	0.00	600.0	0	2.4	*N/A*	6.0	38.0	0.0	0.00	0.00
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00
Veggie Boat Elementary	1 each	131	7	374	1.35	*0.40	*20.1	*4255	*11.2	*2	2.06	6.75	11.45	2.15	0.00
Hummus w Hummus Made Easy	1/4 Cup	118	0	173	2.54	0.69	16.4	13	2.06	*3	4.11	9.25	7.48	1.08	0.00
Carrots Baby Raw	1/2 cup	30	0	66	2.47	0.76	27.2	11722	2.21	4	0.54	7.0	0.11	0.02	0.00
PINEAPPLE CHUNKS canned lt syr	1/2 CUP	75	0	1	1.00	0.35	17.4	47	11.83	18	0.52	19.55	0.1	0.01	0.00
Applesauce, Unsweet Ind Cup	Cup (4.5 oz)	60	0	25	2.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Cinnamon Ind Cup	Cup (4.5 oz)	60	0	15	1.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Strawberry Ind Cup	Cup (4.5 oz)	60	0	17	1.00	0.00	0.0	0	60.0	*N/A*	0.0	15.0	0.0	0.00	0.00
BLUEBERRIES, FROZEN, WILD, I QF	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
Craisins, All Flavors	Pouch (1.16 oz)	110	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	28.0	0.0	0.00	0.00
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
RAISINS	Pkg (1.5 oz)	113	0	10	1.70	0.67	23.4	0	0.87	25	1.24	29.91	0.09	0.04	0.00

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Rockwood School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

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															
Raisel: Grape/Tropical Flavor	Package (1.5oz)	130	0	5	2.00	0.00	20.0	0	60.0	23	1.0	29.0	0.0	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 Commodity	serving	56	0	1	0.20	0.12	11.0	133	48.4	*N/A*	0.85	13.41	0.07	0.01	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00
Dressing Italian Fat Free	1.5 oz	21	0	343	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.12	0.0	0.00	0.00
Dressing Honey Mustard	1.5 oz	147	0	411	0.00	0.00	0.0	0	0.0	*N/A*	0.0	8.8	11.73	1.47	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	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
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
Weighted Daily Average		6125	630	9035	71.63	*31.43	*4210.2	*45421	*609.76	*235	224.04	792.91	234.99	63.52	*0.02
% of Calories										*15.4%	14.6%	51.8%	34.5%	9.3%	*0.0%
Nutrient Guideline		550-650		1230		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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Rockwood School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

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 Lunch	Total														
CHEESEBURGER ON A BUN elem	1 EACH	367	53	603	2.50	2.52	105.0	150	0.0	*0	18.5	26.45	16.5	6.50	0.50
Hamburger on Bun Elem	1 each	267	40	348	2.50	2.52	30.0	0	0.0	*0	16.0	26.0	10.0	3.50	0.50
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey on Whole Wheat	Sandwich	252	45	591	2.86	1.80	20.0	0	0.0	*0	22.82	25.34	6.5	2.08	0.00
Sunbutter and Jelly Sandwich	1 Each	614	0	491	10.86	4.32	60.0	105	0.0	*N/A*	19.82	56.88	34.0	4.58	0.00
Veggie Wrap w Hummus	SERVINGS	408	16	781	7.77	*1.81	*298.5	*987	*5.4	*3	17.47	37.56	22.18	6.38	0.00
Salad Chef El. no dres/cracker	Salad	105	188	121	2.83	2.60	101.5	10782	16.22	*2	8.97	5.66	5.61	1.79	0.02
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
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
Goldfish Pretzels	1 each	90	0	200	1.00	0.72	0.0	0	0.0	*N/A*	2.0	16.0	1.5	0.00	0.00
CRACKERS, SALTINE, WG	4 EACH	120	0	360	2.00	1.44	0.0	0	0.0	0	2.0	20.0	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
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	0	0.0	8	2.0	21.0	4.0	1.00	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	0	0.0	7	2.0	21.0	4.0	1.00	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
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
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	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
Yogurt 8 oz Upstate Farms Var	1 each	180	5	105	0.00	0.00	600.0	0	2.4	*N/A*	6.0	38.0	0.0	0.00	0.00
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00
Veggie Boat Elementary	1 each	131	7	374	1.35	*0.40	*20.1	*4255	*11.2	*2	2.06	6.75	11.45	2.15	0.00
Hummus w Hummus Made Easy	1/4 Cup	118	0	173	2.54	0.69	16.4	13	2.06	*3	4.11	9.25	7.48	1.08	0.00
FRENCH FRIES: Crinkle Cut	1/2 Cup	80	0	20	1.33	0.48	0.0	0	4.0	*N/A*	1.33	12.67	3.0	1.00	0.00
Kiwi	1 each	44	0	2	2.16	0.22	24.5	63	66.74	6	0.82	10.56	0.37	0.02	0.00
Applesauce, Unsweet Ind Cup	Cup (4.5 oz)	60	0	25	2.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Cinnamon Ind Cup	Cup (4.5 oz)	60	0	15	1.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Strawberry Ind Cup	Cup (4.5 oz)	60	0	17	1.00	0.00	0.0	0	60.0	*N/A*	0.0	15.0	0.0	0.00	0.00
BLUEBERRIES, FROZEN, WILD, I QF	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
Craisins, All Flavors	Pouch (1.1	110	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	28.0	0.0	0.00	0.00

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Rockwood School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

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 - 09/18/2019	6 oz)														
RAISINS	Pkg (1.5 oz	113	0	10	1.70	0.67	23.4	0	0.87	25	1.24	29.91	0.09	0.04	0.00
Raisel: Grape/Tropical Flavor	Package (1.5oz)	130	0	5	2.00	0.00	20.0	0	60.0	23	1.0	29.0	0.0	0.00	0.00
Strawberry Froz Cup 4.5oz Swt	4.5 oz cup	90	0	0	2.00	0.36	20.0	31	66.0	18	1.0	22.0	0.0	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 Commodity	serving	56	0	1	0.20	0.12	11.0	133	48.4	*N/A*	0.85	13.41	0.07	0.01	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00
Dressing Italian Fat Free	1.5 oz	21	0	343	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.12	0.0	0.00	0.00
Dressing Honey Mustard	1.5 oz	147	0	411	0.00	0.00	0.0	0	0.0	*N/A*	0.0	8.8	11.73	1.47	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	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
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
Weighted Daily Average		6870	706	9541	79.11	*35.20	*4015.6	*31016	*538.35	*246	248.53	883.36	262.61	70.95	*1.02
% of Calories										*14.3%	14.5%	51.4%	34.4%	9.3%	*0.1%
Nutrient Guideline		550-650		1230		3.30	267.00	1000	15.00		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

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

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)
Thu - 09/19/2019															
Rockwood Elementary Lunch	Total														
Fish Pollock Sandwich	Fillet	337	50	498	3.65	2.15	32.0	0	3.6	3	20.24	42.47	8.94	1.32	0.01
Cookie, Carnival, NUT FREE	Cookie	110	5	75	0.50	0.72	0.0	100	0.0	8	1.0	18.0	3.5	1.00	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey on Whole Wheat	Sandwich	252	45	591	2.86	1.80	20.0	0	0.0	*0	22.82	25.34	6.5	2.08	0.00
Sunbutter and Jelly Sandwich	1 Each	614	0	491	10.86	4.32	60.0	105	0.0	*N/A*	19.82	56.88	34.0	4.58	0.00
Veggie Wrap w Hummus	SERVINGS	408	16	781	7.77	*1.81	*298.5	*987	*5.4	*3	17.47	37.56	22.18	6.38	0.00
Salad Chef El. no dres/cracker	Salad	105	188	121	2.83	2.60	101.5	10782	16.22	*2	8.97	5.66	5.61	1.79	0.02
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
CRACKERS, SALTINE, WG	4 EACH	120	0	360	2.00	1.44	0.0	0	0.0	0	2.0	20.0	3.0	0.00	0.00
Goldfish Pretzels	1 each	90	0	200	1.00	0.72	0.0	0	0.0	*N/A*	2.0	16.0	1.5	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
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	0	0.0	8	2.0	21.0	4.0	1.00	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	0	0.0	7	2.0	21.0	4.0	1.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
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
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	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
Yogurt 8 oz Upstate Farms Var	1 each	180	5	105	0.00	0.00	600.0	0	2.4	*N/A*	6.0	38.0	0.0	0.00	0.00
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00
Veggie Boat Elementary	1 each	131	7	374	1.35	*0.40	*20.1	*4255	*11.2	*2	2.06	6.75	11.45	2.15	0.00
Hummus w Hummus Made Easy	1/4 Cup	118	0	173	2.54	0.69	16.4	13	2.06	*3	4.11	9.25	7.48	1.08	0.00
Sweet Potatoes, Crosstrack	1/2 Cup	180	0	231	2.00	0.36	20.0	2506	6.01	7	1.0	23.05	9.02	1.50	0.00
APPLESAUCE:cnnd unswtnd+vit C	1/2 CUP	51	0	2	1.34	0.28	4.9	35	25.86	*N/A*	0.21	13.75	0.12	0.01	*N/A*
Applesauce, Unsweet Ind Cup	Cup (4.5 oz)	60	0	25	2.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Cinnamon Ind Cup	Cup (4.5 oz)	60	0	15	1.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Strawberry Ind Cup	Cup (4.5 oz)	60	0	17	1.00	0.00	0.0	0	60.0	*N/A*	0.0	15.0	0.0	0.00	0.00
BLUEBERRIES, FROZEN, WILD, I QF	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
Craisins, All Flavors	Pouch (1.16 oz)	110	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	28.0	0.0	0.00	0.00
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00

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Rockwood School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

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															
RAISINS	Pkg (1.5 oz)	113	0	10	1.70	0.67	23.4	0	0.87	25	1.24	29.91	0.09	0.04	0.00
Raisel: Grape/Tropical Flavor	Package (1.5oz)	130	0	5	2.00	0.00	20.0	0	60.0	23	1.0	29.0	0.0	0.00	0.00
Strawberry Froz Cup 4.5oz Swt	4.5 oz cup	90	0	0	2.00	0.36	20.0	31	66.0	18	1.0	22.0	0.0	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 Commodity	serving	56	0	1	0.20	0.12	11.0	133	48.4	*N/A*	0.85	13.41	0.07	0.01	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00
Dressing Italian Fat Free	1.5 oz	21	0	343	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.12	0.0	0.00	0.00
Dressing Honey Mustard	1.5 oz	147	0	411	0.00	0.00	0.0	0	0.0	*N/A*	0.0	8.8	11.73	1.47	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	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
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
Weighted Daily Average		6421	648	8804	72.12	*29.01	*3813.0	*32745	*665.08	*247	226.33	847.96	240.32	61.76	*0.03
% of Calories										*15.4%	14.1%	52.8%	33.7%	8.7%	*0.0%
Nutrient Guideline		550-650		1230		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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Rockwood School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

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)
Fri - 09/20/2019															
Rockwood Elementary Lunch	Total														
Chicken Breaded Patty on Bun	1 Each	417	65	758	3.65	2.87	32.0	0	0.0	3	24.24	38.47	17.94	4.32	0.01
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey on Whole Wheat	Sandwich	252	45	591	2.86	1.80	20.0	0	0.0	*0	22.82	25.34	6.5	2.08	0.00
Sunbutter and Jelly Sandwich	1 Each	614	0	491	10.86	4.32	60.0	105	0.0	*N/A*	19.82	56.88	34.0	4.58	0.00
Veggie Wrap w Hummus	SERVINGS	408	16	781	7.77	*1.81	*298.5	*987	*5.4	*3	17.47	37.56	22.18	6.38	0.00
Salad Chef El. no dres/cracker	Salad	105	188	121	2.83	2.60	101.5	10782	16.22	*2	8.97	5.66	5.61	1.79	0.02
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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 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, 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
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
CRACKERS, SALTINE, WG	4 EACH	120	0	360	2.00	1.44	0.0	0	0.0	0	2.0	20.0	3.0	0.00	0.00
Goldfish Pretzels	1 each	90	0	200	1.00	0.72	0.0	0	0.0	*N/A*	2.0	16.0	1.5	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
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	0	0.0	8	2.0	21.0	4.0	1.00	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	0	0.0	7	2.0	21.0	4.0	1.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
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
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	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
Yogurt 8 oz Upstate Farms Var	1 each	180	5	105	0.00	0.00	600.0	0	2.4	*N/A*	6.0	38.0	0.0	0.00	0.00
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00
Veggie Boat Elementary	1 each	131	7	374	1.35	*0.40	*20.1	*4255	*11.2	*2	2.06	6.75	11.45	2.15	0.00
Hummus w Hummus Made Easy	1/4 Cup	118	0	173	2.54	0.69	16.4	13	2.06	*3	4.11	9.25	7.48	1.08	0.00
BROCCOLI Roasted w Parm Chz	1/2 Cup	87	2	68	2.95	0.02	47.9	63	30.86	*0	3.88	5.09	6.42	1.24	0.00
Strawberry Froz Cup 4.5oz Swt	4.5 oz cup	90	0	0	2.00	0.36	20.0	31	66.0	18	1.0	22.0	0.0	0.00	0.00
Applesauce, Cinnamon Ind Cup	Cup (4.5 oz)	60	0	15	1.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Strawberry Ind Cup	Cup (4.5 oz)	60	0	17	1.00	0.00	0.0	0	60.0	*N/A*	0.0	15.0	0.0	0.00	0.00
BLUEBERRIES, FROZEN, WILD, I QF	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
Craisins, All Flavors	Pouch (1.1	110	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	28.0	0.0	0.00	0.00

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Rockwood School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

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															
	6 oz)														
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
RAISINS	Pkg (1.5 oz	113	0	10	1.70	0.67	23.4	0	0.87	25	1.24	29.91	0.09	0.04	0.00
Raisel: Grape/Tropical Flavor	Package (1.5oz)	130	0	5	2.00	0.00	20.0	0	60.0	23	1.0	29.0	0.0	0.00	0.00
Strawberry Froz Cup 4.5oz Swt	4.5 oz cup	90	0	0	2.00	0.36	20.0	31	66.0	18	1.0	22.0	0.0	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 Commodity	serving	56	0	1	0.20	0.12	11.0	133	48.4	*N/A*	0.85	13.41	0.07	0.01	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00
Dressing Italian Fat Free	1.5 oz	21	0	343	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.12	0.0	0.00	0.00
Dressing Honey Mustard	1.5 oz	147	0	411	0.00	0.00	0.0	0	0.0	*N/A*	0.0	8.8	11.73	1.47	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	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
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
Weighted Daily Average		7036	822	9319	79.22	*33.07	*3976.0	*30548	*666.46	*266	246.00	925.25	267.10	71.49	*0.03
% of Calories										*15.1%	14.0%	52.6%	34.2%	9.1%	*0.0%
Nutrient Guideline		550-650		1230		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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Rockwood School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

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)
Mon - 09/23/2019															
Rockwood Elementary Lunch	Total														
Pork Texas Nachos w Chse Sauce	1 Each	554	96	600	2.39	3.92	221.9	1362	32.84	*19	26.24	39.24	32.1	10.58	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey on Whole Wheat	Sandwich	252	45	591	2.86	1.80	20.0	0	0.0	*0	22.82	25.34	6.5	2.08	0.00
Sunbutter and Jelly Sandwich	1 Each	614	0	491	10.86	4.32	60.0	105	0.0	*N/A*	19.82	56.88	34.0	4.58	0.00
Veggie Wrap w Hummus	SERVINGS	408	16	781	7.77	*1.81	*298.5	*987	*5.4	*3	17.47	37.56	22.18	6.38	0.00
Salad Chef El. no dres/cracker	Salad	105	188	121	2.83	2.60	101.5	10782	16.22	*2	8.97	5.66	5.61	1.79	0.02
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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 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, 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
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
CRACKERS, SALTINE, WG	4 EACH	120	0	360	2.00	1.44	0.0	0	0.0	0	2.0	20.0	3.0	0.00	0.00
Goldfish Pretzels	1 each	90	0	200	1.00	0.72	0.0	0	0.0	*N/A*	2.0	16.0	1.5	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
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	0	0.0	8	2.0	21.0	4.0	1.00	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	0	0.0	7	2.0	21.0	4.0	1.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
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
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	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
Yogurt 8 oz Upstate Farms Var	1 each	180	5	105	0.00	0.00	600.0	0	2.4	*N/A*	6.0	38.0	0.0	0.00	0.00
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00
Veggie Boat Elementary	1 each	131	7	374	1.35	*0.40	*20.1	*4255	*11.2	*2	2.06	6.75	11.45	2.15	0.00
CORN: frozen yellow boil/steam	HALF CUP	67	0	1	2.02	0.40	2.0	165	2.93	*N/A*	2.11	15.98	0.55	0.08	0.00
Tropical Fruit Salad	1/2 CUP	80	0	15	2.00	0.00	0.0	300	21.0	*N/A*	0.0	20.0	0.0	0.00	0.00
Applesauce, Unsweet Ind Cup	Cup (4.5 oz)	60	0	25	2.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Cinnamon Ind Cup	Cup (4.5 oz)	60	0	15	1.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Strawberry Ind Cup	Cup (4.5 oz)	60	0	17	1.00	0.00	0.0	0	60.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Craisins, All Flavors	Pouch (1.16 oz)	110	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	28.0	0.0	0.00	0.00
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00

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Rockwood School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

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															
RAISINS	Pkg (1.5 oz)	113	0	10	1.70	0.67	23.4	0	0.87	25	1.24	29.91	0.09	0.04	0.00
Raisel: Grape/Tropical Flavor	Package (1.5oz)	130	0	5	2.00	0.00	20.0	0	60.0	23	1.0	29.0	0.0	0.00	0.00
Strawberry Froz Cup 4.5oz Swt	4.5 oz cup	90	0	0	2.00	0.36	20.0	31	66.0	18	1.0	22.0	0.0	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 Commodity	serving	56	0	1	0.20	0.12	11.0	133	48.4	*N/A*	0.85	13.41	0.07	0.01	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00
Dressing Italian Fat Free	1.5 oz	21	0	343	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.12	0.0	0.00	0.00
Dressing Honey Mustard	1.5 oz	147	0	411	0.00	0.00	0.0	0	0.0	*N/A*	0.0	8.8	11.73	1.47	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	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
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
Weighted Daily Average		7045	850	8960	74.40	*33.31	*4077.4	*32232	*682.38	*254	240.79	930.22	267.41	75.47	*0.02
% of Calories										*14.4%	13.7%	52.8%	34.2%	9.6%	*0.0%
Nutrient Guideline		550-650		1230		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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Rockwood School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

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 Lunch	Total														
Hot Dog on Bun Rockwood	1 each	260	45	562	2.50	2.52	50.0	0	0.0	*1	12.0	29.0	11.0	2.50	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey on Whole Wheat	Sandwich	252	45	591	2.86	1.80	20.0	0	0.0	*0	22.82	25.34	6.5	2.08	0.00
Sunbutter and Jelly Sandwich	1 Each	614	0	491	10.86	4.32	60.0	105	0.0	*N/A*	19.82	56.88	34.0	4.58	0.00
Veggie Wrap w Hummus	SERVINGS	408	16	781	7.77	*1.81	*298.5	*987	*5.4	*3	17.47	37.56	22.18	6.38	0.00
Salad Chef El. no dres/cracker	Salad	105	188	121	2.83	2.60	101.5	10782	16.22	*2	8.97	5.66	5.61	1.79	0.02
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
CRACKERS, SALTINE, WG	4 EACH	120	0	360	2.00	1.44	0.0	0	0.0	0	2.0	20.0	3.0	0.00	0.00
Goldfish Pretzels	1 each	90	0	200	1.00	0.72	0.0	0	0.0	*N/A*	2.0	16.0	1.5	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
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	0	0.0	8	2.0	21.0	4.0	1.00	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	0	0.0	7	2.0	21.0	4.0	1.00	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
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
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	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
Yogurt 8 oz Upstate Farms Var	1 each	180	5	105	0.00	0.00	600.0	0	2.4	*N/A*	6.0	38.0	0.0	0.00	0.00
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00
Veggie Boat Elementary	1 each	131	7	374	1.35	*0.40	*20.1	*4255	*11.2	*2	2.06	6.75	11.45	2.15	0.00
Hummus w Hummus Made Easy	1/4 Cup	118	0	173	2.54	0.69	16.4	13	2.06	*3	4.11	9.25	7.48	1.08	0.00
Baked Beans Bush's Best	1/2 Cup	130	0	550	5.00	1.80	40.0	0	0.0	10	7.0	29.0	0.0	0.00	0.00
GRAPES Fresh	1/2 CUP	60	0	10	0.67	0.00	13.3	0	0.8	*N/A*	0.0	15.33	0.0	0.00	0.00
Applesauce, Unsweet Ind Cup	Cup (4.5 oz)	60	0	25	2.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Cinnamon Ind Cup	Cup (4.5 oz)	60	0	15	1.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Strawberry Ind Cup	Cup (4.5 oz)	60	0	17	1.00	0.00	0.0	0	60.0	*N/A*	0.0	15.0	0.0	0.00	0.00
BLUEBERRIES, FROZEN, WILD, I QF	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
Craisins, All Flavors	Pouch (1.1 6 oz)	110	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	28.0	0.0	0.00	0.00
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
RAISINS	Pkg (1.5 oz)	113	0	10	1.70	0.67	23.4	0	0.87	25	1.24	29.91	0.09	0.04	0.00

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Rockwood School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

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 - 09/24/2019															
Raisel: Grape/Tropical Flavor	Package (1.5oz)	130	0	5	2.00	0.00	20.0	0	60.0	23	1.0	29.0	0.0	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 Commodity	serving	56	0	1	0.20	0.12	11.0	133	48.4	*N/A*	0.85	13.41	0.07	0.01	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00
Dressing Italian Fat Free	1.5 oz	21	0	343	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.12	0.0	0.00	0.00
Dressing Honey Mustard	1.5 oz	147	0	411	0.00	0.00	0.0	0	0.0	*N/A*	0.0	8.8	11.73	1.47	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	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
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
Weighted Daily Average		6102	638	9120	70.79	*29.46	*3839.4	*30073	*564.40	*221	221.88	802.02	229.74	60.43	*0.02
% of Calories										*14.5%	14.5%	52.6%	33.9%	8.9%	*0.0%
Nutrient Guideline		550-650		1230		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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Rockwood School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

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 - 09/25/2019															
Rockwood Elementary Lunch	Total														
Spaghetti w Meatballs	3/4 cup	393	27	1246	8.10	4.30	71.4	962	18.03	*1	17.98	57.39	10.69	3.11	0.00
Breadstick White Wheat	Breadstick	60	0	70	1.00	0.72	20.0	0	0.0	0	2.0	13.0	0.5	0.00	0.00
Cookie, Iced Holiday Assorted	Cookie	172	6	78	1.00	0.72	10.0	50	0.0	15	1.7	26.9	6.7	1.80	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey on Whole Wheat	Sandwich	252	45	591	2.86	1.80	20.0	0	0.0	*0	22.82	25.34	6.5	2.08	0.00
Sunbutter and Jelly Sandwich	1 Each	614	0	491	10.86	4.32	60.0	105	0.0	*N/A*	19.82	56.88	34.0	4.58	0.00
Veggie Wrap w Hummus	SERVINGS	408	16	781	7.77	*1.81	*298.5	*987	*5.4	*3	17.47	37.56	22.18	6.38	0.00
Salad Chef El. no dres/cracker	Salad	105	188	121	2.83	2.60	101.5	10782	16.22	*2	8.97	5.66	5.61	1.79	0.02
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
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
Goldfish Pretzels	1 each	90	0	200	1.00	0.72	0.0	0	0.0	*N/A*	2.0	16.0	1.5	0.00	0.00
CRACKERS, SALTINE, WG	4 EACH	120	0	360	2.00	1.44	0.0	0	0.0	0	2.0	20.0	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
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	0	0.0	8	2.0	21.0	4.0	1.00	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	0	0.0	7	2.0	21.0	4.0	1.00	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
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
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	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
Yogurt 8 oz Upstate Farms Var	1 each	180	5	105	0.00	0.00	600.0	0	2.4	*N/A*	6.0	38.0	0.0	0.00	0.00
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00
Veggie Boat Elementary	1 each	131	7	374	1.35	*0.40	*20.1	*4255	*11.2	*2	2.06	6.75	11.45	2.15	0.00
Hummus w Hummus Made Easy	1/4 Cup	118	0	173	2.54	0.69	16.4	13	2.06	*3	4.11	9.25	7.48	1.08	0.00
Spinach, Sauteed w Mushrooms	1/2 cup	104	0	167	4.16	1.91	122.2	11082	6.16	*1	4.55	5.65	7.61	0.97	0.00
Mixed Fruit (peach pear grape)	1/2 CUP	80	0	5	1.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
Applesauce, Unsweet Ind Cup	Cup (4.5 oz)	60	0	25	2.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Cinnamon Ind Cup	Cup (4.5 oz)	60	0	15	1.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Strawberry Ind Cup	Cup (4.5 oz)	60	0	17	1.00	0.00	0.0	0	60.0	*N/A*	0.0	15.0	0.0	0.00	0.00
BLUEBERRIES, FROZEN, WILD, I QF	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00

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Rockwood School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

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															
Craisins, All Flavors	Pouch (1.16 oz)	110	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	28.0	0.0	0.00	0.00
RAISINS	Pkg (1.5 oz)	113	0	10	1.70	0.67	23.4	0	0.87	25	1.24	29.91	0.09	0.04	0.00
Raisel: Grape/Tropical Flavor	Package (1.5oz)	130	0	5	2.00	0.00	20.0	0	60.0	23	1.0	29.0	0.0	0.00	0.00
Strawberry Froz Cup 4.5oz Swt	4.5 oz cup	90	0	0	2.00	0.36	20.0	31	66.0	18	1.0	22.0	0.0	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 Commodity	serving	56	0	1	0.20	0.12	11.0	133	48.4	*N/A*	0.85	13.41	0.07	0.01	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00
Dressing Italian Fat Free	1.5 oz	21	0	343	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.12	0.0	0.00	0.00
Dressing Honey Mustard	1.5 oz	147	0	411	0.00	0.00	0.0	0	0.0	*N/A*	0.0	8.8	11.73	1.47	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	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
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
Weighted Daily Average		6921	647	10135	85.89	*37.10	*4079.7	*42897	*491.79	*256	238.12	928.62	258.24	65.81	*0.02
% of Calories										*14.8%	13.8%	53.7%	33.6%	8.6%	*0.0%
Nutrient Guideline		550-650		1230		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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Rockwood School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

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)
Thu - 09/26/2019															
Rockwood Elementary Lunch	Total														
Pancake Whole Grain (Lunch)	Serving	140	6	270	2.00	3.18	58.8	0	0.0	6	4.0	26.0	4.0	0.00	0.00
Sausage, Link Jones	2 links	240	40	180	0.00	0.72	0.0	0	0.0	0	8.0	0.0	24.0	8.00	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
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey on Whole Wheat	Sandwich	252	45	591	2.86	1.80	20.0	0	0.0	*0	22.82	25.34	6.5	2.08	0.00
Sunbutter and Jelly Sandwich	1 Each	614	0	491	10.86	4.32	60.0	105	0.0	*N/A*	19.82	56.88	34.0	4.58	0.00
Veggie Wrap w Hummus	SERVINGS	408	16	781	7.77	*1.81	*298.5	*987	*5.4	*3	17.47	37.56	22.18	6.38	0.00
Salad Chef El. no dres/cracker	Salad	105	188	121	2.83	2.60	101.5	10782	16.22	*2	8.97	5.66	5.61	1.79	0.02
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
CRACKERS, SALTINE, WG	4 EACH	120	0	360	2.00	1.44	0.0	0	0.0	0	2.0	20.0	3.0	0.00	0.00
Goldfish Pretzels	1 each	90	0	200	1.00	0.72	0.0	0	0.0	*N/A*	2.0	16.0	1.5	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
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	0	0.0	8	2.0	21.0	4.0	1.00	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	0	0.0	7	2.0	21.0	4.0	1.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
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
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	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
Yogurt 8 oz Upstate Farms Var	1 each	180	5	105	0.00	0.00	600.0	0	2.4	*N/A*	6.0	38.0	0.0	0.00	0.00
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00
Veggie Boat Elementary	1 each	131	7	374	1.35	*0.40	*20.1	*4255	*11.2	*2	2.06	6.75	11.45	2.15	0.00
Sweet Potatoes, Crosstrack	1/2 Cup	180	0	231	2.00	0.36	20.0	2506	6.01	7	1.0	23.05	9.02	1.50	0.00
Apples, Sliced in Bag 2 oz	2 oz Bag	30	0	0	1.00	0.00	20.0	0	12.0	6	0.0	7.0	0.0	0.00	0.00
Applesauce, Unsweet Ind Cup	Cup (4.5 oz)	60	0	25	2.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Cinnamon Ind Cup	Cup (4.5 oz)	60	0	15	1.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Strawberry Ind Cup	Cup (4.5 oz)	60	0	17	1.00	0.00	0.0	0	60.0	*N/A*	0.0	15.0	0.0	0.00	0.00
BLUEBERRIES, FROZEN, WILD, I QF	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
Craisins, All Flavors	Pouch (1.16 oz)	110	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	28.0	0.0	0.00	0.00
Peach cup frozen commodity	6 oz serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00

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Rockwood School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

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															
RAISINS	Pkg (1.5 oz)	113	0	10	1.70	0.67	23.4	0	0.87	25	1.24	29.91	0.09	0.04	0.00
Raisel: Grape/Tropical Flavor	Package (1.5oz)	130	0	5	2.00	0.00	20.0	0	60.0	23	1.0	29.0	0.0	0.00	0.00
Strawberry Froz Cup 4.5oz Swt	4.5 oz cup	90	0	0	2.00	0.36	20.0	31	66.0	18	1.0	22.0	0.0	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 Commodity	serving	56	0	1	0.20	0.12	11.0	133	48.4	*N/A*	0.85	13.41	0.07	0.01	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00
Dressing Italian Fat Free	1.5 oz	21	0	343	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.12	0.0	0.00	0.00
Dressing Honey Mustard	1.5 oz	147	0	411	0.00	0.00	0.0	0	0.0	*N/A*	0.0	8.8	11.73	1.47	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	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
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
Weighted Daily Average		6334	639	8545	67.09	*29.07	*3838.6	*32597	*645.56	*245	212.77	828.49	248.27	66.35	*0.02
% of Calories										*15.5%	13.4%	52.3%	35.3%	9.4%	*0.0%
Nutrient Guideline		550-650		1230		3.30	267.00	1000	15.00		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

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

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)
Fri - 09/27/2019															
Rockwood Elementary Lunch	Total														
Chicken Popcorn Large Smacker	0 pc)	260	70	550	3.00	1.44	20.0	200	0.0	0	19.0	17.0	13.0	3.00	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
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey on Whole Wheat	Sandwich	252	45	591	2.86	1.80	20.0	0	0.0	*0	22.82	25.34	6.5	2.08	0.00
Sunbutter and Jelly Sandwich	1 Each	614	0	491	10.86	4.32	60.0	105	0.0	*N/A*	19.82	56.88	34.0	4.58	0.00
Veggie Wrap w Hummus	SERVINGS	408	16	781	7.77	*1.81	*298.5	*987	*5.4	*3	17.47	37.56	22.18	6.38	0.00
Salad Chef El. no dres/cracker	Salad	105	188	121	2.83	2.60	101.5	10782	16.22	*2	8.97	5.66	5.61	1.79	0.02
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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 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, 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
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
CRACKERS, SALTINE, WG	4 EACH	120	0	360	2.00	1.44	0.0	0	0.0	0	2.0	20.0	3.0	0.00	0.00
Goldfish Pretzels	1 each	90	0	200	1.00	0.72	0.0	0	0.0	*N/A*	2.0	16.0	1.5	0.00	0.00
Scooby Grams 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
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	0	0.0	8	2.0	21.0	4.0	1.00	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	0	0.0	7	2.0	21.0	4.0	1.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
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
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	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
Yogurt 8 oz Upstate Farms Var	1 each	180	5	105	0.00	0.00	600.0	0	2.4	*N/A*	6.0	38.0	0.0	0.00	0.00
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00
Veggie Boat Elementary	1 each	131	7	374	1.35	*0.40	*20.1	*4255	*11.2	*2	2.06	6.75	11.45	2.15	0.00
Hummus w Hummus Made Easy	1/4 Cup	118	0	173	2.54	0.69	16.4	13	2.06	*3	4.11	9.25	7.48	1.08	0.00
Potatoes Mashed w BBuds & Grav	1/2 CUP	137	4	513	1.01	0.56	57.5	76	6.61	*0	3.2	21.77	2.57	1.28	0.00
Potatoes Mashed w BBuds	1/2 CUP	85	4	163	1.00	0.19	54.2	76	6.61	*0	2.18	17.48	0.0	0.00	0.00
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
Applesauce, Cinnamon Ind Cup	Cup (4.5 oz	60	0	15	1.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Strawberry Ind Cup	Cup (4.5 oz	60	0	17	1.00	0.00	0.0	0	60.0	*N/A*	0.0	15.0	0.0	0.00	0.00

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Rockwood School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

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															
BLUEBERRIES, FROZEN, WILD, I QF	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
Craisins, All Flavors	Pouch (1.1 6 oz)	110	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	28.0	0.0	0.00	0.00
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
RAISINS	Pkg (1.5 oz	113	0	10	1.70	0.67	23.4	0	0.87	25	1.24	29.91	0.09	0.04	0.00
Raisel: Grape/Tropical Flavor	Package (1.5oz)	130	0	5	2.00	0.00	20.0	0	60.0	23	1.0	29.0	0.0	0.00	0.00
Strawberry Froz Cup 4.5oz Swt	4.5 oz cup	90	0	0	2.00	0.36	20.0	31	66.0	18	1.0	22.0	0.0	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 Commodity	serving	56	0	1	0.20	0.12	11.0	133	48.4	*N/A*	0.85	13.41	0.07	0.01	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00
Dressing Italian Fat Free	1.5 oz	21	0	343	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.12	0.0	0.00	0.00
Dressing Honey Mustard	1.5 oz	147	0	411	0.00	0.00	0.0	0	0.0	*N/A*	0.0	8.8	11.73	1.47	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	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
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
Weighted Daily Average		7215	832	10139	77.53	*33.80	*4107.8	*31105	*744.82	*247	247.27	962.94	267.30	74.71	*0.02
% of Calories										*13.7%	13.7%	53.4%	33.3%	9.3%	*0.0%
Nutrient Guideline		550-650		1230		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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Rockwood School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

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)
Mon - 09/30/2019															
Rockwood Elementary Lunch	Total														
Tacos, Mini Chicken	Serving (3)	320	55	480	4.00	3.60	200.0	400	2.4	0	17.0	31.0	14.0	5.00	0.00
Chips & Salsa	1 each	98	0	328	1.90	1.61	17.7	352	3.16	*N/A*	1.96	13.48	3.63	0.52	*0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey on Whole Wheat	Sandwich	252	45	591	2.86	1.80	20.0	0	0.0	*0	22.82	25.34	6.5	2.08	0.00
Sunbutter and Jelly Sandwich	1 Each	614	0	491	10.86	4.32	60.0	105	0.0	*N/A*	19.82	56.88	34.0	4.58	0.00
Veggie Wrap w Hummus	SERVINGS	408	16	781	7.77	*1.81	*298.5	*987	*5.4	*3	17.47	37.56	22.18	6.38	0.00
Salad Chef El. no dres/cracker	Salad	105	188	121	2.83	2.60	101.5	10782	16.22	*2	8.97	5.66	5.61	1.79	0.02
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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 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, 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
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
CRACKERS, SALTINE, WG	4 EACH	120	0	360	2.00	1.44	0.0	0	0.0	0	2.0	20.0	3.0	0.00	0.00
Goldfish Pretzels	1 each	90	0	200	1.00	0.72	0.0	0	0.0	*N/A*	2.0	16.0	1.5	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
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	0	0.0	8	2.0	21.0	4.0	1.00	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	0	0.0	7	2.0	21.0	4.0	1.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
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
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	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
Yogurt 8 oz Upstate Farms Var	1 each	180	5	105	0.00	0.00	600.0	0	2.4	*N/A*	6.0	38.0	0.0	0.00	0.00
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00
Veggie Boat Elementary	1 each	131	7	374	1.35	*0.40	*20.1	*4255	*11.2	*2	2.06	6.75	11.45	2.15	0.00
Fiesta Black Beans	1/2 CUP	123	0	471	5.12	2.05	49.2	0	0.0	1	7.17	22.53	0.51	0.00	0.00
Tropical Fruit Salad	1/2 CUP	80	0	15	2.00	0.00	0.0	300	21.0	*N/A*	0.0	20.0	0.0	0.00	0.00
Applesauce, Unsweet Ind Cup	Cup (4.5 oz)	60	0	25	2.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Cinnamon Ind Cup	Cup (4.5 oz)	60	0	15	1.00	0.00	0.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce, Strawberry Ind Cup	Cup (4.5 oz)	60	0	17	1.00	0.00	0.0	0	60.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Craisins, All Flavors	Pouch (1.16 oz)	110	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	28.0	0.0	0.00	0.00

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Rockwood School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

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															
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
RAISINS	Pkg (1.5 oz	113	0	10	1.70	0.67	23.4	0	0.87	25	1.24	29.91	0.09	0.04	0.00
Raisel: Grape/Tropical Flavor	Package (1.5oz)	130	0	5	2.00	0.00	20.0	0	60.0	23	1.0	29.0	0.0	0.00	0.00
Strawberry Froz Cup 4.5oz Swt	4.5 oz cup	90	0	0	2.00	0.36	20.0	31	66.0	18	1.0	22.0	0.0	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 Commodity	serving	56	0	1	0.20	0.12	11.0	133	48.4	*N/A*	0.85	13.41	0.07	0.01	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00
Dressing Italian Fat Free	1.5 oz	21	0	343	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.12	0.0	0.00	0.00
Dressing Honey Mustard	1.5 oz	147	0	411	0.00	0.00	0.0	0	0.0	*N/A*	0.0	8.8	11.73	1.47	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	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
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
Weighted Daily Average		6965	809	9638	81.01	*36.25	*4120.3	*31457	*652.16	*236	238.57	942.01	252.90	70.32	*0.02
% of Calories										*13.6%	13.7%	54.1%	32.7%	9.1%	*0.0%
Nutrient Guideline		550-650		1230		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	
Weighted Average		6963	751	9907	77.56	*34.64	*4293.2	*34481	*627.04	*250	246.28	913.92	263.60	74.19	*0.08
										*32.3%	14.1%	52.5%	34.1%	9.6%	*0.0%

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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Rockwood School District

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

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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)
Calories	6963		550 - 650		1071%				6313	Correction Required - Calories too High							
Cholesterol (mg)	751																
Sodium 1 (mg)	9907		1230						8677	Correction Required - Sodium too High							
Sodium 2 (mg)	9907		935						8972	Correction Required - Sodium too High							
Fiber (g)	77.56																
Iron (mg)	34.64			3.30	1050%	Missing											
Calcium (mg)	4293.2		267.00		1608%	Missing											
Vitamin A (IU)	34481		1000		3448%	Missing											
Sugars (g)	250	14.36%				Missing											
Vitamin C (mg)	627.04		15.00		4180%	Missing											
Protein (g)	246.28	14.15%	8.65		2847%												
Carbohydrate (g)	913.92	52.50%															
Total Fat (g)	263.60	34.07%	<=30.00%							Correction Required - Total Fat too High							
Saturated Fat (g)	74.19	9.59%	<10.00%														
Trans Fat ¹ (g)	0.08	0.01%				Missing											

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

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