

Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

Page 1

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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)
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**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 High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/03/2019															
Rockwood High Breakfast	Total														
Pancake & Sausage Breakfast	1 each	300	40	280	1.00	1.44	0.0	103	*0.0	2	9.0	15.0	24.0	7.00	0.00
Ham Egg & Cheese Bagel	1 each	231	32	868	*4.00	2.11	118.1	165	0.0	*5	15.17	29.89	6.95	3.00	0.01
Oatmeal Combi	1 CUP	213	0	11	4.34	1.89	41.0	1	0.01	*0	6.78	37.56	2.66	0.47	*0.00
BAGEL, Toasted w Cream Cheese	1 EACH	230	25	320	4.00	1.80	60.0	300	0.0	7	7.0	31.0	10.79	5.00	0.00
CREAM CHEESE	1 TBSP	90	25	140	0.00	0.00	20.0	300	0.0	2	1.0	2.0	9.79	5.00	0.00
Breakfast Bar Benefit Variety	Bar	290	20	220	3.00	1.62	20.0	0	0.0	22	5.0	47.5	9.0	3.00	0.00
Crunchmania Cinnamon Bun Graha	Package	210	0	180	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
UBR (Ultimate Breakfast Round)	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
UBR Chocolate Chip	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
Sunbutter/Jelly Sandwich Bfast	1 Each	390	0	371	6.86	2.88	40.0	52	0.0	*N/A*	12.82	44.03	18.0	2.58	0.00
Cinnamon Burst Bread Slice	Slice	270	0	240	2.00	1.08	40.0	0	0.0	25	5.0	46.0	8.0	1.50	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
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Crescent Roll Chocolate	Crescent R	230	0	270	2.00	1.44	20.0	0	0.0	10	6.0	37.0	8.0	2.00	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
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
Pop Tart Blueberry WG 1 Pk	Pop Tart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Cinn WG 1 Pk	PopTart	190	0	200	3.00	1.80	100.0	500	0.0	16	2.0	38.0	3.0	1.00	0.00
Pop Tart Cinnamon WG 2 Pack	Package	370	0	400	6.00	3.60	200.0	1000	0.0	31	5.0	76.0	6.0	2.00	0.00
Pop Tart Fudge WG 1 Pk	Pop Tart	190	0	200	3.00	1.80	100.0	500	0.0	15	3.0	38.0	3.0	1.00	0.00
Pop Tart Fudge WG 2 Pk	Pop Tart	370	0	390	6.00	3.60	200.0	1000	0.0	30	5.0	76.0	6.0	2.00	0.00
Pop Tart Strawberry WG 1 Pk	PopTart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Strawberry WG 2 Pack	Package	360	0	362	5.70	3.60	200.0	1000	0.0	*N/A*	4.3	75.3	4.7	1.80	0.10
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
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
Bug Bites Graham Crackers	Bar	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Bar Trix	Bar	150	0	100	2.00	1.80	200.0	100	1.2	9	2.0	30.0	4.0	1.00	0.00
Rice Krispies Granola Bar Appl	Bar	139	0	107	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.75	2.99	0.72	0.04
Rice Krispies Granola Bar Berr	Bar	138	0	105	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.5	2.92	0.72	0.04
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
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Chex	Bowl	113	0	169	0.67	7.56	93.2	700	5.6	7	1.4	23.07	1.85	0.17	0.03
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00

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Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/03/2019															
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Honey Nut Cheerios	1 each	110	0	200	2.00	3.60	80.0	400	4.8	0	3.0	22.0	1.5	0.00	0.00
Goldfish Grahams Giant	Package	120	0	135	1.00	0.72	100.0	200	1.2	6	2.0	19.0	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
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
Cinnamon Breakfast Cake	1 Each	173	10	211	1.00	2.70	20.6	0	0.0	21	2.0	34.01	3.0	1.00	0.00
Breakfast Bar Mini Honey Wheat	1 each	120	10	100	1.03	1.20	27.0	10	0.3	8	2.0	19.0	3.5	1.00	0.00
Yogurt 4 oz Variety Upst Farms	1 each	90	0	50	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	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
Nature Valley Crisps	Package	150	0	140	2.00	0.72	*N/A*	*N/A*	*N/A*	9	3.0	25.0	5.0	0.50	0.00
Granola, 1 oz	Package	120	0	80	2.00	0.72	0.0	0	0.0	6	3.0	20.0	3.5	0.00	0.00
Granola, Gavin's 1 oz	Package	130	0	30	2.00	1.08	0.0	0	0.0	6	3.0	20.0	4.5	0.50	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
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
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 Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Vanilla, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		10171	612	11242	*122.82	101.05	*5825.9	*17491	*111.76	*504	255.90	1696.9	285.43	86.08	*0.21
% of Calories										*19.8%	10.1%	66.7%	25.3%	7.6%	*0.0%
Nutrient Guideline		450-600		640		3.40	300.00	1125	12.50		11.25		<=30.0	<10.00	

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Wed - 09/04/2019															
Rockwood High Breakfast	Total														
Yogurt Banana Split	1 Each	194	0	72	2.85	0.36	311.6	79	19.62	*25	4.97	42.75	1.64	1.08	*0.00
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
BISCUIT BACON, EGG & CHEESE	1 EACH	341	181	881	0.90	2.14	216.5	379	0.08	*3	14.52	29.55	18.83	8.19	0.00
Oatmeal Combi	1 CUP	213	0	11	4.34	1.89	41.0	1	0.01	*0	6.78	37.56	2.66	0.47	*0.00
BAGEL, Toasted w Cream Cheese	1 EACH	230	25	320	4.00	1.80	60.0	300	0.0	7	7.0	31.0	10.79	5.00	0.00
CREAM CHEESE	1 TBSP	90	25	140	0.00	0.00	20.0	300	0.0	2	1.0	2.0	9.79	5.00	0.00
Breakfast Bar Benefit Variety	Bar	290	20	220	3.00	1.62	20.0	0	0.0	22	5.0	47.5	9.0	3.00	0.00
Crunchmania Cinnamon Bun Graha	Package	210	0	180	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
UBR (Ultimate Breakfast Round)	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
UBR Chocolate Chip	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
Sunbutter/Jelly Sandwich Bfast	1 Each	390	0	371	6.86	2.88	40.0	52	0.0	*N/A*	12.82	44.03	18.0	2.58	0.00
Cinnamon Burst Bread Slice	Slice	270	0	240	2.00	1.08	40.0	0	0.0	25	5.0	46.0	8.0	1.50	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
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Crescent Roll Chocolate	Crescent R	230	0	270	2.00	1.44	20.0	0	0.0	10	6.0	37.0	8.0	2.00	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
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
Pop Tart Blueberry WG 1 Pk	Pop Tart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Cinn WG 1 Pk	PopTart	190	0	200	3.00	1.80	100.0	500	0.0	16	2.0	38.0	3.0	1.00	0.00
Pop Tart Cinnamon WG 2 Pack	Package	370	0	400	6.00	3.60	200.0	1000	0.0	31	5.0	76.0	6.0	2.00	0.00
Pop Tart Fudge WG 1 Pk	Pop Tart	190	0	200	3.00	1.80	100.0	500	0.0	15	3.0	38.0	3.0	1.00	0.00
Pop Tart Fudge WG 2 Pk	Pop Tart	370	0	390	6.00	3.60	200.0	1000	0.0	30	5.0	76.0	6.0	2.00	0.00
Pop Tart Strawberry WG 1 Pk	PopTart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Strawberry WG 2 Pack	Package	360	0	362	5.70	3.60	200.0	1000	0.0	*N/A*	4.3	75.3	4.7	1.80	0.10
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
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
Bug Bites Graham Crackers	Bar	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Bar Trix	Bar	150	0	100	2.00	1.80	200.0	100	1.2	9	2.0	30.0	4.0	1.00	0.00
Rice Krispies Granola Bar Appl	Bar	139	0	107	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.75	2.99	0.72	0.04
Rice Krispies Granola Bar Berr	Bar	138	0	105	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.5	2.92	0.72	0.04
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
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Chex	Bowl	113	0	169	0.67	7.56	93.2	700	5.6	7	1.4	23.07	1.85	0.17	0.03
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00

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Wed - 09/04/2019															
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Honey Nut Cheerios	1 each	110	0	200	2.00	3.60	80.0	400	4.8	0	3.0	22.0	1.5	0.00	0.00
Goldfish Grahams Giant	Package	120	0	135	1.00	0.72	100.0	200	1.2	6	2.0	19.0	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
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
Cinnamon Breakfast Cake	1 Each	173	10	211	1.00	2.70	20.6	0	0.0	21	2.0	34.01	3.0	1.00	0.00
Breakfast Bar Mini Honey Wheat	1 each	120	10	100	1.03	1.20	27.0	10	0.3	8	2.0	19.0	3.5	1.00	0.00
Yogurt 4 oz Variety Upst Farms	1 each	90	0	50	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	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
Nature Valley Crisps	Package	150	0	140	2.00	0.72	*N/A*	*N/A*	*N/A*	9	3.0	25.0	5.0	0.50	0.00
Granola, 1 oz	Package	120	0	80	2.00	0.72	0.0	0	0.0	6	3.0	20.0	3.5	0.00	0.00
Granola, Gavin's 1 oz	Package	130	0	30	2.00	1.08	0.0	0	0.0	6	3.0	20.0	4.5	0.50	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
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
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 Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Vanilla, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		10306	722	11197	123.58	101.08	*6236.0	*17681	*131.46	*533	253.21	1748.3	277.94	85.35	*0.20
% of Calories										*20.7%	9.8%	67.9%	24.3%	7.5%	*0.0%
Nutrient Guideline		450-600		640		3.40	300.00	1125	12.50		11.25		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/05/2019															
Rockwood High Breakfast	Total														
Egg Souffle Baked Florentine	Souffle	415	838	646	3.86	5.15	324.1	*8738	5.1	*0	32.83	10.13	26.76	10.15	*0.00
Egg Souffle Ham and Cheese	Souffle	390	852	543	0.05	*3.59	*114.2	*991	*0.0	*1	30.09	5.08	27.79	11.53	0.00
Sausage Egg & Cheese Croissant	1 each	521	216	691	3.00	2.86	136.5	379	*0.08	*4	18.52	28.55	36.33	13.69	0.00
Oatmeal Combi	1 CUP	213	0	11	4.34	1.89	41.0	1	0.01	*0	6.78	37.56	2.66	0.47	*0.00
BAGEL, Toasted w Cream Cheese	1 EACH	230	25	320	4.00	1.80	60.0	300	0.0	7	7.0	31.0	10.79	5.00	0.00
CREAM CHEESE	1 TBSP	90	25	140	0.00	0.00	20.0	300	0.0	2	1.0	2.0	9.79	5.00	0.00
Breakfast Bar Benefit Variety	Bar	290	20	220	3.00	1.62	20.0	0	0.0	22	5.0	47.5	9.0	3.00	0.00
Crunchmania Cinnamon Bun Graha	Package	210	0	180	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
UBR (Ultimate Breakfast Round)	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
UBR Chocolate Chip	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
Sunbutter/Jelly Sandwich Bfast	1 Each	390	0	371	6.86	2.88	40.0	52	0.0	*N/A*	12.82	44.03	18.0	2.58	0.00
Cinnamon Burst Bread Slice	Slice	270	0	240	2.00	1.08	40.0	0	0.0	25	5.0	46.0	8.0	1.50	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
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Crescent Roll Chocolate	Crescent R	230	0	270	2.00	1.44	20.0	0	0.0	10	6.0	37.0	8.0	2.00	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
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
Pop Tart Blueberry WG 1 Pk	Pop Tart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Cinn WG 1 Pk	PopTart	190	0	200	3.00	1.80	100.0	500	0.0	16	2.0	38.0	3.0	1.00	0.00
Pop Tart Cinnamon WG 2 Pack	Package	370	0	400	6.00	3.60	200.0	1000	0.0	31	5.0	76.0	6.0	2.00	0.00
Pop Tart Fudge WG 1 Pk	Pop Tart	190	0	200	3.00	1.80	100.0	500	0.0	15	3.0	38.0	3.0	1.00	0.00
Pop Tart Fudge WG 2 Pk	Pop Tart	370	0	390	6.00	3.60	200.0	1000	0.0	30	5.0	76.0	6.0	2.00	0.00
Pop Tart Strawberry WG 1 Pk	PopTart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Strawberry WG 2 Pack	Package	360	0	362	5.70	3.60	200.0	1000	0.0	*N/A*	4.3	75.3	4.7	1.80	0.10
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
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
Bug Bites Graham Crackers	Bar	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Bar Trix	Bar	150	0	100	2.00	1.80	200.0	100	1.2	9	2.0	30.0	4.0	1.00	0.00
Rice Krispies Granola Bar Appl	Bar	139	0	107	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.75	2.99	0.72	0.04
Rice Krispies Granola Bar Berr	Bar	138	0	105	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.5	2.92	0.72	0.04
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
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Chex	Bowl	113	0	169	0.67	7.56	93.2	700	5.6	7	1.4	23.07	1.85	0.17	0.03
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/05/2019															
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Honey Nut Cheerios	1 each	110	0	200	2.00	3.60	80.0	400	4.8	0	3.0	22.0	1.5	0.00	0.00
Goldfish Grahams Giant	Package	120	0	135	1.00	0.72	100.0	200	1.2	6	2.0	19.0	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
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
Cinnamon Breakfast Cake	1 Each	173	10	211	1.00	2.70	20.6	0	0.0	21	2.0	34.01	3.0	1.00	0.00
Breakfast Bar Mini Honey Wheat	1 each	120	10	100	1.03	1.20	27.0	10	0.3	8	2.0	19.0	3.5	1.00	0.00
Yogurt 4 oz Variety Upst Farms	1 each	90	0	50	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	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
Nature Valley Crisps	Package	150	0	140	2.00	0.72	*N/A*	*N/A*	*N/A*	9	3.0	25.0	5.0	0.50	0.00
Granola, 1 oz	Package	120	0	80	2.00	0.72	0.0	0	0.0	6	3.0	20.0	3.5	0.00	0.00
Granola, Gavin's 1 oz	Package	130	0	30	2.00	1.08	0.0	0	0.0	6	3.0	20.0	4.5	0.50	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
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
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 Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Vanilla, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		10966	2446	11973	124.74	*109.11	*6282.6	*27332	*116.93	*502	313.16	1695.7	345.36	111.44	*0.20
% of Calories										*18.3%	11.4%	61.9%	28.3%	9.1%	*0.0%
Nutrient Guideline		450-600		640		3.40	300.00	1125	12.50		11.25		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/06/2019															
Rockwood High Breakfast	Total														
Cinnamon Roll	1 each	202	4	188	1.22	1.72	14.3	426	0.0	13	4.53	37.75	3.57	0.86	0.04
Ham Egg & Cheese Eng Muffin	sandwich	205	28	650	3.00	1.62	155.0	179	0.0	*1	11.5	24.95	7.25	3.00	0.00
Oatmeal Combi	1 CUP	213	0	11	4.34	1.89	41.0	1	0.01	*0	6.78	37.56	2.66	0.47	*0.00
BAGEL, Toasted w Cream Cheese	1 EACH	230	25	320	4.00	1.80	60.0	300	0.0	7	7.0	31.0	10.79	5.00	0.00
CREAM CHEESE	1 TBSP	90	25	140	0.00	0.00	20.0	300	0.0	2	1.0	2.0	9.79	5.00	0.00
Breakfast Bar Benefit Variety	Bar	290	20	220	3.00	1.62	20.0	0	0.0	22	5.0	47.5	9.0	3.00	0.00
Crunchmania Cinnamon Bun Graha	Package	210	0	180	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
UBR (Ultimate Breakfast Round)	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
UBR Chocolate Chip	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
Sunbutter/Jelly Sandwich Bfast	1 Each	390	0	371	6.86	2.88	40.0	52	0.0	*N/A*	12.82	44.03	18.0	2.58	0.00
Cinnamon Burst Bread Slice	Slice	270	0	240	2.00	1.08	40.0	0	0.0	25	5.0	46.0	8.0	1.50	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
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Crescent Roll Chocolate	Crescent R	230	0	270	2.00	1.44	20.0	0	0.0	10	6.0	37.0	8.0	2.00	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
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
Pop Tart Blueberry WG 1 Pk	Pop Tart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Cinn WG 1 Pk	PopTart	190	0	200	3.00	1.80	100.0	500	0.0	16	2.0	38.0	3.0	1.00	0.00
Pop Tart Cinnamon WG 2 Pack	Package	370	0	400	6.00	3.60	200.0	1000	0.0	31	5.0	76.0	6.0	2.00	0.00
Pop Tart Fudge WG 1 Pk	Pop Tart	190	0	200	3.00	1.80	100.0	500	0.0	15	3.0	38.0	3.0	1.00	0.00
Pop Tart Fudge WG 2 Pk	Pop Tart	370	0	390	6.00	3.60	200.0	1000	0.0	30	5.0	76.0	6.0	2.00	0.00
Pop Tart Strawberry WG 1 Pk	PopTart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Strawberry WG 2 Pack	Package	360	0	362	5.70	3.60	200.0	1000	0.0	*N/A*	4.3	75.3	4.7	1.80	0.10
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
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
Bug Bites Graham Crackers	Bar	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Bar Trix	Bar	150	0	100	2.00	1.80	200.0	100	1.2	9	2.0	30.0	4.0	1.00	0.00
Rice Krispies Granola Bar Appl	Bar	139	0	107	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.75	2.99	0.72	0.04
Rice Krispies Granola Bar Berr	Bar	138	0	105	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.5	2.92	0.72	0.04
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
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Chex	Bowl	113	0	169	0.67	7.56	93.2	700	5.6	7	1.4	23.07	1.85	0.17	0.03
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/06/2019															
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Honey Nut Cheerios	1 each	110	0	200	2.00	3.60	80.0	400	4.8	0	3.0	22.0	1.5	0.00	0.00
Goldfish Grahams Giant	Package	120	0	135	1.00	0.72	100.0	200	1.2	6	2.0	19.0	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
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
Cinnamon Breakfast Cake	1 Each	173	10	211	1.00	2.70	20.6	0	0.0	21	2.0	34.01	3.0	1.00	0.00
Breakfast Bar Mini Honey Wheat	1 each	120	10	100	1.03	1.20	27.0	10	0.3	8	2.0	19.0	3.5	1.00	0.00
Yogurt 4 oz Variety Upst Farms	1 each	90	0	50	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	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
Nature Valley Crisps	Package	150	0	140	2.00	0.72	*N/A*	*N/A*	*N/A*	9	3.0	25.0	5.0	0.50	0.00
Granola, 1 oz	Package	120	0	80	2.00	0.72	0.0	0	0.0	6	3.0	20.0	3.5	0.00	0.00
Granola, Gavin's 1 oz	Package	130	0	30	2.00	1.08	0.0	0	0.0	6	3.0	20.0	4.5	0.50	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
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
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 Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Vanilla, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		10047	572	10931	122.04	100.84	*5877.0	*17827	*111.76	*511	247.76	1714.7	265.30	79.94	*0.24
% of Calories										*20.3%	9.9%	68.3%	23.8%	7.2%	*0.0%
Nutrient Guideline		450-600		640		3.40	300.00	1125	12.50		11.25		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/09/2019															
Rockwood High Breakfast	Total														
Pizza Breakfast	pizza	210	15	350	3.00	1.80	100.0	0	0.0	5	9.0	27.0	7.0	2.00	0.00
BISCUIT SAUSAGE, EGG & CHEESE	1 EACH	551	221	1011	3.00	*1.42	*116.5	*379	*0.08	*0	19.52	31.55	38.33	15.69	0.00
Oatmeal Combi	1 CUP	213	0	11	4.34	1.89	41.0	1	0.01	*0	6.78	37.56	2.66	0.47	*0.00
BAGEL, Toasted w Cream Cheese	1 EACH	230	25	320	4.00	1.80	60.0	300	0.0	7	7.0	31.0	10.79	5.00	0.00
CREAM CHEESE	1 TBSP	90	25	140	0.00	0.00	20.0	300	0.0	2	1.0	2.0	9.79	5.00	0.00
Breakfast Bar Benefit Variety	Bar	290	20	220	3.00	1.62	20.0	0	0.0	22	5.0	47.5	9.0	3.00	0.00
Crunchmania Cinnamon Bun Graha	Package	210	0	180	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
UBR (Ultimate Breakfast Round)	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
UBR Chocolate Chip	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
Sunbutter/Jelly Sandwich Bfast	1 Each	390	0	371	6.86	2.88	40.0	52	0.0	*N/A*	12.82	44.03	18.0	2.58	0.00
Cinnamon Burst Bread Slice	Slice	270	0	240	2.00	1.08	40.0	0	0.0	25	5.0	46.0	8.0	1.50	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
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Crescent Roll Chocolate	Crescent R	230	0	270	2.00	1.44	20.0	0	0.0	10	6.0	37.0	8.0	2.00	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
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
Pop Tart Blueberry WG 1 Pk	Pop Tart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Cinn WG 1 Pk	PopTart	190	0	200	3.00	1.80	100.0	500	0.0	16	2.0	38.0	3.0	1.00	0.00
Pop Tart Cinnamon WG 2 Pack	Package	370	0	400	6.00	3.60	200.0	1000	0.0	31	5.0	76.0	6.0	2.00	0.00
Pop Tart Fudge WG 1 Pk	Pop Tart	190	0	200	3.00	1.80	100.0	500	0.0	15	3.0	38.0	3.0	1.00	0.00
Pop Tart Fudge WG 2 Pk	Pop Tart	370	0	390	6.00	3.60	200.0	1000	0.0	30	5.0	76.0	6.0	2.00	0.00
Pop Tart Strawberry WG 1 Pk	PopTart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Strawberry WG 2 Pack	Package	360	0	362	5.70	3.60	200.0	1000	0.0	*N/A*	4.3	75.3	4.7	1.80	0.10
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
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
Bug Bites Graham Crackers	Bar	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Bar Trix	Bar	150	0	100	2.00	1.80	200.0	100	1.2	9	2.0	30.0	4.0	1.00	0.00
Rice Krispies Granola Bar Appl	Bar	139	0	107	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.75	2.99	0.72	0.04
Rice Krispies Granola Bar Berr	Bar	138	0	105	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.5	2.92	0.72	0.04
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
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Chex	Bowl	113	0	169	0.67	7.56	93.2	700	5.6	7	1.4	23.07	1.85	0.17	0.03
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/09/2019															
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Honey Nut Cheerios	1 each	110	0	200	2.00	3.60	80.0	400	4.8	0	3.0	22.0	1.5	0.00	0.00
Goldfish Grahams Giant	Package	120	0	135	1.00	0.72	100.0	200	1.2	6	2.0	19.0	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
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
Cinnamon Breakfast Cake	1 Each	173	10	211	1.00	2.70	20.6	0	0.0	21	2.0	34.01	3.0	1.00	0.00
Breakfast Bar Mini Honey Wheat	1 each	120	10	100	1.03	1.20	27.0	10	0.3	8	2.0	19.0	3.5	1.00	0.00
Yogurt 4 oz Variety Upst Farms	1 each	90	0	50	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	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
Nature Valley Crisps	Package	150	0	140	2.00	0.72	*N/A*	*N/A*	*N/A*	9	3.0	25.0	5.0	0.50	0.00
Granola, 1 oz	Package	120	0	80	2.00	0.72	0.0	0	0.0	6	3.0	20.0	3.5	0.00	0.00
Granola, Gavin's 1 oz	Package	130	0	30	2.00	1.08	0.0	0	0.0	6	3.0	20.0	4.5	0.50	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
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
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 Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Vanilla, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		10401	777	11454	123.82	*100.72	*5924.3	*17602	*111.84	*502	260.24	1710.5	299.80	93.77	*0.20
% of Calories										*19.3%	10.0%	65.8%	25.9%	8.1%	*0.0%
Nutrient Guideline		450-600		640		3.40	300.00	1125	12.50		11.25		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/10/2019															
Rockwood High Breakfast	Total														
FRENCH TOAST STICKS Breakfas	1 SERVIN	173	7	193	1.33	0.48	13.3	0	0.0	9	4.0	28.0	5.33	0.67	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
Bagel, Ham Egg & Cheese Sandwi	sandwich	223	28	762	*4.00	2.05	117.5	162	0.0	*4	13.84	28.8	6.66	2.90	0.01
Oatmeal Combi	1 CUP	213	0	11	4.34	1.89	41.0	1	0.01	*0	6.78	37.56	2.66	0.47	*0.00
BAGEL, Toasted w Cream Cheese	1 EACH	230	25	320	4.00	1.80	60.0	300	0.0	7	7.0	31.0	10.79	5.00	0.00
CREAM CHEESE	1 TBSP	90	25	140	0.00	0.00	20.0	300	0.0	2	1.0	2.0	9.79	5.00	0.00
Breakfast Bar Benefit Variety	Bar	290	20	220	3.00	1.62	20.0	0	0.0	22	5.0	47.5	9.0	3.00	0.00
Crunchmania Cinnamon Bun Graha	Package	210	0	180	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
UBR (Ultimate Breakfast Round)	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
UBR Chocolate Chip	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
Sunbutter/Jelly Sandwich Bfast	1 Each	390	0	371	6.86	2.88	40.0	52	0.0	*N/A*	12.82	44.03	18.0	2.58	0.00
Cinnamon Burst Bread Slice	Slice	270	0	240	2.00	1.08	40.0	0	0.0	25	5.0	46.0	8.0	1.50	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
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Crescent Roll Chocolate	Crescent R	230	0	270	2.00	1.44	20.0	0	0.0	10	6.0	37.0	8.0	2.00	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
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
Pop Tart Blueberry WG 1 Pk	Pop Tart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Cinn WG 1 Pk	PopTart	190	0	200	3.00	1.80	100.0	500	0.0	16	2.0	38.0	3.0	1.00	0.00
Pop Tart Cinnamon WG 2 Pack	Package	370	0	400	6.00	3.60	200.0	1000	0.0	31	5.0	76.0	6.0	2.00	0.00
Pop Tart Fudge WG 1 Pk	Pop Tart	190	0	200	3.00	1.80	100.0	500	0.0	15	3.0	38.0	3.0	1.00	0.00
Pop Tart Fudge WG 2 Pk	Pop Tart	370	0	390	6.00	3.60	200.0	1000	0.0	30	5.0	76.0	6.0	2.00	0.00
Pop Tart Strawberry WG 1 Pk	PopTart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Strawberry WG 2 Pack	Package	360	0	362	5.70	3.60	200.0	1000	0.0	*N/A*	4.3	75.3	4.7	1.80	0.10
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
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
Bug Bites Graham Crackers	Bar	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Bar Trix	Bar	150	0	100	2.00	1.80	200.0	100	1.2	9	2.0	30.0	4.0	1.00	0.00
Rice Krispies Granola Bar Appl	Bar	139	0	107	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.75	2.99	0.72	0.04
Rice Krispies Granola Bar Berr	Bar	138	0	105	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.5	2.92	0.72	0.04
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
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Chex	Bowl	113	0	169	0.67	7.56	93.2	700	5.6	7	1.4	23.07	1.85	0.17	0.03
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/10/2019															
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Honey Nut Cheerios	1 each	110	0	200	2.00	3.60	80.0	400	4.8	0	3.0	22.0	1.5	0.00	0.00
Goldfish Grahams Giant	Package	120	0	135	1.00	0.72	100.0	200	1.2	6	2.0	19.0	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
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
Cinnamon Breakfast Cake	1 Each	173	10	211	1.00	2.70	20.6	0	0.0	21	2.0	34.01	3.0	1.00	0.00
Breakfast Bar Mini Honey Wheat	1 each	120	10	100	1.03	1.20	27.0	10	0.3	8	2.0	19.0	3.5	1.00	0.00
Yogurt 4 oz Variety Upst Farms	1 each	90	0	50	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	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
Nature Valley Crisps	Package	150	0	140	2.00	0.72	*N/A*	*N/A*	*N/A*	9	3.0	25.0	5.0	0.50	0.00
Granola, 1 oz	Package	120	0	80	2.00	0.72	0.0	0	0.0	6	3.0	20.0	3.5	0.00	0.00
Granola, Gavin's 1 oz	Package	130	0	30	2.00	1.08	0.0	0	0.0	6	3.0	20.0	4.5	0.50	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
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
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 Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Vanilla, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		10276	615	11228	*123.16	100.75	*5838.6	*17385	*111.76	*511	257.56	1708.8	290.48	87.65	*0.21
% of Calories										*19.9%	10.0%	66.5%	25.4%	7.7%	*0.0%
Nutrient Guideline		450-600		640		3.40	300.00	1125	12.50		11.25		<=30.0	<10.00	

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

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/11/2019															
Rockwood High Breakfast	Total														
Donut, Long John	Donut	362	0	350	2.00	1.80	20.0	0	0.0	9	7.0	44.33	17.0	8.00	0.00
Yogurt 4 oz Variety Upst Farms	1 each	90	0	50	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	0.00
BISCUIT BACON, EGG & CHEESE	1 EACH	341	181	881	0.90	2.14	216.5	379	0.08	*3	14.52	29.55	18.83	8.19	0.00
Oatmeal Combi	1 CUP	213	0	11	4.34	1.89	41.0	1	0.01	*0	6.78	37.56	2.66	0.47	*0.00
BAGEL, Toasted w Cream Cheese	1 EACH	230	25	320	4.00	1.80	60.0	300	0.0	7	7.0	31.0	10.79	5.00	0.00
CREAM CHEESE	1 TBSP	90	25	140	0.00	0.00	20.0	300	0.0	2	1.0	2.0	9.79	5.00	0.00
Breakfast Bar Benefit Variety	Bar	290	20	220	3.00	1.62	20.0	0	0.0	22	5.0	47.5	9.0	3.00	0.00
Crunchmania Cinnamon Bun Graha	Package	210	0	180	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
UBR (Ultimate Breakfast Round)	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
UBR Chocolate Chip	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
Sunbutter/Jelly Sandwich Bfast	1 Each	390	0	371	6.86	2.88	40.0	52	0.0	*N/A*	12.82	44.03	18.0	2.58	0.00
Cinnamon Burst Bread Slice	Slice	270	0	240	2.00	1.08	40.0	0	0.0	25	5.0	46.0	8.0	1.50	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
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Crescent Roll Chocolate	Crescent R	230	0	270	2.00	1.44	20.0	0	0.0	10	6.0	37.0	8.0	2.00	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
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
Pop Tart Blueberry WG 1 Pk	Pop Tart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Cinn WG 1 Pk	PopTart	190	0	200	3.00	1.80	100.0	500	0.0	16	2.0	38.0	3.0	1.00	0.00
Pop Tart Cinnamon WG 2 Pack	Package	370	0	400	6.00	3.60	200.0	1000	0.0	31	5.0	76.0	6.0	2.00	0.00
Pop Tart Fudge WG 1 Pk	Pop Tart	190	0	200	3.00	1.80	100.0	500	0.0	15	3.0	38.0	3.0	1.00	0.00
Pop Tart Fudge WG 2 Pk	Pop Tart	370	0	390	6.00	3.60	200.0	1000	0.0	30	5.0	76.0	6.0	2.00	0.00
Pop Tart Strawberry WG 1 Pk	PopTart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Strawberry WG 2 Pack	Package	360	0	362	5.70	3.60	200.0	1000	0.0	*N/A*	4.3	75.3	4.7	1.80	0.10
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
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
Bug Bites Graham Crackers	Bar	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Bar Trix	Bar	150	0	100	2.00	1.80	200.0	100	1.2	9	2.0	30.0	4.0	1.00	0.00
Rice Krispies Granola Bar Appl	Bar	139	0	107	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.75	2.99	0.72	0.04
Rice Krispies Granola Bar Berr	Bar	138	0	105	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.5	2.92	0.72	0.04
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
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Chex	Bowl	113	0	169	0.67	7.56	93.2	700	5.6	7	1.4	23.07	1.85	0.17	0.03
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/11/2019															
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Honey Nut Cheerios	1 each	110	0	200	2.00	3.60	80.0	400	4.8	0	3.0	22.0	1.5	0.00	0.00
Goldfish Grahams Giant	Package	120	0	135	1.00	0.72	100.0	200	1.2	6	2.0	19.0	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
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
Cinnamon Breakfast Cake	1 Each	173	10	211	1.00	2.70	20.6	0	0.0	21	2.0	34.01	3.0	1.00	0.00
Breakfast Bar Mini Honey Wheat	1 each	120	10	100	1.03	1.20	27.0	10	0.3	8	2.0	19.0	3.5	1.00	0.00
Yogurt 4 oz Variety Upst Farms	1 each	90	0	50	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	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
Nature Valley Crisps	Package	150	0	140	2.00	0.72	*N/A*	*N/A*	*N/A*	9	3.0	25.0	5.0	0.50	0.00
Granola, 1 oz	Package	120	0	80	2.00	0.72	0.0	0	0.0	6	3.0	20.0	3.5	0.00	0.00
Granola, Gavin's 1 oz	Package	130	0	30	2.00	1.08	0.0	0	0.0	6	3.0	20.0	4.5	0.50	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
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
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 Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Vanilla, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		10433	722	11374	120.72	101.44	*6244.3	*17602	*113.04	*510	256.24	1744.9	290.30	92.27	*0.20
% of Calories										*19.5%	9.8%	66.9%	25.0%	8.0%	*0.0%
Nutrient Guideline		450-600		640		3.40	300.00	1125	12.50		11.25		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/12/2019															
Rockwood High Breakfast	Total														
Breakfast Nachos	1 Each	232	217	227	2.00	1.28	74.0	301	1.3	*1	8.6	19.41	12.25	2.69	0.00
Sausage Egg & Cheese Croissant	1 each	521	216	691	3.00	2.86	136.5	379	*0.08	*4	18.52	28.55	36.33	13.69	0.00
Oatmeal Combi	1 CUP	213	0	11	4.34	1.89	41.0	1	0.01	*0	6.78	37.56	2.66	0.47	*0.00
BAGEL, Toasted w Cream Cheese	1 EACH	230	25	320	4.00	1.80	60.0	300	0.0	7	7.0	31.0	10.79	5.00	0.00
CREAM CHEESE	1 TBSP	90	25	140	0.00	0.00	20.0	300	0.0	2	1.0	2.0	9.79	5.00	0.00
Breakfast Bar Benefit Variety	Bar	290	20	220	3.00	1.62	20.0	0	0.0	22	5.0	47.5	9.0	3.00	0.00
Crunchmania Cinnamon Bun Graha	Package	210	0	180	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
UBR (Ultimate Breakfast Round)	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
UBR Chocolate Chip	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
Sunbutter/Jelly Sandwich Bfast	1 Each	390	0	371	6.86	2.88	40.0	52	0.0	*N/A*	12.82	44.03	18.0	2.58	0.00
Cinnamon Burst Bread Slice	Slice	270	0	240	2.00	1.08	40.0	0	0.0	25	5.0	46.0	8.0	1.50	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
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Crescent Roll Chocolate	Crescent R	230	0	270	2.00	1.44	20.0	0	0.0	10	6.0	37.0	8.0	2.00	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
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
Pop Tart Blueberry WG 1 Pk	Pop Tart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Cinn WG 1 Pk	PopTart	190	0	200	3.00	1.80	100.0	500	0.0	16	2.0	38.0	3.0	1.00	0.00
Pop Tart Cinnamon WG 2 Pack	Package	370	0	400	6.00	3.60	200.0	1000	0.0	31	5.0	76.0	6.0	2.00	0.00
Pop Tart Fudge WG 1 Pk	Pop Tart	190	0	200	3.00	1.80	100.0	500	0.0	15	3.0	38.0	3.0	1.00	0.00
Pop Tart Fudge WG 2 Pk	Pop Tart	370	0	390	6.00	3.60	200.0	1000	0.0	30	5.0	76.0	6.0	2.00	0.00
Pop Tart Strawberry WG 1 Pk	PopTart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Strawberry WG 2 Pack	Package	360	0	362	5.70	3.60	200.0	1000	0.0	*N/A*	4.3	75.3	4.7	1.80	0.10
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
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
Bug Bites Graham Crackers	Bar	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Bar Trix	Bar	150	0	100	2.00	1.80	200.0	100	1.2	9	2.0	30.0	4.0	1.00	0.00
Rice Krispies Granola Bar Appl	Bar	139	0	107	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.75	2.99	0.72	0.04
Rice Krispies Granola Bar Berr	Bar	138	0	105	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.5	2.92	0.72	0.04
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
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Chex	Bowl	113	0	169	0.67	7.56	93.2	700	5.6	7	1.4	23.07	1.85	0.17	0.03
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/12/2019															
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Honey Nut Cheerios	1 each	110	0	200	2.00	3.60	80.0	400	4.8	0	3.0	22.0	1.5	0.00	0.00
Goldfish Grahams Giant	Package	120	0	135	1.00	0.72	100.0	200	1.2	6	2.0	19.0	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
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
Cinnamon Breakfast Cake	1 Each	173	10	211	1.00	2.70	20.6	0	0.0	21	2.0	34.01	3.0	1.00	0.00
Breakfast Bar Mini Honey Wheat	1 each	120	10	100	1.03	1.20	27.0	10	0.3	8	2.0	19.0	3.5	1.00	0.00
Yogurt 4 oz Variety Upst Farms	1 each	90	0	50	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	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
Nature Valley Crisps	Package	150	0	140	2.00	0.72	*N/A*	*N/A*	*N/A*	9	3.0	25.0	5.0	0.50	0.00
Granola, 1 oz	Package	120	0	80	2.00	0.72	0.0	0	0.0	6	3.0	20.0	3.5	0.00	0.00
Granola, Gavin's 1 oz	Package	130	0	30	2.00	1.08	0.0	0	0.0	6	3.0	20.0	4.5	0.50	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
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
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 Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Vanilla, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		10393	973	11011	122.82	101.64	*5918.3	*17904	*113.13	*502	258.84	1699.9	303.05	92.46	*0.20
% of Calories										*19.3%	10.0%	65.4%	26.2%	8.0%	*0.0%
Nutrient Guideline		450-600		640		3.40	300.00	1125	12.50		11.25		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/13/2019															
Rockwood High Breakfast	Total														
Smoothie Fruit & Yogurt	1 each	171	1	69	2.67	0.76	340.9	108	41.36	*23	4.58	34.25	2.16	1.48	*0.01
Crackers, Graham, Honeymaid Li	Package	130	0	150	2.00	1.08	0.0	0	0.0	8	2.0	24.0	3.0	0.00	0.00
Ham Egg & Cheese Eng Muffin	sandwich	205	28	650	3.00	1.62	155.0	179	0.0	*1	11.5	24.95	7.25	3.00	0.00
Oatmeal Combi	1 CUP	213	0	11	4.34	1.89	41.0	1	0.01	*0	6.78	37.56	2.66	0.47	*0.00
BAGEL, Toasted w Cream Cheese	1 EACH	230	25	320	4.00	1.80	60.0	300	0.0	7	7.0	31.0	10.79	5.00	0.00
CREAM CHEESE	1 TBSP	90	25	140	0.00	0.00	20.0	300	0.0	2	1.0	2.0	9.79	5.00	0.00
Breakfast Bar Benefit Variety	Bar	290	20	220	3.00	1.62	20.0	0	0.0	22	5.0	47.5	9.0	3.00	0.00
Crunchmania Cinnamon Bun Graha	Package	210	0	180	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
UBR (Ultimate Breakfast Round)	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
UBR Chocolate Chip	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
Sunbutter/Jelly Sandwich Bfast	1 Each	390	0	371	6.86	2.88	40.0	52	0.0	*N/A*	12.82	44.03	18.0	2.58	0.00
Cinnamon Burst Bread Slice	Slice	270	0	240	2.00	1.08	40.0	0	0.0	25	5.0	46.0	8.0	1.50	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
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Crescent Roll Chocolate	Crescent R	230	0	270	2.00	1.44	20.0	0	0.0	10	6.0	37.0	8.0	2.00	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
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
Pop Tart Blueberry WG 1 Pk	Pop Tart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Cinn WG 1 Pk	PopTart	190	0	200	3.00	1.80	100.0	500	0.0	16	2.0	38.0	3.0	1.00	0.00
Pop Tart Cinnamon WG 2 Pack	Package	370	0	400	6.00	3.60	200.0	1000	0.0	31	5.0	76.0	6.0	2.00	0.00
Pop Tart Fudge WG 1 Pk	Pop Tart	190	0	200	3.00	1.80	100.0	500	0.0	15	3.0	38.0	3.0	1.00	0.00
Pop Tart Fudge WG 2 Pk	Pop Tart	370	0	390	6.00	3.60	200.0	1000	0.0	30	5.0	76.0	6.0	2.00	0.00
Pop Tart Strawberry WG 1 Pk	PopTart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Strawberry WG 2 Pack	Package	360	0	362	5.70	3.60	200.0	1000	0.0	*N/A*	4.3	75.3	4.7	1.80	0.10
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
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
Bug Bites Graham Crackers	Bar	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Bar Trix	Bar	150	0	100	2.00	1.80	200.0	100	1.2	9	2.0	30.0	4.0	1.00	0.00
Rice Krispies Granola Bar Appl	Bar	139	0	107	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.75	2.99	0.72	0.04
Rice Krispies Granola Bar Berr	Bar	138	0	105	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.5	2.92	0.72	0.04
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
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Chex	Bowl	113	0	169	0.67	7.56	93.2	700	5.6	7	1.4	23.07	1.85	0.17	0.03
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/13/2019															
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Honey Nut Cheerios	1 each	110	0	200	2.00	3.60	80.0	400	4.8	0	3.0	22.0	1.5	0.00	0.00
Goldfish Grahams Giant	Package	120	0	135	1.00	0.72	100.0	200	1.2	6	2.0	19.0	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
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
Cinnamon Breakfast Cake	1 Each	173	10	211	1.00	2.70	20.6	0	0.0	21	2.0	34.01	3.0	1.00	0.00
Breakfast Bar Mini Honey Wheat	1 each	120	10	100	1.03	1.20	27.0	10	0.3	8	2.0	19.0	3.5	1.00	0.00
Yogurt 4 oz Variety Upst Farms	1 each	90	0	50	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	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
Nature Valley Crisps	Package	150	0	140	2.00	0.72	*N/A*	*N/A*	*N/A*	9	3.0	25.0	5.0	0.50	0.00
Granola, 1 oz	Package	120	0	80	2.00	0.72	0.0	0	0.0	6	3.0	20.0	3.5	0.00	0.00
Granola, Gavin's 1 oz	Package	130	0	30	2.00	1.08	0.0	0	0.0	6	3.0	20.0	4.5	0.50	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
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
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 Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Vanilla, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		10146	569	10962	125.49	100.96	*6203.7	*17510	*153.12	*530	249.81	1735.2	266.89	80.56	*0.21
% of Calories										*20.9%	9.8%	68.4%	23.7%	7.1%	*0.0%
Nutrient Guideline		450-600		640		3.40	300.00	1125	12.50		11.25		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/16/2019															
Rockwood High Breakfast	Total														
Pizza Breakfast	pizza	210	15	350	3.00	1.80	100.0	0	0.0	5	9.0	27.0	7.0	2.00	0.00
BISCUIT SAUSAGE, EGG & CHEESE	1 EACH	551	221	1011	3.00	*1.42	*116.5	*379	*0.08	*0	19.52	31.55	38.33	15.69	0.00
Oatmeal Combi	1 CUP	213	0	11	4.34	1.89	41.0	1	0.01	*0	6.78	37.56	2.66	0.47	*0.00
BAGEL, Toasted w Cream Cheese	1 EACH	230	25	320	4.00	1.80	60.0	300	0.0	7	7.0	31.0	10.79	5.00	0.00
CREAM CHEESE	1 TBSP	90	25	140	0.00	0.00	20.0	300	0.0	2	1.0	2.0	9.79	5.00	0.00
Breakfast Bar Benefit Variety	Bar	290	20	220	3.00	1.62	20.0	0	0.0	22	5.0	47.5	9.0	3.00	0.00
Crunchmania Cinnamon Bun Graha	Package	210	0	180	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
UBR (Ultimate Breakfast Round)	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
UBR Chocolate Chip	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
Sunbutter/Jelly Sandwich Bfast	1 Each	390	0	371	6.86	2.88	40.0	52	0.0	*N/A*	12.82	44.03	18.0	2.58	0.00
Cinnamon Burst Bread Slice	Slice	270	0	240	2.00	1.08	40.0	0	0.0	25	5.0	46.0	8.0	1.50	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
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Crescent Roll Chocolate	Crescent R	230	0	270	2.00	1.44	20.0	0	0.0	10	6.0	37.0	8.0	2.00	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
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
Pop Tart Blueberry WG 1 Pk	Pop Tart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Cinn WG 1 Pk	PopTart	190	0	200	3.00	1.80	100.0	500	0.0	16	2.0	38.0	3.0	1.00	0.00
Pop Tart Cinnamon WG 2 Pack	Package	370	0	400	6.00	3.60	200.0	1000	0.0	31	5.0	76.0	6.0	2.00	0.00
Pop Tart Fudge WG 1 Pk	Pop Tart	190	0	200	3.00	1.80	100.0	500	0.0	15	3.0	38.0	3.0	1.00	0.00
Pop Tart Fudge WG 2 Pk	Pop Tart	370	0	390	6.00	3.60	200.0	1000	0.0	30	5.0	76.0	6.0	2.00	0.00
Pop Tart Strawberry WG 1 Pk	PopTart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Strawberry WG 2 Pack	Package	360	0	362	5.70	3.60	200.0	1000	0.0	*N/A*	4.3	75.3	4.7	1.80	0.10
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
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
Bug Bites Graham Crackers	Bar	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Bar Trix	Bar	150	0	100	2.00	1.80	200.0	100	1.2	9	2.0	30.0	4.0	1.00	0.00
Rice Krispies Granola Bar Appl	Bar	139	0	107	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.75	2.99	0.72	0.04
Rice Krispies Granola Bar Berr	Bar	138	0	105	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.5	2.92	0.72	0.04
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
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Chex	Bowl	113	0	169	0.67	7.56	93.2	700	5.6	7	1.4	23.07	1.85	0.17	0.03
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/16/2019															
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Honey Nut Cheerios	1 each	110	0	200	2.00	3.60	80.0	400	4.8	0	3.0	22.0	1.5	0.00	0.00
Goldfish Grahams Giant	Package	120	0	135	1.00	0.72	100.0	200	1.2	6	2.0	19.0	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
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
Cinnamon Breakfast Cake	1 Each	173	10	211	1.00	2.70	20.6	0	0.0	21	2.0	34.01	3.0	1.00	0.00
Breakfast Bar Mini Honey Wheat	1 each	120	10	100	1.03	1.20	27.0	10	0.3	8	2.0	19.0	3.5	1.00	0.00
Yogurt 4 oz Variety Upst Farms	1 each	90	0	50	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	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
Nature Valley Crisps	Package	150	0	140	2.00	0.72	*N/A*	*N/A*	*N/A*	9	3.0	25.0	5.0	0.50	0.00
Granola, 1 oz	Package	120	0	80	2.00	0.72	0.0	0	0.0	6	3.0	20.0	3.5	0.00	0.00
Granola, Gavin's 1 oz	Package	130	0	30	2.00	1.08	0.0	0	0.0	6	3.0	20.0	4.5	0.50	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
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
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 Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Vanilla, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		10401	777	11454	123.82	*100.72	*5924.3	*17602	*111.84	*502	260.24	1710.5	299.80	93.77	*0.20
% of Calories										*19.3%	10.0%	65.8%	25.9%	8.1%	*0.0%
Nutrient Guideline		450-600		640		3.40	300.00	1125	12.50		11.25		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/17/2019															
Rockwood High Breakfast	Total														
Pancake & Sausage Breakfast	1 each	300	40	280	1.00	1.44	0.0	103	*0.0	2	9.0	15.0	24.0	7.00	0.00
Ham Egg & Cheese Bagel	1 each	231	32	868	*4.00	2.11	118.1	165	0.0	*5	15.17	29.89	6.95	3.00	0.01
Oatmeal Combi	1 CUP	213	0	11	4.34	1.89	41.0	1	0.01	*0	6.78	37.56	2.66	0.47	*0.00
BAGEL, Toasted w Cream Cheese	1 EACH	230	25	320	4.00	1.80	60.0	300	0.0	7	7.0	31.0	10.79	5.00	0.00
CREAM CHEESE	1 TBSP	90	25	140	0.00	0.00	20.0	300	0.0	2	1.0	2.0	9.79	5.00	0.00
Breakfast Bar Benefit Variety	Bar	290	20	220	3.00	1.62	20.0	0	0.0	22	5.0	47.5	9.0	3.00	0.00
Crunchmania Cinnamon Bun Graha	Package	210	0	180	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
UBR (Ultimate Breakfast Round)	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
UBR Chocolate Chip	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
Sunbutter/Jelly Sandwich Bfast	1 Each	390	0	371	6.86	2.88	40.0	52	0.0	*N/A*	12.82	44.03	18.0	2.58	0.00
Cinnamon Burst Bread Slice	Slice	270	0	240	2.00	1.08	40.0	0	0.0	25	5.0	46.0	8.0	1.50	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
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Crescent Roll Chocolate	Crescent R	230	0	270	2.00	1.44	20.0	0	0.0	10	6.0	37.0	8.0	2.00	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
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
Pop Tart Blueberry WG 1 Pk	Pop Tart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Cinn WG 1 Pk	PopTart	190	0	200	3.00	1.80	100.0	500	0.0	16	2.0	38.0	3.0	1.00	0.00
Pop Tart Cinnamon WG 2 Pack	Package	370	0	400	6.00	3.60	200.0	1000	0.0	31	5.0	76.0	6.0	2.00	0.00
Pop Tart Fudge WG 1 Pk	Pop Tart	190	0	200	3.00	1.80	100.0	500	0.0	15	3.0	38.0	3.0	1.00	0.00
Pop Tart Fudge WG 2 Pk	Pop Tart	370	0	390	6.00	3.60	200.0	1000	0.0	30	5.0	76.0	6.0	2.00	0.00
Pop Tart Strawberry WG 1 Pk	PopTart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Strawberry WG 2 Pack	Package	360	0	362	5.70	3.60	200.0	1000	0.0	*N/A*	4.3	75.3	4.7	1.80	0.10
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
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
Bug Bites Graham Crackers	Bar	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Bar Trix	Bar	150	0	100	2.00	1.80	200.0	100	1.2	9	2.0	30.0	4.0	1.00	0.00
Rice Krispies Granola Bar Appl	Bar	139	0	107	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.75	2.99	0.72	0.04
Rice Krispies Granola Bar Berr	Bar	138	0	105	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.5	2.92	0.72	0.04
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
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Chex	Bowl	113	0	169	0.67	7.56	93.2	700	5.6	7	1.4	23.07	1.85	0.17	0.03
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/17/2019															
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Honey Nut Cheerios	1 each	110	0	200	2.00	3.60	80.0	400	4.8	0	3.0	22.0	1.5	0.00	0.00
Goldfish Grahams Giant	Package	120	0	135	1.00	0.72	100.0	200	1.2	6	2.0	19.0	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
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
Cinnamon Breakfast Cake	1 Each	173	10	211	1.00	2.70	20.6	0	0.0	21	2.0	34.01	3.0	1.00	0.00
Breakfast Bar Mini Honey Wheat	1 each	120	10	100	1.03	1.20	27.0	10	0.3	8	2.0	19.0	3.5	1.00	0.00
Yogurt 4 oz Variety Upst Farms	1 each	90	0	50	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	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
Nature Valley Crisps	Package	150	0	140	2.00	0.72	*N/A*	*N/A*	*N/A*	9	3.0	25.0	5.0	0.50	0.00
Granola, 1 oz	Package	120	0	80	2.00	0.72	0.0	0	0.0	6	3.0	20.0	3.5	0.00	0.00
Granola, Gavin's 1 oz	Package	130	0	30	2.00	1.08	0.0	0	0.0	6	3.0	20.0	4.5	0.50	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
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
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 Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Vanilla, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		10171	612	11242	*122.82	101.05	*5825.9	*17491	*111.76	*504	255.90	1696.9	285.43	86.08	*0.21
% of Calories										*19.8%	10.1%	66.7%	25.3%	7.6%	*0.0%
Nutrient Guideline		450-600		640		3.40	300.00	1125	12.50		11.25		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/18/2019															
Rockwood High Breakfast	Total														
Yogurt Banana Split	1 Each	194	0	72	2.85	0.36	311.6	79	19.62	*25	4.97	42.75	1.64	1.08	*0.00
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
BISCUIT BACON, EGG & CHEESE	1 EACH	341	181	881	0.90	2.14	216.5	379	0.08	*3	14.52	29.55	18.83	8.19	0.00
Oatmeal Combi	1 CUP	213	0	11	4.34	1.89	41.0	1	0.01	*0	6.78	37.56	2.66	0.47	*0.00
BAGEL, Toasted w Cream Cheese	1 EACH	230	25	320	4.00	1.80	60.0	300	0.0	7	7.0	31.0	10.79	5.00	0.00
CREAM CHEESE	1 TBSP	90	25	140	0.00	0.00	20.0	300	0.0	2	1.0	2.0	9.79	5.00	0.00
Breakfast Bar Benefit Variety	Bar	290	20	220	3.00	1.62	20.0	0	0.0	22	5.0	47.5	9.0	3.00	0.00
Crunchmania Cinnamon Bun Graha	Package	210	0	180	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
UBR (Ultimate Breakfast Round)	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
UBR Chocolate Chip	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
Sunbutter/Jelly Sandwich Bfast	1 Each	390	0	371	6.86	2.88	40.0	52	0.0	*N/A*	12.82	44.03	18.0	2.58	0.00
Cinnamon Burst Bread Slice	Slice	270	0	240	2.00	1.08	40.0	0	0.0	25	5.0	46.0	8.0	1.50	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
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Crescent Roll Chocolate	Crescent R	230	0	270	2.00	1.44	20.0	0	0.0	10	6.0	37.0	8.0	2.00	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
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
Pop Tart Blueberry WG 1 Pk	Pop Tart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Cinn WG 1 Pk	PopTart	190	0	200	3.00	1.80	100.0	500	0.0	16	2.0	38.0	3.0	1.00	0.00
Pop Tart Cinnamon WG 2 Pack	Package	370	0	400	6.00	3.60	200.0	1000	0.0	31	5.0	76.0	6.0	2.00	0.00
Pop Tart Fudge WG 1 Pk	Pop Tart	190	0	200	3.00	1.80	100.0	500	0.0	15	3.0	38.0	3.0	1.00	0.00
Pop Tart Fudge WG 2 Pk	Pop Tart	370	0	390	6.00	3.60	200.0	1000	0.0	30	5.0	76.0	6.0	2.00	0.00
Pop Tart Strawberry WG 1 Pk	PopTart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Strawberry WG 2 Pack	Package	360	0	362	5.70	3.60	200.0	1000	0.0	*N/A*	4.3	75.3	4.7	1.80	0.10
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
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
Bug Bites Graham Crackers	Bar	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Bar Trix	Bar	150	0	100	2.00	1.80	200.0	100	1.2	9	2.0	30.0	4.0	1.00	0.00
Rice Krispies Granola Bar Appl	Bar	139	0	107	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.75	2.99	0.72	0.04
Rice Krispies Granola Bar Berr	Bar	138	0	105	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.5	2.92	0.72	0.04
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
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Chex	Bowl	113	0	169	0.67	7.56	93.2	700	5.6	7	1.4	23.07	1.85	0.17	0.03
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/18/2019															
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Honey Nut Cheerios	1 each	110	0	200	2.00	3.60	80.0	400	4.8	0	3.0	22.0	1.5	0.00	0.00
Goldfish Grahams Giant	Package	120	0	135	1.00	0.72	100.0	200	1.2	6	2.0	19.0	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
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
Cinnamon Breakfast Cake	1 Each	173	10	211	1.00	2.70	20.6	0	0.0	21	2.0	34.01	3.0	1.00	0.00
Breakfast Bar Mini Honey Wheat	1 each	120	10	100	1.03	1.20	27.0	10	0.3	8	2.0	19.0	3.5	1.00	0.00
Yogurt 4 oz Variety Upst Farms	1 each	90	0	50	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	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
Nature Valley Crisps	Package	150	0	140	2.00	0.72	*N/A*	*N/A*	*N/A*	9	3.0	25.0	5.0	0.50	0.00
Granola, 1 oz	Package	120	0	80	2.00	0.72	0.0	0	0.0	6	3.0	20.0	3.5	0.00	0.00
Granola, Gavin's 1 oz	Package	130	0	30	2.00	1.08	0.0	0	0.0	6	3.0	20.0	4.5	0.50	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
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
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 Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Vanilla, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		10306	722	11197	123.58	101.08	*6236.0	*17681	*131.46	*533	253.21	1748.3	277.94	85.35	*0.20
% of Calories										*20.7%	9.8%	67.9%	24.3%	7.5%	*0.0%
Nutrient Guideline		450-600		640		3.40	300.00	1125	12.50		11.25		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/19/2019															
Rockwood High Breakfast	Total														
Egg Souffle Baked Florentine	Souffle	415	838	646	3.86	5.15	324.1	*8738	5.1	*0	32.83	10.13	26.76	10.15	*0.00
Egg Souffle Ham and Cheese	Souffle	390	852	543	0.05	*3.59	*114.2	*991	*0.0	*1	30.09	5.08	27.79	11.53	0.00
Sausage Egg & Cheese Croissant	1 each	521	216	691	3.00	2.86	136.5	379	*0.08	*4	18.52	28.55	36.33	13.69	0.00
Oatmeal Combi	1 CUP	213	0	11	4.34	1.89	41.0	1	0.01	*0	6.78	37.56	2.66	0.47	*0.00
BAGEL, Toasted w Cream Cheese	1 EACH	230	25	320	4.00	1.80	60.0	300	0.0	7	7.0	31.0	10.79	5.00	0.00
CREAM CHEESE	1 TBSP	90	25	140	0.00	0.00	20.0	300	0.0	2	1.0	2.0	9.79	5.00	0.00
Breakfast Bar Benefit Variety	Bar	290	20	220	3.00	1.62	20.0	0	0.0	22	5.0	47.5	9.0	3.00	0.00
Crunchmania Cinnamon Bun Graha	Package	210	0	180	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
UBR (Ultimate Breakfast Round)	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
UBR Chocolate Chip	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
Sunbutter/Jelly Sandwich Bfast	1 Each	390	0	371	6.86	2.88	40.0	52	0.0	*N/A*	12.82	44.03	18.0	2.58	0.00
Cinnamon Burst Bread Slice	Slice	270	0	240	2.00	1.08	40.0	0	0.0	25	5.0	46.0	8.0	1.50	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
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Crescent Roll Chocolate	Crescent R	230	0	270	2.00	1.44	20.0	0	0.0	10	6.0	37.0	8.0	2.00	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
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
Pop Tart Blueberry WG 1 Pk	Pop Tart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Cinn WG 1 Pk	PopTart	190	0	200	3.00	1.80	100.0	500	0.0	16	2.0	38.0	3.0	1.00	0.00
Pop Tart Cinnamon WG 2 Pack	Package	370	0	400	6.00	3.60	200.0	1000	0.0	31	5.0	76.0	6.0	2.00	0.00
Pop Tart Fudge WG 1 Pk	Pop Tart	190	0	200	3.00	1.80	100.0	500	0.0	15	3.0	38.0	3.0	1.00	0.00
Pop Tart Fudge WG 2 Pk	Pop Tart	370	0	390	6.00	3.60	200.0	1000	0.0	30	5.0	76.0	6.0	2.00	0.00
Pop Tart Strawberry WG 1 Pk	PopTart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Strawberry WG 2 Pack	Package	360	0	362	5.70	3.60	200.0	1000	0.0	*N/A*	4.3	75.3	4.7	1.80	0.10
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
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
Bug Bites Graham Crackers	Bar	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Bar Trix	Bar	150	0	100	2.00	1.80	200.0	100	1.2	9	2.0	30.0	4.0	1.00	0.00
Rice Krispies Granola Bar Appl	Bar	139	0	107	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.75	2.99	0.72	0.04
Rice Krispies Granola Bar Berr	Bar	138	0	105	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.5	2.92	0.72	0.04
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
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Chex	Bowl	113	0	169	0.67	7.56	93.2	700	5.6	7	1.4	23.07	1.85	0.17	0.03
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/19/2019															
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Honey Nut Cheerios	1 each	110	0	200	2.00	3.60	80.0	400	4.8	0	3.0	22.0	1.5	0.00	0.00
Goldfish Grahams Giant	Package	120	0	135	1.00	0.72	100.0	200	1.2	6	2.0	19.0	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
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
Cinnamon Breakfast Cake	1 Each	173	10	211	1.00	2.70	20.6	0	0.0	21	2.0	34.01	3.0	1.00	0.00
Breakfast Bar Mini Honey Wheat	1 each	120	10	100	1.03	1.20	27.0	10	0.3	8	2.0	19.0	3.5	1.00	0.00
Yogurt 4 oz Variety Upst Farms	1 each	90	0	50	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	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
Nature Valley Crisps	Package	150	0	140	2.00	0.72	*N/A*	*N/A*	*N/A*	9	3.0	25.0	5.0	0.50	0.00
Granola, 1 oz	Package	120	0	80	2.00	0.72	0.0	0	0.0	6	3.0	20.0	3.5	0.00	0.00
Granola, Gavin's 1 oz	Package	130	0	30	2.00	1.08	0.0	0	0.0	6	3.0	20.0	4.5	0.50	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
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
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 Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Vanilla, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		10966	2446	11973	124.74	*109.11	*6282.6	*27332	*116.93	*502	313.16	1695.7	345.36	111.44	*0.20
% of Calories										*18.3%	11.4%	61.9%	28.3%	9.1%	*0.0%
Nutrient Guideline		450-600		640		3.40	300.00	1125	12.50		11.25		<=30.0	<10.00	

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

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/20/2019															
Rockwood High Breakfast	Total														
Cinnamon Roll	1 each	202	4	188	1.22	1.72	14.3	426	0.0	13	4.53	37.75	3.57	0.86	0.04
Ham Egg & Cheese Eng Muffin	sandwich	205	28	650	3.00	1.62	155.0	179	0.0	*1	11.5	24.95	7.25	3.00	0.00
Oatmeal Combi	1 CUP	213	0	11	4.34	1.89	41.0	1	0.01	*0	6.78	37.56	2.66	0.47	*0.00
BAGEL, Toasted w Cream Cheese	1 EACH	230	25	320	4.00	1.80	60.0	300	0.0	7	7.0	31.0	10.79	5.00	0.00
CREAM CHEESE	1 TBSP	90	25	140	0.00	0.00	20.0	300	0.0	2	1.0	2.0	9.79	5.00	0.00
Breakfast Bar Benefit Variety	Bar	290	20	220	3.00	1.62	20.0	0	0.0	22	5.0	47.5	9.0	3.00	0.00
Crunchmania Cinnamon Bun Graha	Package	210	0	180	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
UBR (Ultimate Breakfast Round)	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
UBR Chocolate Chip	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
Sunbutter/Jelly Sandwich Bfast	1 Each	390	0	371	6.86	2.88	40.0	52	0.0	*N/A*	12.82	44.03	18.0	2.58	0.00
Cinnamon Burst Bread Slice	Slice	270	0	240	2.00	1.08	40.0	0	0.0	25	5.0	46.0	8.0	1.50	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
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Crescent Roll Chocolate	Crescent R	230	0	270	2.00	1.44	20.0	0	0.0	10	6.0	37.0	8.0	2.00	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
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
Pop Tart Blueberry WG 1 Pk	Pop Tart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Cinn WG 1 Pk	PopTart	190	0	200	3.00	1.80	100.0	500	0.0	16	2.0	38.0	3.0	1.00	0.00
Pop Tart Cinnamon WG 2 Pack	Package	370	0	400	6.00	3.60	200.0	1000	0.0	31	5.0	76.0	6.0	2.00	0.00
Pop Tart Fudge WG 1 Pk	Pop Tart	190	0	200	3.00	1.80	100.0	500	0.0	15	3.0	38.0	3.0	1.00	0.00
Pop Tart Fudge WG 2 Pk	Pop Tart	370	0	390	6.00	3.60	200.0	1000	0.0	30	5.0	76.0	6.0	2.00	0.00
Pop Tart Strawberry WG 1 Pk	PopTart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Strawberry WG 2 Pack	Package	360	0	362	5.70	3.60	200.0	1000	0.0	*N/A*	4.3	75.3	4.7	1.80	0.10
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
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
Bug Bites Graham Crackers	Bar	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Bar Trix	Bar	150	0	100	2.00	1.80	200.0	100	1.2	9	2.0	30.0	4.0	1.00	0.00
Rice Krispies Granola Bar Appl	Bar	139	0	107	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.75	2.99	0.72	0.04
Rice Krispies Granola Bar Berr	Bar	138	0	105	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.5	2.92	0.72	0.04
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
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Chex	Bowl	113	0	169	0.67	7.56	93.2	700	5.6	7	1.4	23.07	1.85	0.17	0.03
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/20/2019															
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Honey Nut Cheerios	1 each	110	0	200	2.00	3.60	80.0	400	4.8	0	3.0	22.0	1.5	0.00	0.00
Goldfish Grahams Giant	Package	120	0	135	1.00	0.72	100.0	200	1.2	6	2.0	19.0	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
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
Cinnamon Breakfast Cake	1 Each	173	10	211	1.00	2.70	20.6	0	0.0	21	2.0	34.01	3.0	1.00	0.00
Breakfast Bar Mini Honey Wheat	1 each	120	10	100	1.03	1.20	27.0	10	0.3	8	2.0	19.0	3.5	1.00	0.00
Yogurt 4 oz Variety Upst Farms	1 each	90	0	50	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	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
Nature Valley Crisps	Package	150	0	140	2.00	0.72	*N/A*	*N/A*	*N/A*	9	3.0	25.0	5.0	0.50	0.00
Granola, 1 oz	Package	120	0	80	2.00	0.72	0.0	0	0.0	6	3.0	20.0	3.5	0.00	0.00
Granola, Gavin's 1 oz	Package	130	0	30	2.00	1.08	0.0	0	0.0	6	3.0	20.0	4.5	0.50	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
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
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 Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Vanilla, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		10047	572	10931	122.04	100.84	*5877.0	*17827	*111.76	*511	247.76	1714.7	265.30	79.94	*0.24
% of Calories										*20.3%	9.9%	68.3%	23.8%	7.2%	*0.0%
Nutrient Guideline		450-600		640		3.40	300.00	1125	12.50		11.25		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/23/2019															
Rockwood High Breakfast	Total														
Pizza Breakfast	pizza	210	15	350	3.00	1.80	100.0	0	0.0	5	9.0	27.0	7.0	2.00	0.00
BISCUIT SAUSAGE, EGG & CHEESE	1 EACH	551	221	1011	3.00	*1.42	*116.5	*379	*0.08	*0	19.52	31.55	38.33	15.69	0.00
Oatmeal Combi	1 CUP	213	0	11	4.34	1.89	41.0	1	0.01	*0	6.78	37.56	2.66	0.47	*0.00
BAGEL, Toasted w Cream Cheese	1 EACH	230	25	320	4.00	1.80	60.0	300	0.0	7	7.0	31.0	10.79	5.00	0.00
CREAM CHEESE	1 TBSP	90	25	140	0.00	0.00	20.0	300	0.0	2	1.0	2.0	9.79	5.00	0.00
Breakfast Bar Benefit Variety	Bar	290	20	220	3.00	1.62	20.0	0	0.0	22	5.0	47.5	9.0	3.00	0.00
Crunchmania Cinnamon Bun Graha	Package	210	0	180	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
UBR (Ultimate Breakfast Round)	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
UBR Chocolate Chip	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
Sunbutter/Jelly Sandwich Bfast	1 Each	390	0	371	6.86	2.88	40.0	52	0.0	*N/A*	12.82	44.03	18.0	2.58	0.00
Cinnamon Burst Bread Slice	Slice	270	0	240	2.00	1.08	40.0	0	0.0	25	5.0	46.0	8.0	1.50	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
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Crescent Roll Chocolate	Crescent R	230	0	270	2.00	1.44	20.0	0	0.0	10	6.0	37.0	8.0	2.00	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
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
Pop Tart Blueberry WG 1 Pk	Pop Tart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Cinn WG 1 Pk	PopTart	190	0	200	3.00	1.80	100.0	500	0.0	16	2.0	38.0	3.0	1.00	0.00
Pop Tart Cinnamon WG 2 Pack	Package	370	0	400	6.00	3.60	200.0	1000	0.0	31	5.0	76.0	6.0	2.00	0.00
Pop Tart Fudge WG 1 Pk	Pop Tart	190	0	200	3.00	1.80	100.0	500	0.0	15	3.0	38.0	3.0	1.00	0.00
Pop Tart Fudge WG 2 Pk	Pop Tart	370	0	390	6.00	3.60	200.0	1000	0.0	30	5.0	76.0	6.0	2.00	0.00
Pop Tart Strawberry WG 1 Pk	PopTart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Strawberry WG 2 Pack	Package	360	0	362	5.70	3.60	200.0	1000	0.0	*N/A*	4.3	75.3	4.7	1.80	0.10
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
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
Bug Bites Graham Crackers	Bar	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Bar Trix	Bar	150	0	100	2.00	1.80	200.0	100	1.2	9	2.0	30.0	4.0	1.00	0.00
Rice Krispies Granola Bar Appl	Bar	139	0	107	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.75	2.99	0.72	0.04
Rice Krispies Granola Bar Berr	Bar	138	0	105	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.5	2.92	0.72	0.04
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
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Chex	Bowl	113	0	169	0.67	7.56	93.2	700	5.6	7	1.4	23.07	1.85	0.17	0.03
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/23/2019															
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Honey Nut Cheerios	1 each	110	0	200	2.00	3.60	80.0	400	4.8	0	3.0	22.0	1.5	0.00	0.00
Goldfish Grahams Giant	Package	120	0	135	1.00	0.72	100.0	200	1.2	6	2.0	19.0	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
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
Cinnamon Breakfast Cake	1 Each	173	10	211	1.00	2.70	20.6	0	0.0	21	2.0	34.01	3.0	1.00	0.00
Breakfast Bar Mini Honey Wheat	1 each	120	10	100	1.03	1.20	27.0	10	0.3	8	2.0	19.0	3.5	1.00	0.00
Yogurt 4 oz Variety Upst Farms	1 each	90	0	50	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	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
Nature Valley Crisps	Package	150	0	140	2.00	0.72	*N/A*	*N/A*	*N/A*	9	3.0	25.0	5.0	0.50	0.00
Granola, 1 oz	Package	120	0	80	2.00	0.72	0.0	0	0.0	6	3.0	20.0	3.5	0.00	0.00
Granola, Gavin's 1 oz	Package	130	0	30	2.00	1.08	0.0	0	0.0	6	3.0	20.0	4.5	0.50	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
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
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 Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Vanilla, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		10401	777	11454	123.82	*100.72	*5924.3	*17602	*111.84	*502	260.24	1710.5	299.80	93.77	*0.20
% of Calories										*19.3%	10.0%	65.8%	25.9%	8.1%	*0.0%
Nutrient Guideline		450-600		640		3.40	300.00	1125	12.50		11.25		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/24/2019															
Rockwood High Breakfast	Total														
FRENCH TOAST STICKS Breakfas	1 SERVIN	173	7	193	1.33	0.48	13.3	0	0.0	9	4.0	28.0	5.33	0.67	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
Bagel, Ham Egg & Cheese Sandwi	sandwich	223	28	762	*4.00	2.05	117.5	162	0.0	*4	13.84	28.8	6.66	2.90	0.01
Oatmeal Combi	1 CUP	213	0	11	4.34	1.89	41.0	1	0.01	*0	6.78	37.56	2.66	0.47	*0.00
BAGEL, Toasted w Cream Cheese	1 EACH	230	25	320	4.00	1.80	60.0	300	0.0	7	7.0	31.0	10.79	5.00	0.00
CREAM CHEESE	1 TBSP	90	25	140	0.00	0.00	20.0	300	0.0	2	1.0	2.0	9.79	5.00	0.00
Breakfast Bar Benefit Variety	Bar	290	20	220	3.00	1.62	20.0	0	0.0	22	5.0	47.5	9.0	3.00	0.00
Crunchmania Cinnamon Bun Graha	Package	210	0	180	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
UBR (Ultimate Breakfast Round)	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
UBR Chocolate Chip	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
Sunbutter/Jelly Sandwich Bfast	1 Each	390	0	371	6.86	2.88	40.0	52	0.0	*N/A*	12.82	44.03	18.0	2.58	0.00
Cinnamon Burst Bread Slice	Slice	270	0	240	2.00	1.08	40.0	0	0.0	25	5.0	46.0	8.0	1.50	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
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Crescent Roll Chocolate	Crescent R	230	0	270	2.00	1.44	20.0	0	0.0	10	6.0	37.0	8.0	2.00	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
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
Pop Tart Blueberry WG 1 Pk	Pop Tart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Cinn WG 1 Pk	PopTart	190	0	200	3.00	1.80	100.0	500	0.0	16	2.0	38.0	3.0	1.00	0.00
Pop Tart Cinnamon WG 2 Pack	Package	370	0	400	6.00	3.60	200.0	1000	0.0	31	5.0	76.0	6.0	2.00	0.00
Pop Tart Fudge WG 1 Pk	Pop Tart	190	0	200	3.00	1.80	100.0	500	0.0	15	3.0	38.0	3.0	1.00	0.00
Pop Tart Fudge WG 2 Pk	Pop Tart	370	0	390	6.00	3.60	200.0	1000	0.0	30	5.0	76.0	6.0	2.00	0.00
Pop Tart Strawberry WG 1 Pk	PopTart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Strawberry WG 2 Pack	Package	360	0	362	5.70	3.60	200.0	1000	0.0	*N/A*	4.3	75.3	4.7	1.80	0.10
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
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
Bug Bites Graham Crackers	Bar	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Bar Trix	Bar	150	0	100	2.00	1.80	200.0	100	1.2	9	2.0	30.0	4.0	1.00	0.00
Rice Krispies Granola Bar Appl	Bar	139	0	107	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.75	2.99	0.72	0.04
Rice Krispies Granola Bar Berr	Bar	138	0	105	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.5	2.92	0.72	0.04
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
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Chex	Bowl	113	0	169	0.67	7.56	93.2	700	5.6	7	1.4	23.07	1.85	0.17	0.03
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/24/2019															
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Honey Nut Cheerios	1 each	110	0	200	2.00	3.60	80.0	400	4.8	0	3.0	22.0	1.5	0.00	0.00
Goldfish Grahams Giant	Package	120	0	135	1.00	0.72	100.0	200	1.2	6	2.0	19.0	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
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
Cinnamon Breakfast Cake	1 Each	173	10	211	1.00	2.70	20.6	0	0.0	21	2.0	34.01	3.0	1.00	0.00
Breakfast Bar Mini Honey Wheat	1 each	120	10	100	1.03	1.20	27.0	10	0.3	8	2.0	19.0	3.5	1.00	0.00
Yogurt 4 oz Variety Upst Farms	1 each	90	0	50	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	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
Nature Valley Crisps	Package	150	0	140	2.00	0.72	*N/A*	*N/A*	*N/A*	9	3.0	25.0	5.0	0.50	0.00
Granola, 1 oz	Package	120	0	80	2.00	0.72	0.0	0	0.0	6	3.0	20.0	3.5	0.00	0.00
Granola, Gavin's 1 oz	Package	130	0	30	2.00	1.08	0.0	0	0.0	6	3.0	20.0	4.5	0.50	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
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
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 Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Vanilla, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		10276	615	11228	*123.16	100.75	*5838.6	*17385	*111.76	*511	257.56	1708.8	290.48	87.65	*0.21
% of Calories										*19.9%	10.0%	66.5%	25.4%	7.7%	*0.0%
Nutrient Guideline		450-600		640		3.40	300.00	1125	12.50		11.25		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/25/2019															
Rockwood High Breakfast	Total														
Donut, Long John	Donut	362	0	350	2.00	1.80	20.0	0	0.0	9	7.0	44.33	17.0	8.00	0.00
Yogurt 4 oz Variety Upst Farms	1 each	90	0	50	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	0.00
BISCUIT BACON, EGG & CHEESE	1 EACH	341	181	881	0.90	2.14	216.5	379	0.08	*3	14.52	29.55	18.83	8.19	0.00
Oatmeal Combi	1 CUP	213	0	11	4.34	1.89	41.0	1	0.01	*0	6.78	37.56	2.66	0.47	*0.00
BAGEL, Toasted w Cream Cheese	1 EACH	230	25	320	4.00	1.80	60.0	300	0.0	7	7.0	31.0	10.79	5.00	0.00
CREAM CHEESE	1 TBSP	90	25	140	0.00	0.00	20.0	300	0.0	2	1.0	2.0	9.79	5.00	0.00
Breakfast Bar Benefit Variety	Bar	290	20	220	3.00	1.62	20.0	0	0.0	22	5.0	47.5	9.0	3.00	0.00
Crunchmania Cinnamon Bun Graha	Package	210	0	180	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
UBR (Ultimate Breakfast Round)	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
UBR Chocolate Chip	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
Sunbutter/Jelly Sandwich Bfast	1 Each	390	0	371	6.86	2.88	40.0	52	0.0	*N/A*	12.82	44.03	18.0	2.58	0.00
Cinnamon Burst Bread Slice	Slice	270	0	240	2.00	1.08	40.0	0	0.0	25	5.0	46.0	8.0	1.50	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
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Crescent Roll Chocolate	Crescent R	230	0	270	2.00	1.44	20.0	0	0.0	10	6.0	37.0	8.0	2.00	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
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
Pop Tart Blueberry WG 1 Pk	Pop Tart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Cinn WG 1 Pk	PopTart	190	0	200	3.00	1.80	100.0	500	0.0	16	2.0	38.0	3.0	1.00	0.00
Pop Tart Cinnamon WG 2 Pack	Package	370	0	400	6.00	3.60	200.0	1000	0.0	31	5.0	76.0	6.0	2.00	0.00
Pop Tart Fudge WG 1 Pk	Pop Tart	190	0	200	3.00	1.80	100.0	500	0.0	15	3.0	38.0	3.0	1.00	0.00
Pop Tart Fudge WG 2 Pk	Pop Tart	370	0	390	6.00	3.60	200.0	1000	0.0	30	5.0	76.0	6.0	2.00	0.00
Pop Tart Strawberry WG 1 Pk	PopTart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Strawberry WG 2 Pack	Package	360	0	362	5.70	3.60	200.0	1000	0.0	*N/A*	4.3	75.3	4.7	1.80	0.10
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
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
Bug Bites Graham Crackers	Bar	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Bar Trix	Bar	150	0	100	2.00	1.80	200.0	100	1.2	9	2.0	30.0	4.0	1.00	0.00
Rice Krispies Granola Bar Appl	Bar	139	0	107	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.75	2.99	0.72	0.04
Rice Krispies Granola Bar Berr	Bar	138	0	105	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.5	2.92	0.72	0.04
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
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Chex	Bowl	113	0	169	0.67	7.56	93.2	700	5.6	7	1.4	23.07	1.85	0.17	0.03
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/25/2019															
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Honey Nut Cheerios	1 each	110	0	200	2.00	3.60	80.0	400	4.8	0	3.0	22.0	1.5	0.00	0.00
Goldfish Grahams Giant	Package	120	0	135	1.00	0.72	100.0	200	1.2	6	2.0	19.0	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
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
Cinnamon Breakfast Cake	1 Each	173	10	211	1.00	2.70	20.6	0	0.0	21	2.0	34.01	3.0	1.00	0.00
Breakfast Bar Mini Honey Wheat	1 each	120	10	100	1.03	1.20	27.0	10	0.3	8	2.0	19.0	3.5	1.00	0.00
Yogurt 4 oz Variety Upst Farms	1 each	90	0	50	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	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
Nature Valley Crisps	Package	150	0	140	2.00	0.72	*N/A*	*N/A*	*N/A*	9	3.0	25.0	5.0	0.50	0.00
Granola, 1 oz	Package	120	0	80	2.00	0.72	0.0	0	0.0	6	3.0	20.0	3.5	0.00	0.00
Granola, Gavin's 1 oz	Package	130	0	30	2.00	1.08	0.0	0	0.0	6	3.0	20.0	4.5	0.50	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
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
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 Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Vanilla, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		10433	722	11374	120.72	101.44	*6244.3	*17602	*113.04	*510	256.24	1744.9	290.30	92.27	*0.20
% of Calories										*19.5%	9.8%	66.9%	25.0%	8.0%	*0.0%
Nutrient Guideline		450-600		640		3.40	300.00	1125	12.50		11.25		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/26/2019															
Rockwood High Breakfast	Total														
Breakfast Nachos	1 Each	232	217	227	2.00	1.28	74.0	301	1.3	*1	8.6	19.41	12.25	2.69	0.00
Sausage Egg & Cheese Croissant	1 each	521	216	691	3.00	2.86	136.5	379	*0.08	*4	18.52	28.55	36.33	13.69	0.00
Oatmeal Combi	1 CUP	213	0	11	4.34	1.89	41.0	1	0.01	*0	6.78	37.56	2.66	0.47	*0.00
BAGEL, Toasted w Cream Cheese	1 EACH	230	25	320	4.00	1.80	60.0	300	0.0	7	7.0	31.0	10.79	5.00	0.00
CREAM CHEESE	1 TBSP	90	25	140	0.00	0.00	20.0	300	0.0	2	1.0	2.0	9.79	5.00	0.00
Breakfast Bar Benefit Variety	Bar	290	20	220	3.00	1.62	20.0	0	0.0	22	5.0	47.5	9.0	3.00	0.00
Crunchmania Cinnamon Bun Graha	Package	210	0	180	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
UBR (Ultimate Breakfast Round)	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
UBR Chocolate Chip	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
Sunbutter/Jelly Sandwich Bfast	1 Each	390	0	371	6.86	2.88	40.0	52	0.0	*N/A*	12.82	44.03	18.0	2.58	0.00
Cinnamon Burst Bread Slice	Slice	270	0	240	2.00	1.08	40.0	0	0.0	25	5.0	46.0	8.0	1.50	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
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Crescent Roll Chocolate	Crescent R	230	0	270	2.00	1.44	20.0	0	0.0	10	6.0	37.0	8.0	2.00	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
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
Pop Tart Blueberry WG 1 Pk	Pop Tart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Cinn WG 1 Pk	PopTart	190	0	200	3.00	1.80	100.0	500	0.0	16	2.0	38.0	3.0	1.00	0.00
Pop Tart Cinnamon WG 2 Pack	Package	370	0	400	6.00	3.60	200.0	1000	0.0	31	5.0	76.0	6.0	2.00	0.00
Pop Tart Fudge WG 1 Pk	Pop Tart	190	0	200	3.00	1.80	100.0	500	0.0	15	3.0	38.0	3.0	1.00	0.00
Pop Tart Fudge WG 2 Pk	Pop Tart	370	0	390	6.00	3.60	200.0	1000	0.0	30	5.0	76.0	6.0	2.00	0.00
Pop Tart Strawberry WG 1 Pk	PopTart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Strawberry WG 2 Pack	Package	360	0	362	5.70	3.60	200.0	1000	0.0	*N/A*	4.3	75.3	4.7	1.80	0.10
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
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
Bug Bites Graham Crackers	Bar	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Bar Trix	Bar	150	0	100	2.00	1.80	200.0	100	1.2	9	2.0	30.0	4.0	1.00	0.00
Rice Krispies Granola Bar Appl	Bar	139	0	107	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.75	2.99	0.72	0.04
Rice Krispies Granola Bar Berr	Bar	138	0	105	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.5	2.92	0.72	0.04
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
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Chex	Bowl	113	0	169	0.67	7.56	93.2	700	5.6	7	1.4	23.07	1.85	0.17	0.03
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/26/2019															
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Honey Nut Cheerios	1 each	110	0	200	2.00	3.60	80.0	400	4.8	0	3.0	22.0	1.5	0.00	0.00
Goldfish Grahams Giant	Package	120	0	135	1.00	0.72	100.0	200	1.2	6	2.0	19.0	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
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
Cinnamon Breakfast Cake	1 Each	173	10	211	1.00	2.70	20.6	0	0.0	21	2.0	34.01	3.0	1.00	0.00
Breakfast Bar Mini Honey Wheat	1 each	120	10	100	1.03	1.20	27.0	10	0.3	8	2.0	19.0	3.5	1.00	0.00
Yogurt 4 oz Variety Upst Farms	1 each	90	0	50	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	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
Nature Valley Crisps	Package	150	0	140	2.00	0.72	*N/A*	*N/A*	*N/A*	9	3.0	25.0	5.0	0.50	0.00
Granola, 1 oz	Package	120	0	80	2.00	0.72	0.0	0	0.0	6	3.0	20.0	3.5	0.00	0.00
Granola, Gavin's 1 oz	Package	130	0	30	2.00	1.08	0.0	0	0.0	6	3.0	20.0	4.5	0.50	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
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
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 Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Vanilla, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		10393	973	11011	122.82	101.64	*5918.3	*17904	*113.13	*502	258.84	1699.9	303.05	92.46	*0.20
% of Calories										*19.3%	10.0%	65.4%	26.2%	8.0%	*0.0%
Nutrient Guideline		450-600		640		3.40	300.00	1125	12.50		11.25		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/27/2019															
Rockwood High Breakfast	Total														
Smoothie Fruit & Yogurt	1 each	171	1	69	2.67	0.76	340.9	108	41.36	*23	4.58	34.25	2.16	1.48	*0.01
Crackers, Graham, Honeymaid Li	Package	130	0	150	2.00	1.08	0.0	0	0.0	8	2.0	24.0	3.0	0.00	0.00
Ham Egg & Cheese Eng Muffin	sandwich	205	28	650	3.00	1.62	155.0	179	0.0	*1	11.5	24.95	7.25	3.00	0.00
Oatmeal Combi	1 CUP	213	0	11	4.34	1.89	41.0	1	0.01	*0	6.78	37.56	2.66	0.47	*0.00
BAGEL, Toasted w Cream Cheese	1 EACH	230	25	320	4.00	1.80	60.0	300	0.0	7	7.0	31.0	10.79	5.00	0.00
CREAM CHEESE	1 TBSP	90	25	140	0.00	0.00	20.0	300	0.0	2	1.0	2.0	9.79	5.00	0.00
Breakfast Bar Benefit Variety	Bar	290	20	220	3.00	1.62	20.0	0	0.0	22	5.0	47.5	9.0	3.00	0.00
Crunchmania Cinnamon Bun Graha	Package	210	0	180	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
UBR (Ultimate Breakfast Round)	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
UBR Chocolate Chip	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
Sunbutter/Jelly Sandwich Bfast	1 Each	390	0	371	6.86	2.88	40.0	52	0.0	*N/A*	12.82	44.03	18.0	2.58	0.00
Cinnamon Burst Bread Slice	Slice	270	0	240	2.00	1.08	40.0	0	0.0	25	5.0	46.0	8.0	1.50	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
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Crescent Roll Chocolate	Crescent R	230	0	270	2.00	1.44	20.0	0	0.0	10	6.0	37.0	8.0	2.00	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
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
Pop Tart Blueberry WG 1 Pk	Pop Tart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Cinn WG 1 Pk	PopTart	190	0	200	3.00	1.80	100.0	500	0.0	16	2.0	38.0	3.0	1.00	0.00
Pop Tart Cinnamon WG 2 Pack	Package	370	0	400	6.00	3.60	200.0	1000	0.0	31	5.0	76.0	6.0	2.00	0.00
Pop Tart Fudge WG 1 Pk	Pop Tart	190	0	200	3.00	1.80	100.0	500	0.0	15	3.0	38.0	3.0	1.00	0.00
Pop Tart Fudge WG 2 Pk	Pop Tart	370	0	390	6.00	3.60	200.0	1000	0.0	30	5.0	76.0	6.0	2.00	0.00
Pop Tart Strawberry WG 1 Pk	PopTart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Strawberry WG 2 Pack	Package	360	0	362	5.70	3.60	200.0	1000	0.0	*N/A*	4.3	75.3	4.7	1.80	0.10
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
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
Bug Bites Graham Crackers	Bar	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Bar Trix	Bar	150	0	100	2.00	1.80	200.0	100	1.2	9	2.0	30.0	4.0	1.00	0.00
Rice Krispies Granola Bar Appl	Bar	139	0	107	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.75	2.99	0.72	0.04
Rice Krispies Granola Bar Berr	Bar	138	0	105	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.5	2.92	0.72	0.04
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
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Chex	Bowl	113	0	169	0.67	7.56	93.2	700	5.6	7	1.4	23.07	1.85	0.17	0.03
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/27/2019															
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Honey Nut Cheerios	1 each	110	0	200	2.00	3.60	80.0	400	4.8	0	3.0	22.0	1.5	0.00	0.00
Goldfish Grahams Giant	Package	120	0	135	1.00	0.72	100.0	200	1.2	6	2.0	19.0	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
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
Cinnamon Breakfast Cake	1 Each	173	10	211	1.00	2.70	20.6	0	0.0	21	2.0	34.01	3.0	1.00	0.00
Breakfast Bar Mini Honey Wheat	1 each	120	10	100	1.03	1.20	27.0	10	0.3	8	2.0	19.0	3.5	1.00	0.00
Yogurt 4 oz Variety Upst Farms	1 each	90	0	50	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	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
Nature Valley Crisps	Package	150	0	140	2.00	0.72	*N/A*	*N/A*	*N/A*	9	3.0	25.0	5.0	0.50	0.00
Granola, 1 oz	Package	120	0	80	2.00	0.72	0.0	0	0.0	6	3.0	20.0	3.5	0.00	0.00
Granola, Gavin's 1 oz	Package	130	0	30	2.00	1.08	0.0	0	0.0	6	3.0	20.0	4.5	0.50	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
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
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 Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Vanilla, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		10146	569	10962	125.49	100.96	*6203.7	*17510	*153.12	*530	249.81	1735.2	266.89	80.56	*0.21
% of Calories										*20.9%	9.8%	68.4%	23.7%	7.1%	*0.0%
Nutrient Guideline		450-600		640		3.40	300.00	1125	12.50		11.25		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/30/2019															
Rockwood High Breakfast	Total														
Pizza Breakfast	pizza	210	15	350	3.00	1.80	100.0	0	0.0	5	9.0	27.0	7.0	2.00	0.00
BISCUIT SAUSAGE, EGG & CHEESE	1 EACH	551	221	1011	3.00	*1.42	*116.5	*379	*0.08	*0	19.52	31.55	38.33	15.69	0.00
Oatmeal Combi	1 CUP	213	0	11	4.34	1.89	41.0	1	0.01	*0	6.78	37.56	2.66	0.47	*0.00
BAGEL, Toasted w Cream Cheese	1 EACH	230	25	320	4.00	1.80	60.0	300	0.0	7	7.0	31.0	10.79	5.00	0.00
CREAM CHEESE	1 TBSP	90	25	140	0.00	0.00	20.0	300	0.0	2	1.0	2.0	9.79	5.00	0.00
Breakfast Bar Benefit Variety	Bar	290	20	220	3.00	1.62	20.0	0	0.0	22	5.0	47.5	9.0	3.00	0.00
Crunchmania Cinnamon Bun Graha	Package	210	0	180	3.00	1.44	0.0	0	0.0	12	3.0	37.0	7.0	2.00	0.00
UBR (Ultimate Breakfast Round)	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
UBR Chocolate Chip	1 each	230	5	200	6.00	1.44	20.0	0	0.0	16	5.0	42.0	6.0	2.00	0.00
Sunbutter/Jelly Sandwich Bfast	1 Each	390	0	371	6.86	2.88	40.0	52	0.0	*N/A*	12.82	44.03	18.0	2.58	0.00
Cinnamon Burst Bread Slice	Slice	270	0	240	2.00	1.08	40.0	0	0.0	25	5.0	46.0	8.0	1.50	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
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Crescent Roll Chocolate	Crescent R	230	0	270	2.00	1.44	20.0	0	0.0	10	6.0	37.0	8.0	2.00	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
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
Pop Tart Blueberry WG 1 Pk	Pop Tart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Cinn WG 1 Pk	PopTart	190	0	200	3.00	1.80	100.0	500	0.0	16	2.0	38.0	3.0	1.00	0.00
Pop Tart Cinnamon WG 2 Pack	Package	370	0	400	6.00	3.60	200.0	1000	0.0	31	5.0	76.0	6.0	2.00	0.00
Pop Tart Fudge WG 1 Pk	Pop Tart	190	0	200	3.00	1.80	100.0	500	0.0	15	3.0	38.0	3.0	1.00	0.00
Pop Tart Fudge WG 2 Pk	Pop Tart	370	0	390	6.00	3.60	200.0	1000	0.0	30	5.0	76.0	6.0	2.00	0.00
Pop Tart Strawberry WG 1 Pk	PopTart	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Pop Tart Strawberry WG 2 Pack	Package	360	0	362	5.70	3.60	200.0	1000	0.0	*N/A*	4.3	75.3	4.7	1.80	0.10
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
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
Bug Bites Graham Crackers	Bar	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Cereal Bar Trix	Bar	150	0	100	2.00	1.80	200.0	100	1.2	9	2.0	30.0	4.0	1.00	0.00
Rice Krispies Granola Bar Appl	Bar	139	0	107	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.75	2.99	0.72	0.04
Rice Krispies Granola Bar Berr	Bar	138	0	105	2.56	0.72	100.0	500	0.0	*N/A*	2.09	26.5	2.92	0.72	0.04
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
Cereal Apple Jacks Ind 1 oz	Bowl Pack	110	0	160	2.00	2.70	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Cereal Cinnamon Chex	Bowl	113	0	169	0.67	7.56	93.2	700	5.6	7	1.4	23.07	1.85	0.17	0.03
Cereal Rice Chex	1 each	100	0	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	1.0	0.00	0.00
Cereal Cocoa Puffs Bowl	1 Each	110	0	120	2.00	4.50	100.0	500	6.0	8	2.0	25.0	2.0	0.00	0.00

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/30/2019															
Cereal Frosted Flakes RS WG	1 each	100	0	160	3.00	8.10	0.0	750	21.0	7	2.0	24.0	0.0	0.00	0.00
Cereal Golden Grahams Bowlpak	1 each	100	0	220	1.00	3.60	80.0	400	4.8	8	1.0	24.0	1.0	0.00	0.00
Cereal Honey Nut Cheerios	1 each	110	0	200	2.00	3.60	80.0	400	4.8	0	3.0	22.0	1.5	0.00	0.00
Goldfish Grahams Giant	Package	120	0	135	1.00	0.72	100.0	200	1.2	6	2.0	19.0	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
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
Cinnamon Breakfast Cake	1 Each	173	10	211	1.00	2.70	20.6	0	0.0	21	2.0	34.01	3.0	1.00	0.00
Breakfast Bar Mini Honey Wheat	1 each	120	10	100	1.03	1.20	27.0	10	0.3	8	2.0	19.0	3.5	1.00	0.00
Yogurt 4 oz Variety Upst Farms	1 each	90	0	50	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	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
Nature Valley Crisps	Package	150	0	140	2.00	0.72	*N/A*	*N/A*	*N/A*	9	3.0	25.0	5.0	0.50	0.00
Granola, 1 oz	Package	120	0	80	2.00	0.72	0.0	0	0.0	6	3.0	20.0	3.5	0.00	0.00
Granola, Gavin's 1 oz	Package	130	0	30	2.00	1.08	0.0	0	0.0	6	3.0	20.0	4.5	0.50	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
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
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 Orange Dairy Pak	serving	80	0	0	0.00	0.00	0.0	0	18.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Vanilla, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		10401	777	11454	123.82	*100.72	*5924.3	*17602	*111.84	*502	260.24	1710.5	299.80	93.77	*0.20
% of Calories										*19.3%	10.0%	65.8%	25.9%	8.1%	*0.0%
Nutrient Guideline		450-600		640		3.40	300.00	1125	12.50		11.25		<=30.0	<10.00	

Weighted Average		10354	878	11283	*123.30	*101.83	*6027.5	*18594	*118.66	*511	261.30	1716.5	292.44	90.33	*0.21
										*44.4%	10.1%	66.3%	25.4%	7.9%	*0.0%

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood High Breakfast

Portion Values - Detailed

Page 42

Generated on: 8/22/2019 2:06:13 PM

Nutrient	Menu AVG	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)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	10354		450 - 600	1726%				9754	Correction Required - Calories too High								
Cholesterol (mg)	878																
Sodium 1 (mg)	11283		640					10643	Correction Required - Sodium too High								
Sodium 2 (mg)	11283		570					10713	Correction Required - Sodium too High								
Fiber (g)	123.30				Missing												
Iron (mg)	101.83		3.40	2995%	Missing												
Calcium (mg)	6027.5		300.00	2009%	Missing												
Vitamin A (IU)	18594		1125	1653%	Missing												
Sugars (g)	511	19.73%			Missing												
Vitamin C (mg)	118.66		12.50	949%	Missing												
Protein (g)	261.30	10.09%	11.25	2323%													
Carbohydrate (g)	1716.57	66.31%															
Total Fat (g)	292.44	25.42%	<=30.00%														
Saturated Fat (g)	90.33	7.85%	<10.00%														
Trans Fat ¹ (g)	0.21	0.02%			Missing												

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