

Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

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Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	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*

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Tue - 09/03/2019															
Rockwood Middle Lunch	Total														
Salad Southwest Chicken	1 each	404	29	952	13.26	4.83	185.5	23429	26.85	*7	20.84	52.25	12.59	3.13	*0.00
Salad Southwest Vegetarian	1 each	237	3	566	11.48	4.33	135.9	18298	23.86	*5	10.45	39.49	5.56	1.02	*0.00
Bread, Loco	1 each	150	0	135	3.00	1.44	80.0	0	0.0	1	4.0	26.0	3.0	0.00	0.00
Dressing Salsa Ranch	2 oz	92	5	378	0.45	*0.72	*3.8	*176	*1.28	*N/A*	1.48	4.24	8.06	1.51	*0.00
Chicken Parmesan	1 each	364	70	1137	3.00	2.52	80.3	551	9.02	*7	22.09	24.02	19.26	4.92	0.00
Buttered Rotini	1/2 CUP	128	10	5	2.27	1.01	14.4	114	0.08	*0	4.06	20.56	4.06	2.41	0.14
Pizza Dominos Cheese	slice	330	40	790	2.00	1.80	350.0	500	9.0	3	16.0	38.0	13.0	7.00	0.00
Pizza Dominos Pepperoni	slice	340	40	790	2.00	2.70	300.0	500	9.0	3	17.0	37.0	14.0	7.00	0.00
Pizza Dominos Sausage	slice	360	40	790	2.00	2.70	250.0	500	9.0	3	16.0	37.0	17.0	8.00	0.00
Pizza Hut Cheese 14"	Slice	320	40	640	3.00	2.70	390.0	360	*N/A*	2	16.0	36.0	12.0	3.90	0.00
Pizza Hut Pepperoni 14"	Slice	350	45	740	3.00	2.80	350.0	370	*N/A*	2	17.0	35.0	16.0	7.80	0.00
Pizza Hut Sausage 14"	Slice	370	45	780	3.00	3.00	330.0	330	*N/A*	2	17.0	35.0	18.0	8.00	0.00
Pizza Papa John's Cheese	slice	360	45	930	2.00	2.70	300.0	500	3.6	5	15.0	39.0	15.0	8.00	0.00
Pizza Papa John's Pepperoni	slice	390	50	1020	2.00	2.70	300.0	500	3.6	5	16.0	39.0	18.0	9.00	0.00
Pizza Papa John's Sausage	slice	400	50	1030	2.00	2.70	300.0	500	3.6	5	16.0	39.0	19.0	9.00	0.00
Hamburger Middle School	1 each	267	40	348	2.50	2.52	30.0	0	0.0	*0	16.0	26.0	10.0	3.50	0.50
Cheeseburger Middle School	1 each	317	53	603	2.50	2.52	105.0	150	0.0	*0	18.5	26.45	14.5	6.00	0.50
Black Bean Burger	Burger	307	0	658	7.50	2.52	70.0	0	0.0	*1	20.0	41.0	9.0	1.00	0.00
Chicken Grilled Sandwich	sandwich	257	60	678	2.50	1.80	30.0	0	1.0	*0	25.0	27.0	4.0	0.00	0.00
Hot Dog on Bun Rockwood	1 each	260	45	562	2.50	2.52	50.0	0	0.0	*1	12.0	29.0	11.0	2.50	0.00
Sunbutter and Jelly Sandwich	1 Each	614	0	491	10.86	4.32	60.0	105	0.0	*N/A*	19.82	56.88	34.0	4.58	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey Deli Hoagie Lettuce/Tom	1 each	288	40	843	4.54	1.59	65.7	719	11.92	*4	25.42	43.69	2.09	0.51	0.00
Ham Deli on Hoagie Lettuce/Tom	1 each	274	32	1055	4.54	1.74	50.0	689	11.92	*4	20.78	41.23	2.92	0.48	0.01
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Bug Bites Graham Crackers	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Crackers Cheez-It Whole Grain	Package	100	4	150	1.00	0.72	80.0	500	0.0	0	3.0	14.0	3.5	1.00	0.00
CRACKERS GOLDFISH CHEDDA	1 EACH	100	0	170	1.00	0.72	0.0	0	0.0	0	2.0	14.0	3.5	0.50	0.00
Crackers Graham Honey Maid Lil	Package	130	0	150	2.00	1.08	0.0	0	0.0	8	2.0	24.0	3.0	0.00	0.00
CRACKERS, SALTINE, WG	4 EACH	120	0	360	2.00	1.44	0.0	0	0.0	0	2.0	20.0	3.0	0.00	0.00
Goldfish Pretzels	1 each	90	0	200	1.00	0.72	0.0	0	0.0	*N/A*	2.0	16.0	1.5	0.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	0	0.0	8	2.0	21.0	4.0	1.00	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	0	0.0	7	2.0	21.0	4.0	1.00	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Chickpeas, Rosemary Roasted	1/4 cup	65	0	193	2.11	0.67	16.6	27	1.87	*0	2.29	10.53	1.67	0.22	*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

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

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Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/03/2019															
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
Hummus Rockwood	1/4 Cup	137	0	236	2.83	1.00	26.4	3	1.53	*1	4.32	9.43	9.51	1.22	0.00
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	2.00	0.00
Yogurt 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
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
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00
Dressing Italian Fat Free	1.5 oz	21	0	343	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.12	0.0	0.00	0.00
Dressing Honey Mustard	1.5 oz	147	0	411	0.00	0.00	0.0	0	0.0	*N/A*	0.0	8.8	11.73	1.47	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Veggie Boat	1 each	1	0	1	0.06	0.02	0.8	126	0.75	*0	0.04	0.17	0.01	0.00	*0.00
Hummus Rockwood	1/4 Cup	137	0	236	2.83	1.00	26.4	3	1.53	*1	4.32	9.43	9.51	1.22	0.00
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00
Tater Tots	HALF CUP	164	0	380	2.05	0.37	0.0	0	0.0	*N/A*	1.03	20.52	8.21	1.03	0.00
GREEN BEANS, Seasoned	HALF CUP	19	0	6	2.00	0.59	33.0	376	2.8	*N/A*	1.01	4.35	0.11	0.03	0.00
APPLES Fresh, Small, 2-3/4"	1 EACH	77	0	1	3.58	0.18	8.9	80	6.85	15	0.39	20.58	0.25	0.04	0.00
APPLESAUCE:cnnd unswtnd+vit C	1/2 CUP	51	0	2	1.34	0.28	4.9	35	25.86	*N/A*	0.21	13.75	0.12	0.01	*N/A*
Apricots Canned	1/2 cup	62	0	3	2.00	0.38	13.0	1601	5.0	*N/A*	0.76	15.76	0.14	0.00	0.00
BANANAS, Medium, 7-7/8"	1 EACH	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
BLUEBERRIES, FROZEN, WILD, I QF	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
GRAPES Fresh	1/2 CUP	60	0	10	0.67	0.00	13.3	0	0.8	*N/A*	0.0	15.33	0.0	0.00	0.00
Kiwi	1 each	44	0	2	2.16	0.22	24.5	63	66.74	6	0.82	10.56	0.37	0.02	0.00
Mixed Fruit (peach pear grape)	1/2 cup	80	0	5	1.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
ORANGES	1 EACH	62	0	0	3.14	0.13	52.4	295	69.69	12	1.23	15.39	0.16	0.02	0.00
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
PEACHES canned light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
PEARS canned extra light syrup	1/2 CUP	60	0	5	2.00	0.00	0.0	0	1.19	12	0.0	16.0	0.0	0.00	0.00
PEARS Cinnamon, Canned	1/2 CUP	72	0	6	2.18	0.38	9.5	1	0.89	15	0.25	19.3	0.04	0.00	0.00
Pineapple Fresh	1/2 Cup	41	0	1	1.00	0.27	10.0	50	39.3	*N/A*	0.5	11.0	0.0	0.00	0.00
PINEAPPLE CHUNKS canned lt syr	1/2 CUP	75	0	1	1.00	0.35	17.4	47	11.83	18	0.52	19.55	0.1	0.01	0.00
Tropical Fruit Salad	1/2 CUP	80	0	15	2.00	0.00	0.0	300	21.0	*N/A*	0.0	20.0	0.0	0.00	0.00
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
Capri Sun 100% Juice	Capri Sun	60	0	17	0.00	0.00	0.0	0	0.0	13	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

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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)
Weighted Daily Average		12259	1109	22343	153.87	*77.41	*7409.7	*65111	*614.28	*345	509.33	1570.3	446.36	145.01	*1.15
% of Calories										*11.3%	16.6%	51.2%	32.8%	10.6%	*0.1%
Nutrient Guideline		600-700		1360		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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Wed - 09/04/2019															
Rockwood Middle Lunch	Total														
Salad Chicken Caesar	1 each	184	56	191	5.46	3.22	152.4	22255	10.21	*3	21.58	9.66	6.89	2.35	*0.00
Bread, Loco	1 each	150	0	135	3.00	1.44	80.0	0	0.0	1	4.0	26.0	3.0	0.00	0.00
Dressing Caesar	1.5 oz	82	8	233	0.00	0.00	15.0	0	0.0	1	0.75	1.5	8.25	1.50	0.00
Pork Texas Nachos w Chse Sauce	1 Each	554	96	600	2.39	3.92	221.9	1362	32.84	*19	26.24	39.24	32.1	10.58	0.00
Hot Dogs Mini Eisenberg (2)	(2) Hot Dog	300	40	620	0.00	*0.72	*40.0	*0	*0.0	2	12.0	20.0	17.0	6.00	0.00
Hot Dog on Bun Rockwood	1 each	260	45	562	2.50	2.52	50.0	0	0.0	*1	12.0	29.0	11.0	2.50	0.00
Hamburger Middle School	1 each	267	40	348	2.50	2.52	30.0	0	0.0	*0	16.0	26.0	10.0	3.50	0.50
Cheeseburger Middle School	1 each	317	53	603	2.50	2.52	105.0	150	0.0	*0	18.5	26.45	14.5	6.00	0.50
Black Bean Burger	Burger	307	0	658	7.50	2.52	70.0	0	0.0	*1	20.0	41.0	9.0	1.00	0.00
Chicken Grilled Sandwich	sandwich	257	60	678	2.50	1.80	30.0	0	1.0	*0	25.0	27.0	4.0	0.00	0.00
Peanut Butter & Jelly Sandwich	sandwich	589	0	558	6.54	2.83	54.8	0	0.0	*4	19.96	57.31	33.95	6.72	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey Deli Hoagie Lettuce/Tom	1 each	288	40	843	4.54	1.59	65.7	719	11.92	*4	25.42	43.69	2.09	0.51	0.00
Ham Deli on Hoagie Lettuce/Tom	1 each	274	32	1055	4.54	1.74	50.0	689	11.92	*4	20.78	41.23	2.92	0.48	0.01
Pizza Big Daddy's Four Cheese	1 each	360	35	490	3.00	1.80	350.0	500	0.0	9	21.0	35.0	16.0	7.00	0.00
Pizza Big Daddy's Four Meat	Slice	370	40	650	4.00	2.70	200.0	400	0.0	9	20.0	36.0	17.0	7.00	0.00
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Pancakes, Mini Confetti Eggo	Pouch	220	10	300	4.00	3.60	40.0	1000	*N/A*	11	4.0	36.0	7.0	1.00	0.00
Pancakes Mini Maple Pillsbury	Pouch	230	10	270	3.00	0.72	60.0	0	0.0	*N/A*	5.0	40.0	7.0	1.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Chickpeas, Rosemary Roasted	1/4 cup	65	0	193	2.11	0.67	16.6	27	1.87	*0	2.29	10.53	1.67	0.22	*0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
EGG HARD-BOILED/Egg Pop	1 EACH	78	187	78	0.00	0.60	25.0	260	0.68	*1	6.29	0.62	5.31	1.63	*0.00
Hummus Rockwood	1/4 Cup	137	0	236	2.83	1.00	26.4	3	1.53	*1	4.32	9.43	9.51	1.22	0.00
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	2.00	0.00
Yogurt 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
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
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	0.00
Dressing Ranch Nat Fresh LoFat	1 oz	76	5	227	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.94	1.89	7.56	1.42	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Potatoes, Mashed Loaded Baked	1/2 Cup	98	1	224	0.92	0.30	29.8	7	24.43	*0	2.25	16.6	2.5	1.39	*0.00
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00
Veggie Boat	1 each	1	0	1	0.06	0.02	0.8	126	0.75	*0	0.04	0.17	0.01	0.00	*0.00
Baked Beans Bush's Best	1/2 Cup	130	0	550	5.00	1.80	40.0	0	0.0	10	7.0	29.0	0.0	0.00	0.00
APPLES Fresh, Small, 2-3/4"	1 EACH	77	0	1	3.58	0.18	8.9	80	6.85	15	0.39	20.58	0.25	0.04	0.00
APPLESAUCE:cnnd unswtnd+vit C	1/2 CUP	51	0	2	1.34	0.28	4.9	35	25.86	*N/A*	0.21	13.75	0.12	0.01	*N/A*

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

Page 6

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/04/2019															
Apricots Canned	1/2 cup	62	0	3	2.00	0.38	13.0	1601	5.0	*N/A*	0.76	15.76	0.14	0.00	0.00
BANANAS, Medium, 7-7/8"	1 EACH	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
BLUEBERRIES, FROZEN, WILD, I QF	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
GRAPES Fresh	1/2 CUP	60	0	10	0.67	0.00	13.3	0	0.8	*N/A*	0.0	15.33	0.0	0.00	0.00
Kiwi	1 each	44	0	2	2.16	0.22	24.5	63	66.74	6	0.82	10.56	0.37	0.02	0.00
Mixed Fruit (peach pear grape)	1/2 cup	80	0	5	1.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
ORANGES	1 EACH	62	0	0	3.14	0.13	52.4	295	69.69	12	1.23	15.39	0.16	0.02	0.00
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
PEACHES canned light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
PEARS canned extra light syrup	1/2 CUP	60	0	5	2.00	0.00	0.0	0	1.19	12	0.0	16.0	0.0	0.00	0.00
Pineapple Fresh	1/2 Cup	41	0	1	1.00	0.27	10.0	50	39.3	*N/A*	0.5	11.0	0.0	0.00	0.00
PINEAPPLE CHUNKS canned lt syr	1/2 CUP	75	0	1	1.00	0.35	17.4	47	11.83	18	0.52	19.55	0.1	0.01	0.00
Tropical Fruit Salad	1/2 CUP	80	0	15	2.00	0.00	0.0	300	21.0	*N/A*	0.0	20.0	0.0	0.00	0.00
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
Capri Sun 100% Juice	Capri Sun	60	0	17	0.00	0.00	0.0	0	0.0	13	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		8781	890	13251	107.80	*49.04	*5205.7	*42521	*578.86	*308	406.28	1129.7	305.64	94.33	*1.01
% of Calories										*14.1%	18.5%	51.5%	31.3%	9.7%	*0.1%
Nutrient Guideline		600-700		1360		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/05/2019															
Rockwood Middle Lunch	Total														
Salad Taco Salad	1 each	267	45	557	7.63	4.82	190.3	22886	20.06	*5	16.87	25.09	12.8	2.77	*0.00
Chips, Tortilla 2 oz Bag	1 serving (10 pc)	260	0	300	2.00	0.72	40.0	0	0.0	0	4.0	30.0	14.0	3.00	0.00
Bread, Loco	1 each	150	0	135	3.00	1.44	80.0	0	0.0	1	4.0	26.0	3.0	0.00	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00
Ravioli Toasted Baked	5 Ravioli	283	25	592	1.67	1.20	33.3	333	2.0	*N/A*	10.83	35.0	10.83	2.50	0.00
Meat Sauce	1/2 c	180	25	680	2.00	2.16	20.0	501	9.02	*0	11.95	12.02	8.47	2.98	0.00
Pepperoni Grilled Cheese Sandw	1 each	347	49	1073	3.32	4.44	379.8	889	1.51	*0	25.12	31.62	14.3	7.44	0.00
Hamburger Middle School	1 each	267	40	348	2.50	2.52	30.0	0	0.0	*0	16.0	26.0	10.0	3.50	0.50
Cheeseburger Middle School	1 each	317	53	603	2.50	2.52	105.0	150	0.0	*0	18.5	26.45	14.5	6.00	0.50
Black Bean Burger	Burger	307	0	658	7.50	2.52	70.0	0	0.0	*1	20.0	41.0	9.0	1.00	0.00
Chicken Grilled Sandwich	sandwich	257	60	678	2.50	1.80	30.0	0	1.0	*0	25.0	27.0	4.0	0.00	0.00
Hot Dog on Bun Rockwood	1 each	260	45	562	2.50	2.52	50.0	0	0.0	*1	12.0	29.0	11.0	2.50	0.00
Peanut Butter & Jelly Sandwich	sandwich	589	0	558	6.54	2.83	54.8	0	0.0	*4	19.96	57.31	33.95	6.72	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey Deli Hoagie Lettuce/Tom	1 each	288	40	843	4.54	1.59	65.7	719	11.92	*4	25.42	43.69	2.09	0.51	0.00
Ham Deli on Hoagie Lettuce/Tom	1 each	274	32	1055	4.54	1.74	50.0	689	11.92	*4	20.78	41.23	2.92	0.48	0.01
Galaxy Pizza	Indv. Pizza	280	30	410	3.00	1.80	200.0	300	0.0	8	15.0	26.0	12.0	6.00	0.00
Pizza 6" Veggie Nardone	6" Pizza	330	*N/A*	420	4.00	*N/A*	*N/A*	*N/A*	*N/A*	7	23.0	32.0	13.0	6.00	0.00
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Bug Bites Graham Crackers	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Crackers Cheez-It Whole Grain	Package	100	4	150	1.00	0.72	80.0	500	0.0	0	3.0	14.0	3.5	1.00	0.00
CRACKERS GOLDFISH CHEDDA	1 EACH	100	0	170	1.00	0.72	0.0	0	0.0	0	2.0	14.0	3.5	0.50	0.00
Crackers Graham Honey Maid Lil	Package	130	0	150	2.00	1.08	0.0	0	0.0	8	2.0	24.0	3.0	0.00	0.00
CRACKERS, SALTINE, WG	4 EACH	120	0	360	2.00	1.44	0.0	0	0.0	0	2.0	20.0	3.0	0.00	0.00
Goldfish Pretzels	1 each	90	0	200	1.00	0.72	0.0	0	0.0	*N/A*	2.0	16.0	1.5	0.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	0	0.0	8	2.0	21.0	4.0	1.00	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	0	0.0	7	2.0	21.0	4.0	1.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Chickpeas, Rosemary Roasted	1/4 cup	65	0	193	2.11	0.67	16.6	27	1.87	*0	2.29	10.53	1.67	0.22	*0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
EGG HARD-BOILED/Egg Pop	1 EACH	78	187	78	0.00	0.60	25.0	260	0.68	*1	6.29	0.62	5.31	1.63	*0.00
Hummus Rockwood	1/4 Cup	137	0	236	2.83	1.00	26.4	3	1.53	*1	4.32	9.43	9.51	1.22	0.00
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	2.00	0.00
Yogurt 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

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/05/2019															
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
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	0.00
Dressing Ranch Nat Fresh LoFat	1 oz	76	5	227	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.94	1.89	7.56	1.42	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Veggie Boat	1 each	1	0	1	0.06	0.02	0.8	126	0.75	*0	0.04	0.17	0.01	0.00	*0.00
Hummus Rockwood	1/4 Cup	137	0	236	2.83	1.00	26.4	3	1.53	*1	4.32	9.43	9.51	1.22	0.00
French Fry Crinkle Cut Season	1/2 Cup	100	0	182	0.00	0.00	0.0	0	0.0	0	1.46	16.2	3.31	0.53	0.00
CARROTS:frozen, boiled	HALF CUP	27	0	51	2.49	0.33	27.1	10711	1.88	4	0.59	5.95	0.35	0.04	0.00
APPLES Fresh, Small, 2-3/4"	1 EACH	77	0	1	3.58	0.18	8.9	80	6.85	15	0.39	20.58	0.25	0.04	0.00
APPLESAUCE:cnnd unswtnd+vit C	1/2 CUP	51	0	2	1.34	0.28	4.9	35	25.86	*N/A*	0.21	13.75	0.12	0.01	*N/A*
Apricots Canned	1/2 cup	62	0	3	2.00	0.38	13.0	1601	5.0	*N/A*	0.76	15.76	0.14	0.00	0.00
BANANAS, Medium, 7-7/8"	1 EACH	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
BLUEBERRIES, FROZEN, WILD, I QF	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
GRAPES Fresh	1/2 CUP	60	0	10	0.67	0.00	13.3	0	0.8	*N/A*	0.0	15.33	0.0	0.00	0.00
Kiwi	1 each	44	0	2	2.16	0.22	24.5	63	66.74	6	0.82	10.56	0.37	0.02	0.00
Mixed Fruit (peach pear grape)	1/2 cup	80	0	5	1.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
ORANGES	1 EACH	62	0	0	3.14	0.13	52.4	295	69.69	12	1.23	15.39	0.16	0.02	0.00
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
PEACHES canned light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
PEARS canned extra light syrup	1/2 CUP	60	0	5	2.00	0.00	0.0	0	1.19	12	0.0	16.0	0.0	0.00	0.00
PEARS Cinnamon, Canned	1/2 CUP	72	0	6	2.18	0.38	9.5	1	0.89	15	0.25	19.3	0.04	0.00	0.00
Pineapple Fresh	1/2 Cup	41	0	1	1.00	0.27	10.0	50	39.3	*N/A*	0.5	11.0	0.0	0.00	0.00
PINEAPPLE CHUNKS canned lt syr	1/2 CUP	75	0	1	1.00	0.35	17.4	47	11.83	18	0.52	19.55	0.1	0.01	0.00
Tropical Fruit Salad	1/2 CUP	80	0	15	2.00	0.00	0.0	300	21.0	*N/A*	0.0	20.0	0.0	0.00	0.00
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
Capri Sun 100% Juice	Capri Sun	60	0	17	0.00	0.00	0.0	0	0.0	13	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		9649	*781	15327	117.92	*52.29	*5239.6	*46425	*540.04	*321	418.90	1279.8	331.02	96.57	*1.01
% of Calories										*13.3%	17.4%	53.1%	30.9%	9.0%	*0.1%
Nutrient Guideline		600-700		1360		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

Page 9

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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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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

Page 10

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/06/2019															
Rockwood Middle Lunch	Total														
Salad Barbecue Chicken	salad	224	60	335	7.10	3.56	191.3	22917	20.6	*5	25.42	21.28	6.48	2.32	0.00
Bread, Loco	1 each	150	0	135	3.00	1.44	80.0	0	0.0	1	4.0	26.0	3.0	0.00	0.00
Dressing BBQ Ranch	2 oz	106	5	683	0.00	*0.00	*0.0	*0	*1.24	*N/A*	1.0	8.18	8.0	1.50	0.00
General Tso Chicken	Portion-3.9 oz	200	45	510	2.00	1.44	0.0	0	0.0	14	14.0	26.0	4.0	1.00	0.00
Rice, White, Long Grain	1 Cup	207	0	4	2.45	0.93	3.6	0	0.0	*0	5.8	42.52	1.84	0.00	0.00
Rice, Brown, Parboiled, 1 Cup	1 CUP	193	0	2	2.28	0.87	2.1	0	0.0	*0	5.4	39.6	1.72	0.00	0.00
Roast Beef Wrap	1 each	312	45	984	4.54	0.87	89.7	633	2.99	*3	18.39	29.65	14.83	7.01	*0.00
Chips & Salsa	1 each	98	0	328	1.90	1.61	17.7	352	3.16	*N/A*	1.96	13.48	3.63	0.52	*0.00
Hamburger Middle School	1 each	267	40	348	2.50	2.52	30.0	0	0.0	*0	16.0	26.0	10.0	3.50	0.50
Cheeseburger Middle School	1 each	317	53	603	2.50	2.52	105.0	150	0.0	*0	18.5	26.45	14.5	6.00	0.50
Black Bean Burger	Burger	307	0	658	7.50	2.52	70.0	0	0.0	*1	20.0	41.0	9.0	1.00	0.00
Chicken Grilled Sandwich	sandwich	257	60	678	2.50	1.80	30.0	0	1.0	*0	25.0	27.0	4.0	0.00	0.00
Hot Dog on Bun Rockwood	1 each	260	45	562	2.50	2.52	50.0	0	0.0	*1	12.0	29.0	11.0	2.50	0.00
Peanut Butter & Jelly Sandwich	sandwich	589	0	558	6.54	2.83	54.8	0	0.0	*4	19.96	57.31	33.95	6.72	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey Deli Hoagie Lettuce/Tom	1 each	288	40	843	4.54	1.59	65.7	719	11.92	*4	25.42	43.69	2.09	0.51	0.00
Ham Deli on Hoagie Lettuce/Tom	1 each	274	32	1055	4.54	1.74	50.0	689	11.92	*4	20.78	41.23	2.92	0.48	0.01
Pizza Buffalo Chicken Nardone	Slice	280	30	870	3.00	2.70	350.0	300	1.2	2	19.0	27.0	11.0	5.00	0.00
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Muffin Banana Otis	Muffin	190	31	130	2.00	0.72	40.0	100	0.0	*N/A*	3.0	31.0	6.0	2.00	0.00
Muffin Blueberry Otis Spunkmey	1 Each	190	45	130	2.00	1.08	20.0	100	0.0	*N/A*	3.0	30.0	6.0	2.00	0.00
Muffin Chocolate Otis	Muffin	190	45	130	2.00	1.44	40.0	100	0.0	*N/A*	4.0	32.0	6.0	2.00	0.00
Muffin, Apple Cinnamon	Muffin	190	40	130	2.00	1.08	20.0	50	0.0	16	3.0	30.0	6.0	2.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Chickpeas, Rosemary Roasted	1/4 cup	65	0	193	2.11	0.67	16.6	27	1.87	*0	2.29	10.53	1.67	0.22	*0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
EGG HARD-BOILED/Egg Pop	1 EACH	78	187	78	0.00	0.60	25.0	260	0.68	*1	6.29	0.62	5.31	1.63	*0.00
Hummus Rockwood	1/4 Cup	137	0	236	2.83	1.00	26.4	3	1.53	*1	4.32	9.43	9.51	1.22	0.00
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	2.00	0.00
Yogurt 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
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
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	0.00
Dressing Ranch Nat Fresh LoFat	1 oz	76	5	227	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.94	1.89	7.56	1.42	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Potatoes Mashed w BBuds	1/2 CUP	85	4	163	1.00	0.19	54.2	76	6.61	*0	2.18	17.48	0.0	0.00	0.00

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 Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/06/2019															
Potatoes Mashed w BBuds & Grav	1/2 CUP	137	4	513	1.01	0.56	57.5	76	6.61	*0	3.2	21.77	2.57	1.28	0.00
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00
Veggie Boat	1 each	1	0	1	0.06	0.02	0.8	126	0.75	*0	0.04	0.17	0.01	0.00	*0.00
Hummus Rockwood	1/4 Cup	137	0	236	2.83	1.00	26.4	3	1.53	*1	4.32	9.43	9.51	1.22	0.00
BROCCOLI frozen steamed/boiled	1/2 Cup	29	0	24	3.33	0.00	22.2	72	35.35	*N/A*	3.33	5.56	0.0	0.00	0.00
APPLES Fresh, Small, 2-3/4"	1 EACH	77	0	1	3.58	0.18	8.9	80	6.85	15	0.39	20.58	0.25	0.04	0.00
APPLESAUCE:cnnd unswtnd+vit C	1/2 CUP	51	0	2	1.34	0.28	4.9	35	25.86	*N/A*	0.21	13.75	0.12	0.01	*N/A*
Apricots Canned	1/2 cup	62	0	3	2.00	0.38	13.0	1601	5.0	*N/A*	0.76	15.76	0.14	0.00	0.00
BANANAS, Medium, 7-7/8"	1 EACH	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
BLUEBERRIES, FROZEN, WILD, I QF	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
GRAPES Fresh	1/2 CUP	60	0	10	0.67	0.00	13.3	0	0.8	*N/A*	0.0	15.33	0.0	0.00	0.00
Kiwi	1 each	44	0	2	2.16	0.22	24.5	63	66.74	6	0.82	10.56	0.37	0.02	0.00
Mixed Fruit (peach pear grape)	1/2 cup	80	0	5	1.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
ORANGES	1 EACH	62	0	0	3.14	0.13	52.4	295	69.69	12	1.23	15.39	0.16	0.02	0.00
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
PEACHES canned light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
PEARS canned extra light syrup	1/2 CUP	60	0	5	2.00	0.00	0.0	0	1.19	12	0.0	16.0	0.0	0.00	0.00
Pineapple Fresh	1/2 Cup	41	0	1	1.00	0.27	10.0	50	39.3	*N/A*	0.5	11.0	0.0	0.00	0.00
PINEAPPLE CHUNKS canned lt syr	1/2 CUP	75	0	1	1.00	0.35	17.4	47	11.83	18	0.52	19.55	0.1	0.01	0.00
STRAWBERRIES: Frz Unsweetene	Half Cup	39	0	2	2.00	0.75	16.4	45	41.36	5	0.0	10.0	0.0	0.00	0.00
Strawberry Froz Cup 4.5oz Swt	4.5 oz cup	90	0	0	2.00	0.36	20.0	31	66.0	18	1.0	22.0	0.0	0.00	0.00
Tropical Fruit Salad	1/2 CUP	80	0	15	2.00	0.00	0.0	300	21.0	*N/A*	0.0	20.0	0.0	0.00	0.00
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
Capri Sun 100% Juice	Capri Sun	60	0	17	0.00	0.00	0.0	0	0.0	13	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		8991	948	14176	123.47	*49.42	*4727.7	*41353	*696.82	*280	396.49	1255.6	276.97	82.36	*1.01
% of Calories										*12.5%	17.6%	55.9%	27.7%	8.2%	*0.1%
Nutrient Guideline		600-700		1360		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/09/2019															
Rockwood Middle Lunch	Total														
Salad Chef	1 each	135	113	548	4.54	3.30	118.4	16014	27.27	*4	14.98	9.92	4.67	1.29	*0.01
Salad Chef Vegetarian	1 each	125	187	137	3.33	2.52	105.9	5744	29.14	*5	9.64	9.61	6.03	1.80	*0.00
Bread, Loco	1 each	150	0	135	3.00	1.44	80.0	0	0.0	1	4.0	26.0	3.0	0.00	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00
Tacos, Mini Chicken	Serving (3)	320	55	480	4.00	3.60	200.0	400	2.4	0	17.0	31.0	14.0	5.00	0.00
Chips & Queso Cheese	1 each	193	30	486	1.00	0.18	212.0	400	0.6	*0	8.0	11.0	12.5	5.80	0.00
Turkey Deli Wrap	1 each	424	77	1039	4.52	*1.86	*140.7	*1040	*14.23	*4	22.52	32.38	24.91	9.84	0.00
Chips & Salsa	1 each	98	0	328	1.90	1.61	17.7	352	3.16	*N/A*	1.96	13.48	3.63	0.52	*0.00
Hamburger Middle School	1 each	267	40	348	2.50	2.52	30.0	0	0.0	*0	16.0	26.0	10.0	3.50	0.50
Cheeseburger Middle School	1 each	317	53	603	2.50	2.52	105.0	150	0.0	*0	18.5	26.45	14.5	6.00	0.50
Black Bean Burger	Burger	307	0	658	7.50	2.52	70.0	0	0.0	*1	20.0	41.0	9.0	1.00	0.00
Chicken Grilled Sandwich	sandwich	257	60	678	2.50	1.80	30.0	0	1.0	*0	25.0	27.0	4.0	0.00	0.00
Hot Dog on Bun Rockwood	1 each	260	45	562	2.50	2.52	50.0	0	0.0	*1	12.0	29.0	11.0	2.50	0.00
Sunbutter and Jelly Sandwich	1 Each	614	0	491	10.86	4.32	60.0	105	0.0	*N/A*	19.82	56.88	34.0	4.58	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey Deli Hoagie Lettuce/Tom	1 each	288	40	843	4.54	1.59	65.7	719	11.92	*4	25.42	43.69	2.09	0.51	0.00
Ham Deli on Hoagie Lettuce/Tom	1 each	274	32	1055	4.54	1.74	50.0	689	11.92	*4	20.78	41.23	2.92	0.48	0.01
Pizza Wild Mike's 16" Cheese	Slice	360	30	510	3.00	2.70	450.0	500	6.0	4	20.0	34.0	17.0	8.00	0.00
Pizza Wild Mikes 16" Pepperoni	Slice	370	35	580	3.00	1.80	400.0	500	9.0	4	20.0	34.0	18.0	9.00	0.00
Pizza French Bread Garlic Chz	Individ, Piz	350	30	450	2.00	2.70	500.0	400	9.0	2	22.0	33.0	18.0	7.00	0.00
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Muffin Banana Otis	Muffin	190	31	130	2.00	0.72	40.0	100	0.0	*N/A*	3.0	31.0	6.0	2.00	0.00
Muffin Blueberry Otis Spunkmey	1 Each	190	45	130	2.00	1.08	20.0	100	0.0	*N/A*	3.0	30.0	6.0	2.00	0.00
Muffin Chocolate Otis	Muffin	190	45	130	2.00	1.44	40.0	100	0.0	*N/A*	4.0	32.0	6.0	2.00	0.00
Muffin, Apple Cinnamon	Muffin	190	40	130	2.00	1.08	20.0	50	0.0	16	3.0	30.0	6.0	2.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Chickpeas, Rosemary Roasted	1/4 cup	65	0	193	2.11	0.67	16.6	27	1.87	*0	2.29	10.53	1.67	0.22	*0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
EGG HARD-BOILED/Egg Pop	1 EACH	78	187	78	0.00	0.60	25.0	260	0.68	*1	6.29	0.62	5.31	1.63	*0.00
Hummus Rockwood	1/4 Cup	137	0	236	2.83	1.00	26.4	3	1.53	*1	4.32	9.43	9.51	1.22	0.00
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	2.00	0.00
Yogurt 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
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
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00
Dressing Italian Fat Free	1.5 oz	21	0	343	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.12	0.0	0.00	0.00

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Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/09/2019															
Dressing Honey Mustard	1.5 oz	147	0	411	0.00	0.00	0.0	0	0.0	*N/A*	0.0	8.8	11.73	1.47	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Veggie Boat	1 each	1	0	1	0.06	0.02	0.8	126	0.75	*0	0.04	0.17	0.01	0.00	*0.00
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00
Potatoes Mashed w BBuds	1/2 CUP	85	4	163	1.00	0.19	54.2	76	6.61	*0	2.18	17.48	0.0	0.00	0.00
Potatoes Mashed w BBuds & Grav	1/2 CUP	137	4	513	1.01	0.56	57.5	76	6.61	*0	3.2	21.77	2.57	1.28	0.00
CORN, Chili Lime	1/2 Cup	72	0	34	2.04	0.42	3.3	215	3.46	*3	2.13	16.92	0.58	0.09	0.00
APPLES Fresh, Small, 2-3/4"	1 EACH	77	0	1	3.58	0.18	8.9	80	6.85	15	0.39	20.58	0.25	0.04	0.00
APPLESAUCE:cnnd unswtnd+vit C	1/2 CUP	51	0	2	1.34	0.28	4.9	35	25.86	*N/A*	0.21	13.75	0.12	0.01	*N/A*
Apricots Canned	1/2 cup	62	0	3	2.00	0.38	13.0	1601	5.0	*N/A*	0.76	15.76	0.14	0.00	0.00
BANANAS, Medium, 7-7/8"	1 EACH	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
BLUEBERRIES, FROZEN, WILD, I QF	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
GRAPES Fresh	1/2 CUP	60	0	10	0.67	0.00	13.3	0	0.8	*N/A*	0.0	15.33	0.0	0.00	0.00
Kiwi	1 each	44	0	2	2.16	0.22	24.5	63	66.74	6	0.82	10.56	0.37	0.02	0.00
Mixed Fruit (peach pear grape)	1/2 cup	80	0	5	1.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
ORANGES	1 EACH	62	0	0	3.14	0.13	52.4	295	69.69	12	1.23	15.39	0.16	0.02	0.00
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
PEACHES canned light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
PEARS canned extra light syrup	1/2 CUP	60	0	5	2.00	0.00	0.0	0	1.19	12	0.0	16.0	0.0	0.00	0.00
PEARS Cinnamon, Canned	1/2 CUP	72	0	6	2.18	0.38	9.5	1	0.89	15	0.25	19.3	0.04	0.00	0.00
Pineapple Fresh	1/2 Cup	41	0	1	1.00	0.27	10.0	50	39.3	*N/A*	0.5	11.0	0.0	0.00	0.00
PINEAPPLE CHUNKS canned lt syr	1/2 CUP	75	0	1	1.00	0.35	17.4	47	11.83	18	0.52	19.55	0.1	0.01	0.00
Tropical Fruit Salad	1/2 CUP	80	0	15	2.00	0.00	0.0	300	21.0	*N/A*	0.0	20.0	0.0	0.00	0.00
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 Chocolate Fat Free	HALF PINT	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 Fat Free	Half Pint	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
MILK White 1%	HALF PINT	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
MILK,Skim	HALF PINT	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		9877	1331	15919	125.87	*57.88	*6151.0	*42670	*628.55	*257	437.08	1246.8	362.22	114.29	*1.02
% of Calories										*10.4%	17.7%	50.5%	33.0%	10.4%	*0.1%
Nutrient Guideline		600-700		1360		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/10/2019															
Rockwood Middle Lunch	Total														
Chicken Crispy Sandwich MS	Sandwich	367	50	858	4.50	2.52	50.0	200	0.0	*1	24.0	44.0	10.0	1.50	0.00
Potatoes Mashed w BBuds	1/2 CUP	85	4	163	1.00	0.19	54.2	76	6.61	*0	2.18	17.48	0.0	0.00	0.00
Potatoes Mashed w BBuds & Grav	1/2 CUP	137	4	513	1.01	0.56	57.5	76	6.61	*0	3.2	21.77	2.57	1.28	0.00
Salad Southwest Chicken	1 each	404	29	952	13.26	4.83	185.5	23429	26.85	*7	20.84	52.25	12.59	3.13	*0.00
Salad Southwest Vegetarian	1 each	237	3	566	11.48	4.33	135.9	18298	23.86	*5	10.45	39.49	5.56	1.02	*0.00
Bread, Loco	1 each	150	0	135	3.00	1.44	80.0	0	0.0	1	4.0	26.0	3.0	0.00	0.00
Dressing Salsa Ranch	2 oz	92	5	378	0.45	*0.72	*3.8	*176	*1.28	*N/A*	1.48	4.24	8.06	1.51	*0.00
Cajun Chicken Pasta	1 CUP	370	66	431	1.58	2.26	257.8	512	1.28	*0	27.31	40.64	11.21	5.34	0.01
Breadstick White Wheat	Breadstick	60	0	70	1.00	0.72	20.0	0	0.0	0	2.0	13.0	0.5	0.00	0.00
Pizza Dominos Cheese	slice	330	40	790	2.00	1.80	350.0	500	9.0	3	16.0	38.0	13.0	7.00	0.00
Pizza Dominos Pepperoni	slice	340	40	790	2.00	2.70	300.0	500	9.0	3	17.0	37.0	14.0	7.00	0.00
Pizza Dominos Sausage	slice	360	40	790	2.00	2.70	250.0	500	9.0	3	16.0	37.0	17.0	8.00	0.00
Pizza Hut Cheese 14"	Slice	320	40	640	3.00	2.70	390.0	360	*N/A*	2	16.0	36.0	12.0	3.90	0.00
Pizza Hut Pepperoni 14"	Slice	350	45	740	3.00	2.80	350.0	370	*N/A*	2	17.0	35.0	16.0	7.80	0.00
Pizza Hut Sausage 14"	Slice	370	45	780	3.00	3.00	330.0	330	*N/A*	2	17.0	35.0	18.0	8.00	0.00
Pizza Papa John's Cheese	slice	360	45	930	2.00	2.70	300.0	500	3.6	5	15.0	39.0	15.0	8.00	0.00
Pizza Papa John's Pepperoni	slice	390	50	1020	2.00	2.70	300.0	500	3.6	5	16.0	39.0	18.0	9.00	0.00
Pizza Papa John's Sausage	slice	400	50	1030	2.00	2.70	300.0	500	3.6	5	16.0	39.0	19.0	9.00	0.00
Hamburger Middle School	1 each	267	40	348	2.50	2.52	30.0	0	0.0	*0	16.0	26.0	10.0	3.50	0.50
Cheeseburger Middle School	1 each	317	53	603	2.50	2.52	105.0	150	0.0	*0	18.5	26.45	14.5	6.00	0.50
Black Bean Burger	Burger	307	0	658	7.50	2.52	70.0	0	0.0	*1	20.0	41.0	9.0	1.00	0.00
Chicken Grilled Sandwich	sandwich	257	60	678	2.50	1.80	30.0	0	1.0	*0	25.0	27.0	4.0	0.00	0.00
Hot Dog on Bun Rockwood	1 each	260	45	562	2.50	2.52	50.0	0	0.0	*1	12.0	29.0	11.0	2.50	0.00
Sunbutter and Jelly Sandwich	1 Each	614	0	491	10.86	4.32	60.0	105	0.0	*N/A*	19.82	56.88	34.0	4.58	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey Deli Hoagie Lettuce/Tom	1 each	288	40	843	4.54	1.59	65.7	719	11.92	*4	25.42	43.69	2.09	0.51	0.00
Ham Deli on Hoagie Lettuce/Tom	1 each	274	32	1055	4.54	1.74	50.0	689	11.92	*4	20.78	41.23	2.92	0.48	0.01
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Bug Bites Graham Crackers	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Crackers Cheez-It Whole Grain	Package	100	4	150	1.00	0.72	80.0	500	0.0	0	3.0	14.0	3.5	1.00	0.00
CRACKERS GOLDFISH CHEDDA	1 EACH	100	0	170	1.00	0.72	0.0	0	0.0	0	2.0	14.0	3.5	0.50	0.00
Crackers Graham Honey Maid Lil	Package	130	0	150	2.00	1.08	0.0	0	0.0	8	2.0	24.0	3.0	0.00	0.00
CRACKERS, SALTINE, WG	4 EACH	120	0	360	2.00	1.44	0.0	0	0.0	0	2.0	20.0	3.0	0.00	0.00
Goldfish Pretzels	1 each	90	0	200	1.00	0.72	0.0	0	0.0	*N/A*	2.0	16.0	1.5	0.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	0	0.0	8	2.0	21.0	4.0	1.00	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	0	0.0	7	2.0	21.0	4.0	1.00	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Cheese Cubes, Cheddar	Package (90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	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	1 oz)														

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Chickpeas, Rosemary Roasted	1/4 cup	65	0	193	2.11	0.67	16.6	27	1.87	*0	2.29	10.53	1.67	0.22	*0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
EGG HARD-BOILED/Egg Pop	1 EACH	78	187	78	0.00	0.60	25.0	260	0.68	*1	6.29	0.62	5.31	1.63	*0.00
Hummus Rockwood	1/4 Cup	137	0	236	2.83	1.00	26.4	3	1.53	*1	4.32	9.43	9.51	1.22	0.00
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	2.00	0.00
Yogurt 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
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
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00
Dressing Italian Fat Free	1.5 oz	21	0	343	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.12	0.0	0.00	0.00
Dressing Honey Mustard	1.5 oz	147	0	411	0.00	0.00	0.0	0	0.0	*N/A*	0.0	8.8	11.73	1.47	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Veggie Boat	1 each	1	0	1	0.06	0.02	0.8	126	0.75	*0	0.04	0.17	0.01	0.00	*0.00
Hummus w Hummus Made Easy	1/4 Cup	118	0	173	2.54	0.69	16.4	13	2.06	*3	4.11	9.25	7.48	1.08	0.00
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00
Tater Tots	HALF CUP	164	0	380	2.05	0.37	0.0	0	0.0	*N/A*	1.03	20.52	8.21	1.03	0.00
BROCCOLI frozen steamed/boiled	1/2 Cup	29	0	24	3.33	0.00	22.2	72	35.35	*N/A*	3.33	5.56	0.0	0.00	0.00
APPLES Fresh, Small, 2-3/4"	1 EACH	77	0	1	3.58	0.18	8.9	80	6.85	15	0.39	20.58	0.25	0.04	0.00
APPLESAUCE:cnnd unswtnd+vit C	1/2 CUP	51	0	2	1.34	0.28	4.9	35	25.86	*N/A*	0.21	13.75	0.12	0.01	*N/A*
Apricots Canned	1/2 cup	62	0	3	2.00	0.38	13.0	1601	5.0	*N/A*	0.76	15.76	0.14	0.00	0.00
BANANAS, Medium, 7-7/8"	1 EACH	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
BLUEBERRIES, FROZEN, WILD, I QF	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
GRAPES Fresh	1/2 CUP	60	0	10	0.67	0.00	13.3	0	0.8	*N/A*	0.0	15.33	0.0	0.00	0.00
Kiwi	1 each	44	0	2	2.16	0.22	24.5	63	66.74	6	0.82	10.56	0.37	0.02	0.00
Mixed Fruit (peach pear grape)	1/2 cup	80	0	5	1.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
ORANGES	1 EACH	62	0	0	3.14	0.13	52.4	295	69.69	12	1.23	15.39	0.16	0.02	0.00
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
PEACHES canned light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
PEARS canned extra light syrup	1/2 CUP	60	0	5	2.00	0.00	0.0	0	1.19	12	0.0	16.0	0.0	0.00	0.00
PEARS Cinnamon, Canned	1/2 CUP	72	0	6	2.18	0.38	9.5	1	0.89	15	0.25	19.3	0.04	0.00	0.00
Pineapple Fresh	1/2 Cup	41	0	1	1.00	0.27	10.0	50	39.3	*N/A*	0.5	11.0	0.0	0.00	0.00
PINEAPPLE CHUNKS canned lt syr	1/2 CUP	75	0	1	1.00	0.35	17.4	47	11.83	18	0.52	19.55	0.1	0.01	0.00
Tropical Fruit Salad	1/2 CUP	80	0	15	2.00	0.00	0.0	300	21.0	*N/A*	0.0	20.0	0.0	0.00	0.00
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
Capri Sun 100% Juice	Capri Sun	60	0	17	0.00	0.00	0.0	0	0.0	13	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

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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
Weighted Daily Average		12779	1153	23192	158.73	*79.23	*7733.7	*65015	*652.77	*341	543.98	1663.6	445.18	145.64	*1.02
% of Calories										*10.7%	17.0%	52.1%	31.4%	10.3%	*0.1%
Nutrient Guideline		600-700		1360		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/11/2019															
Rockwood Middle Lunch	Total														
Chicken Crispy Sandwich MS	Sandwich	367	50	858	4.50	2.52	50.0	200	0.0	*1	24.0	44.0	10.0	1.50	0.00
Potatoes Mashed w BBuds	1/2 CUP	85	4	163	1.00	0.19	54.2	76	6.61	*0	2.18	17.48	0.0	0.00	0.00
Potatoes Mashed w BBuds & Grav	1/2 CUP	137	4	513	1.01	0.56	57.5	76	6.61	*0	3.2	21.77	2.57	1.28	0.00
Salad Chicken Caesar	1 each	184	56	191	5.46	3.22	152.4	22255	10.21	*3	21.58	9.66	6.89	2.35	*0.00
Bread, Loco	1 each	150	0	135	3.00	1.44	80.0	0	0.0	1	4.0	26.0	3.0	0.00	0.00
Dressing Caesar	1.5 oz	82	8	233	0.00	0.00	15.0	0	0.0	1	0.75	1.5	8.25	1.50	0.00
French Toast Sticks, BakeCraft	3 French T oast	260	10	290	2.00	0.72	20.0	0	0.0	14	6.0	42.0	8.0	1.00	0.00
Sausage, Link Jones	2 links	240	40	180	0.00	0.72	0.0	0	0.0	0	8.0	0.0	24.0	8.00	0.00
Hot Dog on Bun Rockwood	1 each	260	45	562	2.50	2.52	50.0	0	0.0	*1	12.0	29.0	11.0	2.50	0.00
Chili Dog	1 each	318	55	732	4.00	2.79	75.0	250	3.75	*1	16.25	33.75	13.5	3.37	0.00
Hamburger Middle School	1 each	267	40	348	2.50	2.52	30.0	0	0.0	*0	16.0	26.0	10.0	3.50	0.50
Cheeseburger Middle School	1 each	317	53	603	2.50	2.52	105.0	150	0.0	*0	18.5	26.45	14.5	6.00	0.50
Black Bean Burger	Burger	307	0	658	7.50	2.52	70.0	0	0.0	*1	20.0	41.0	9.0	1.00	0.00
Chicken Grilled Sandwich	sandwich	257	60	678	2.50	1.80	30.0	0	1.0	*0	25.0	27.0	4.0	0.00	0.00
Peanut Butter & Jelly Sandwich	sandwich	589	0	558	6.54	2.83	54.8	0	0.0	*4	19.96	57.31	33.95	6.72	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey Deli Hoagie Lettuce/Tom	1 each	288	40	843	4.54	1.59	65.7	719	11.92	*4	25.42	43.69	2.09	0.51	0.00
Ham Deli on Hoagie Lettuce/Tom	1 each	274	32	1055	4.54	1.74	50.0	689	11.92	*4	20.78	41.23	2.92	0.48	0.01
Pizza Big Daddy's Four Cheese	1 each	360	35	490	3.00	1.80	350.0	500	0.0	9	21.0	35.0	16.0	7.00	0.00
Pizza Big Daddy's Four Meat	Slice	370	40	650	4.00	2.70	200.0	400	0.0	9	20.0	36.0	17.0	7.00	0.00
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Pancakes, Mini Confetti Eggo	Pouch	220	10	300	4.00	3.60	40.0	1000	*N/A*	11	4.0	36.0	7.0	1.00	0.00
Pancakes Mini Maple Pillsbury	Pouch	230	10	270	3.00	0.72	60.0	0	0.0	*N/A*	5.0	40.0	7.0	1.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Chickpeas, Rosemary Roasted	1/4 cup	65	0	193	2.11	0.67	16.6	27	1.87	*0	2.29	10.53	1.67	0.22	*0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
EGG HARD-BOILED/Egg Pop	1 EACH	78	187	78	0.00	0.60	25.0	260	0.68	*1	6.29	0.62	5.31	1.63	*0.00
Hummus Rockwood	1/4 Cup	137	0	236	2.83	1.00	26.4	3	1.53	*1	4.32	9.43	9.51	1.22	0.00
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	2.00	0.00
Yogurt 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
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
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	0.00
Dressing Ranch Nat Fresh LoFat	1 oz	76	5	227	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.94	1.89	7.56	1.42	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Potatoes, Mashed Loaded Baked	1/2 Cup	98	1	224	0.92	0.30	29.8	7	24.43	*0	2.25	16.6	2.5	1.39	*0.00

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/11/2019															
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00
Veggie Boat	1 each	1	0	1	0.06	0.02	0.8	126	0.75	*0	0.04	0.17	0.01	0.00	*0.00
Hummus w Hummus Made Easy	1/4 Cup	118	0	173	2.54	0.69	16.4	13	2.06	*3	4.11	9.25	7.48	1.08	0.00
Sweet Potato Tots	HALF CUP	130	0	260	2.00	0.36	20.0	3000	3.6	*N/A*	1.0	23.0	3.5	0.00	0.00
APPLES Fresh, Small, 2-3/4"	1 EACH	77	0	1	3.58	0.18	8.9	80	6.85	15	0.39	20.58	0.25	0.04	0.00
APPLESAUCE:cnnd unswtnd+vit C	1/2 CUP	51	0	2	1.34	0.28	4.9	35	25.86	*N/A*	0.21	13.75	0.12	0.01	*N/A*
Apricots Canned	1/2 cup	62	0	3	2.00	0.38	13.0	1601	5.0	*N/A*	0.76	15.76	0.14	0.00	0.00
BANANAS, Medium, 7-7/8"	1 EACH	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
BLUEBERRIES, FROZEN, WILD, I QF	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
GRAPES Fresh	1/2 CUP	60	0	10	0.67	0.00	13.3	0	0.8	*N/A*	0.0	15.33	0.0	0.00	0.00
Kiwi	1 each	44	0	2	2.16	0.22	24.5	63	66.74	6	0.82	10.56	0.37	0.02	0.00
Mixed Fruit (peach pear grape)	1/2 cup	80	0	5	1.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
ORANGES	1 EACH	62	0	0	3.14	0.13	52.4	295	69.69	12	1.23	15.39	0.16	0.02	0.00
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
PEACHES canned light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
PEARS canned extra light syrup	1/2 CUP	60	0	5	2.00	0.00	0.0	0	1.19	12	0.0	16.0	0.0	0.00	0.00
Pineapple Fresh	1/2 Cup	41	0	1	1.00	0.27	10.0	50	39.3	*N/A*	0.5	11.0	0.0	0.00	0.00
PINEAPPLE CHUNKS canned lt syr	1/2 CUP	75	0	1	1.00	0.35	17.4	47	11.83	18	0.52	19.55	0.1	0.01	0.00
Tropical Fruit Salad	1/2 CUP	80	0	15	2.00	0.00	0.0	300	21.0	*N/A*	0.0	20.0	0.0	0.00	0.00
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
Capri Sun 100% Juice	Capri Sun	60	0	17	0.00	0.00	0.0	0	0.0	13	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		9453	917	14651	117.46	*51.14	*5196.9	*44774	*568.65	*296	425.79	1232.7	325.59	93.99	*1.01
% of Calories										*12.5%	18.0%	52.2%	31.0%	8.9%	*0.1%
Nutrient Guideline		600-700		1360		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/12/2019															
Rockwood Middle Lunch	Total														
Salad Taco Salad	1 each	267	45	557	7.63	4.82	190.3	22886	20.06	*5	16.87	25.09	12.8	2.77	*0.00
Chips, Tortilla 2 oz Bag	1 serving (10 pc)	260	0	300	2.00	0.72	40.0	0	0.0	0	4.0	30.0	14.0	3.00	0.00
Bread, Loco	1 each	150	0	135	3.00	1.44	80.0	0	0.0	1	4.0	26.0	3.0	0.00	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00
Chicken Strips Clux Deluxe	Portion 3 s trip	206	33	358	1.08	1.17	21.7	108	0.0	0	13.01	16.26	8.67	1.08	0.00
Breadstick White Wheat	Breadstick	60	0	70	1.00	0.72	20.0	0	0.0	0	2.0	13.0	0.5	0.00	0.00
Buffalo Chicken Hoagie	Sandwich	326	67	1566	2.92	2.41	237.0	614	0.0	*2	30.97	29.31	9.61	4.54	*0.00
Hamburger Middle School	1 each	267	40	348	2.50	2.52	30.0	0	0.0	*0	16.0	26.0	10.0	3.50	0.50
Cheeseburger Middle School	1 each	317	53	603	2.50	2.52	105.0	150	0.0	*0	18.5	26.45	14.5	6.00	0.50
Black Bean Burger	Burger	307	0	658	7.50	2.52	70.0	0	0.0	*1	20.0	41.0	9.0	1.00	0.00
Chicken Grilled Sandwich	sandwich	257	60	678	2.50	1.80	30.0	0	1.0	*0	25.0	27.0	4.0	0.00	0.00
Hot Dog on Bun Rockwood	1 each	260	45	562	2.50	2.52	50.0	0	0.0	*1	12.0	29.0	11.0	2.50	0.00
Peanut Butter & Jelly Sandwich	sandwich	589	0	558	6.54	2.83	54.8	0	0.0	*4	19.96	57.31	33.95	6.72	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey Deli Hoagie Lettuce/Tom	1 each	288	40	843	4.54	1.59	65.7	719	11.92	*4	25.42	43.69	2.09	0.51	0.00
Ham Deli on Hoagie Lettuce/Tom	1 each	274	32	1055	4.54	1.74	50.0	689	11.92	*4	20.78	41.23	2.92	0.48	0.01
Galaxy Pizza	Indv. Pizza	280	30	410	3.00	1.80	200.0	300	0.0	8	15.0	26.0	12.0	6.00	0.00
Pizza 6" Veggie Nardone	6" Pizza	330	*N/A*	420	4.00	*N/A*	*N/A*	*N/A*	*N/A*	7	23.0	32.0	13.0	6.00	0.00
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Bug Bites Graham Crackers	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Crackers Cheez-It Whole Grain	Package	100	4	150	1.00	0.72	80.0	500	0.0	0	3.0	14.0	3.5	1.00	0.00
CRACKERS GOLDFISH CHEDDA	1 EACH	100	0	170	1.00	0.72	0.0	0	0.0	0	2.0	14.0	3.5	0.50	0.00
Crackers Graham Honey Maid Lil	Package	130	0	150	2.00	1.08	0.0	0	0.0	8	2.0	24.0	3.0	0.00	0.00
CRACKERS, SALTINE, WG	4 EACH	120	0	360	2.00	1.44	0.0	0	0.0	0	2.0	20.0	3.0	0.00	0.00
Goldfish Pretzels	1 each	90	0	200	1.00	0.72	0.0	0	0.0	*N/A*	2.0	16.0	1.5	0.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	0	0.0	8	2.0	21.0	4.0	1.00	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	0	0.0	7	2.0	21.0	4.0	1.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Chickpeas, Rosemary Roasted	1/4 cup	65	0	193	2.11	0.67	16.6	27	1.87	*0	2.29	10.53	1.67	0.22	*0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
EGG HARD-BOILED/Egg Pop	1 EACH	78	187	78	0.00	0.60	25.0	260	0.68	*1	6.29	0.62	5.31	1.63	*0.00
Hummus Rockwood	1/4 Cup	137	0	236	2.83	1.00	26.4	3	1.53	*1	4.32	9.43	9.51	1.22	0.00
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	2.00	0.00

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Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/12/2019															
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
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
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	0.00
Dressing Ranch Nat Fresh LoFat	1 oz	76	5	227	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.94	1.89	7.56	1.42	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Veggie Boat	1 each	1	0	1	0.06	0.02	0.8	126	0.75	*0	0.04	0.17	0.01	0.00	*0.00
Hummus w Hummus Made Easy	1/4 Cup	118	0	173	2.54	0.69	16.4	13	2.06	*3	4.11	9.25	7.48	1.08	0.00
French Fry Crinkle Cut Season	1/2 Cup	100	0	182	0.00	0.00	0.0	0	0.0	0	1.46	16.2	3.31	0.53	0.00
GREEN BEANS, Seasoned	HALF CUP	19	0	6	2.00	0.59	33.0	376	2.8	*N/A*	1.01	4.35	0.11	0.03	0.00
APPLES Fresh, Small, 2-3/4"	1 EACH	77	0	1	3.58	0.18	8.9	80	6.85	15	0.39	20.58	0.25	0.04	0.00
APPLESAUCE:cnnd unswtnd+vit C	1/2 CUP	51	0	2	1.34	0.28	4.9	35	25.86	*N/A*	0.21	13.75	0.12	0.01	*N/A*
Apricots Canned	1/2 cup	62	0	3	2.00	0.38	13.0	1601	5.0	*N/A*	0.76	15.76	0.14	0.00	0.00
BANANAS, Medium, 7-7/8"	1 EACH	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
BLUEBERRIES, FROZEN, WILD, I QF	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
GRAPES Fresh	1/2 CUP	60	0	10	0.67	0.00	13.3	0	0.8	*N/A*	0.0	15.33	0.0	0.00	0.00
Kiwi	1 each	44	0	2	2.16	0.22	24.5	63	66.74	6	0.82	10.56	0.37	0.02	0.00
Mixed Fruit (peach pear grape)	1/2 cup	80	0	5	1.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
ORANGES	1 EACH	62	0	0	3.14	0.13	52.4	295	69.69	12	1.23	15.39	0.16	0.02	0.00
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
PEACHES canned light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
PEARS canned extra light syrup	1/2 CUP	60	0	5	2.00	0.00	0.0	0	1.19	12	0.0	16.0	0.0	0.00	0.00
PEARS Cinnamon, Canned	1/2 CUP	72	0	6	2.18	0.38	9.5	1	0.89	15	0.25	19.3	0.04	0.00	0.00
Pineapple Fresh	1/2 Cup	41	0	1	1.00	0.27	10.0	50	39.3	*N/A*	0.5	11.0	0.0	0.00	0.00
PINEAPPLE CHUNKS canned lt syr	1/2 CUP	75	0	1	1.00	0.35	17.4	47	11.83	18	0.52	19.55	0.1	0.01	0.00
Tropical Fruit Salad	1/2 CUP	80	0	15	2.00	0.00	0.0	300	21.0	*N/A*	0.0	20.0	0.0	0.00	0.00
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
Capri Sun 100% Juice	Capri Sun	60	0	17	0.00	0.00	0.0	0	0.0	13	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		9403	*782	14868	115.16	*48.74	*5081.0	*35098	*528.96	*321	417.18	1257.9	313.93	89.12	*1.01
% of Calories										*13.7%	17.7%	53.5%	30.0%	8.5%	*0.1%
Nutrient Guideline		600-700		1360		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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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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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	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 Middle Lunch	Total														
Salad Barbecue Chicken	salad	224	60	335	7.10	3.56	191.3	22917	20.6	*5	25.42	21.28	6.48	2.32	0.00
Bread, Loco	1 each	150	0	135	3.00	1.44	80.0	0	0.0	1	4.0	26.0	3.0	0.00	0.00
Dressing BBQ Ranch	2 oz	106	5	683	0.00	*0.00	*0.0	*0	*1.24	*N/A*	1.0	8.18	8.0	1.50	0.00
Bosco Breadsticks Secondary	2 breadstic	424	31	556	4.00	2.88	309.6	0	0.0	*4	24.32	50.0	12.24	6.16	0.00
Marinara Sauce	1/2 Cup	70	0	560	2.00	1.08	20.0	500	9.0	*N/A*	2.0	12.0	1.5	0.00	0.00
Veggie Wrap Vegan	SERVINGS	384	0	869	11.05	*2.23	*118.4	*963	*26.47	*6	13.75	48.69	15.9	3.31	*0.00
Chips & Salsa	1 each	98	0	328	1.90	1.61	17.7	352	3.16	*N/A*	1.96	13.48	3.63	0.52	*0.00
Hamburger Middle School	1 each	267	40	348	2.50	2.52	30.0	0	0.0	*0	16.0	26.0	10.0	3.50	0.50
Cheeseburger Middle School	1 each	317	53	603	2.50	2.52	105.0	150	0.0	*0	18.5	26.45	14.5	6.00	0.50
Black Bean Burger	Burger	307	0	658	7.50	2.52	70.0	0	0.0	*1	20.0	41.0	9.0	1.00	0.00
Chicken Grilled Sandwich	sandwich	257	60	678	2.50	1.80	30.0	0	1.0	*0	25.0	27.0	4.0	0.00	0.00
Hot Dog on Bun Rockwood	1 each	260	45	562	2.50	2.52	50.0	0	0.0	*1	12.0	29.0	11.0	2.50	0.00
Peanut Butter & Jelly Sandwich	sandwich	589	0	558	6.54	2.83	54.8	0	0.0	*4	19.96	57.31	33.95	6.72	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey Deli Hoagie Lettuce/Tom	1 each	288	40	843	4.54	1.59	65.7	719	11.92	*4	25.42	43.69	2.09	0.51	0.00
Ham Deli on Hoagie Lettuce/Tom	1 each	274	32	1055	4.54	1.74	50.0	689	11.92	*4	20.78	41.23	2.92	0.48	0.01
Pizza Buffalo Chicken Nardone	Slice	280	30	870	3.00	2.70	350.0	300	1.2	2	19.0	27.0	11.0	5.00	0.00
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Muffin Banana Otis	Muffin	190	31	130	2.00	0.72	40.0	100	0.0	*N/A*	3.0	31.0	6.0	2.00	0.00
Muffin Blueberry Otis Spunkmey	1 Each	190	45	130	2.00	1.08	20.0	100	0.0	*N/A*	3.0	30.0	6.0	2.00	0.00
Muffin Chocolate Otis	Muffin	190	45	130	2.00	1.44	40.0	100	0.0	*N/A*	4.0	32.0	6.0	2.00	0.00
Muffin, Apple Cinnamon	Muffin	190	40	130	2.00	1.08	20.0	50	0.0	16	3.0	30.0	6.0	2.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Chickpeas, Rosemary Roasted	1/4 cup	65	0	193	2.11	0.67	16.6	27	1.87	*0	2.29	10.53	1.67	0.22	*0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
EGG HARD-BOILED/Egg Pop	1 EACH	78	187	78	0.00	0.60	25.0	260	0.68	*1	6.29	0.62	5.31	1.63	*0.00
Hummus Rockwood	1/4 Cup	137	0	236	2.83	1.00	26.4	3	1.53	*1	4.32	9.43	9.51	1.22	0.00
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	2.00	0.00
Yogurt 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
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
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	0.00
Dressing Ranch Nat Fresh LoFat	1 oz	76	5	227	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.94	1.89	7.56	1.42	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Potatoes Mashed w BBuds	1/2 CUP	85	4	163	1.00	0.19	54.2	76	6.61	*0	2.18	17.48	0.0	0.00	0.00
Potatoes Mashed w BBuds & Grav	1/2 CUP	137	4	513	1.01	0.56	57.5	76	6.61	*0	3.2	21.77	2.57	1.28	0.00
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/13/2019															
Veggie Boat	1 each	1	0	1	0.06	0.02	0.8	126	0.75	*0	0.04	0.17	0.01	0.00	*0.00
Hummus w Hummus Made Easy	1/4 Cup	118	0	173	2.54	0.69	16.4	13	2.06	*3	4.11	9.25	7.48	1.08	0.00
CARROTS:frozen, boiled	HALF CUP	27	0	51	2.49	0.33	27.1	10711	1.88	4	0.59	5.95	0.35	0.04	0.00
APPLES Fresh, Small, 2-3/4"	1 EACH	77	0	1	3.58	0.18	8.9	80	6.85	15	0.39	20.58	0.25	0.04	0.00
APPLESAUCE:cnnd unswtnd+vit C	1/2 CUP	51	0	2	1.34	0.28	4.9	35	25.86	*N/A*	0.21	13.75	0.12	0.01	*N/A*
Apricots Canned	1/2 cup	62	0	3	2.00	0.38	13.0	1601	5.0	*N/A*	0.76	15.76	0.14	0.00	0.00
BANANAS, Medium, 7-7/8"	1 EACH	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
BLUEBERRIES, FROZEN, WILD, I QF	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
GRAPES Fresh	1/2 CUP	60	0	10	0.67	0.00	13.3	0	0.8	*N/A*	0.0	15.33	0.0	0.00	0.00
Kiwi	1 each	44	0	2	2.16	0.22	24.5	63	66.74	6	0.82	10.56	0.37	0.02	0.00
Mixed Fruit (peach pear grape)	1/2 cup	80	0	5	1.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
ORANGES	1 EACH	62	0	0	3.14	0.13	52.4	295	69.69	12	1.23	15.39	0.16	0.02	0.00
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
PEACHES canned light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
PEARS canned extra light syrup	1/2 CUP	60	0	5	2.00	0.00	0.0	0	1.19	12	0.0	16.0	0.0	0.00	0.00
Pineapple Fresh	1/2 Cup	41	0	1	1.00	0.27	10.0	50	39.3	*N/A*	0.5	11.0	0.0	0.00	0.00
PINEAPPLE CHUNKS canned lt syr	1/2 CUP	75	0	1	1.00	0.35	17.4	47	11.83	18	0.52	19.55	0.1	0.01	0.00
STRAWBERRIES: Frz Unsweetene	Half Cup	39	0	2	2.00	0.75	16.4	45	41.36	5	0.0	10.0	0.0	0.00	0.00
Strawberry Froz Cup 4.5oz Swt	4.5 oz cup	90	0	0	2.00	0.36	20.0	31	66.0	18	1.0	22.0	0.0	0.00	0.00
Tropical Fruit Salad	1/2 CUP	80	0	15	2.00	0.00	0.0	300	21.0	*N/A*	0.0	20.0	0.0	0.00	0.00
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
Capri Sun 100% Juice	Capri Sun	60	0	17	0.00	0.00	0.0	0	0.0	13	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		8937	889	14626	128.11	*51.51	*5075.3	*52832	*696.37	*279	390.00	1228.8	282.55	83.71	*1.01
% of Calories										*12.5%	17.5%	55.0%	28.5%	8.4%	*0.1%
Nutrient Guideline		600-700		1360		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	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 Middle Lunch	Total														
Salad Chef	1 each	135	113	548	4.54	3.30	118.4	16014	27.27	*4	14.98	9.92	4.67	1.29	*0.01
Salad Chef Vegetarian	1 each	125	187	137	3.33	2.52	105.9	5744	29.14	*5	9.64	9.61	6.03	1.80	*0.00
Bread, Loco	1 each	150	0	135	3.00	1.44	80.0	0	0.0	1	4.0	26.0	3.0	0.00	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00
Chicken Popcorn Large Smacker	0 pc)	260	70	550	3.00	1.44	20.0	200	0.0	0	19.0	17.0	13.0	3.00	0.00
Mashed Potato Bowl	Serving	393	72	921	5.17	2.25	45.9	323	8.41	*1	22.8	42.53	14.72	3.71	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
Hamburger Middle School	1 each	267	40	348	2.50	2.52	30.0	0	0.0	*0	16.0	26.0	10.0	3.50	0.50
Cheeseburger Middle School	1 each	317	53	603	2.50	2.52	105.0	150	0.0	*0	18.5	26.45	14.5	6.00	0.50
Black Bean Burger	Burger	307	0	658	7.50	2.52	70.0	0	0.0	*1	20.0	41.0	9.0	1.00	0.00
Chicken Grilled Sandwich	sandwich	257	60	678	2.50	1.80	30.0	0	1.0	*0	25.0	27.0	4.0	0.00	0.00
Hot Dog on Bun Rockwood	1 each	260	45	562	2.50	2.52	50.0	0	0.0	*1	12.0	29.0	11.0	2.50	0.00
Sunbutter and Jelly Sandwich	1 Each	614	0	491	10.86	4.32	60.0	105	0.0	*N/A*	19.82	56.88	34.0	4.58	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey Deli Hoagie Lettuce/Tom	1 each	288	40	843	4.54	1.59	65.7	719	11.92	*4	25.42	43.69	2.09	0.51	0.00
Ham Deli on Hoagie Lettuce/Tom	1 each	274	32	1055	4.54	1.74	50.0	689	11.92	*4	20.78	41.23	2.92	0.48	0.01
Pizza Wild Mike's 16" Cheese	Slice	360	30	510	3.00	2.70	450.0	500	6.0	4	20.0	34.0	17.0	8.00	0.00
Pizza Wild Mikes 16" Pepperoni	Slice	370	35	580	3.00	1.80	400.0	500	9.0	4	20.0	34.0	18.0	9.00	0.00
Pizza French Bread Garlic Chz	Individ, Piz	350	30	450	2.00	2.70	500.0	400	9.0	2	22.0	33.0	18.0	7.00	0.00
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Muffin Banana Otis	Muffin	190	31	130	2.00	0.72	40.0	100	0.0	*N/A*	3.0	31.0	6.0	2.00	0.00
Muffin Blueberry Otis Spunkmey	1 Each	190	45	130	2.00	1.08	20.0	100	0.0	*N/A*	3.0	30.0	6.0	2.00	0.00
Muffin Chocolate Otis	Muffin	190	45	130	2.00	1.44	40.0	100	0.0	*N/A*	4.0	32.0	6.0	2.00	0.00
Muffin, Apple Cinnamon	Muffin	190	40	130	2.00	1.08	20.0	50	0.0	16	3.0	30.0	6.0	2.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Chickpeas, Rosemary Roasted	1/4 cup	65	0	193	2.11	0.67	16.6	27	1.87	*0	2.29	10.53	1.67	0.22	*0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
EGG HARD-BOILED/Egg Pop	1 EACH	78	187	78	0.00	0.60	25.0	260	0.68	*1	6.29	0.62	5.31	1.63	*0.00
Hummus Rockwood	1/4 Cup	137	0	236	2.83	1.00	26.4	3	1.53	*1	4.32	9.43	9.51	1.22	0.00
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	2.00	0.00
Yogurt 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
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
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00
Dressing Italian Fat Free	1.5 oz	21	0	343	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.12	0.0	0.00	0.00

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/16/2019															
Dressing Honey Mustard	1.5 oz	147	0	411	0.00	0.00	0.0	0	0.0	*N/A*	0.0	8.8	11.73	1.47	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Veggie Boat	1 each	1	0	1	0.06	0.02	0.8	126	0.75	*0	0.04	0.17	0.01	0.00	*0.00
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00
Potatoes Mashed w BBuds	1/2 CUP	85	4	163	1.00	0.19	54.2	76	6.61	*0	2.18	17.48	0.0	0.00	0.00
Potatoes Mashed w BBuds & Grav	1/2 CUP	137	4	513	1.01	0.56	57.5	76	6.61	*0	3.2	21.77	2.57	1.28	0.00
CORN: frozen yellow boil/steam	HALF CUP	67	0	1	2.02	0.40	2.0	165	2.93	*N/A*	2.11	15.98	0.55	0.08	0.00
APPLES Fresh, Small, 2-3/4"	1 EACH	77	0	1	3.58	0.18	8.9	80	6.85	15	0.39	20.58	0.25	0.04	0.00
APPLESAUCE:cnnd unswtnd+vit C	1/2 CUP	51	0	2	1.34	0.28	4.9	35	25.86	*N/A*	0.21	13.75	0.12	0.01	*N/A*
Apricots Canned	1/2 cup	62	0	3	2.00	0.38	13.0	1601	5.0	*N/A*	0.76	15.76	0.14	0.00	0.00
BANANAS, Medium, 7-7/8"	1 EACH	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
BLUEBERRIES, FROZEN, WILD, I QF	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
GRAPES Fresh	1/2 CUP	60	0	10	0.67	0.00	13.3	0	0.8	*N/A*	0.0	15.33	0.0	0.00	0.00
Kiwi	1 each	44	0	2	2.16	0.22	24.5	63	66.74	6	0.82	10.56	0.37	0.02	0.00
Mixed Fruit (peach pear grape)	1/2 cup	80	0	5	1.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
ORANGES	1 EACH	62	0	0	3.14	0.13	52.4	295	69.69	12	1.23	15.39	0.16	0.02	0.00
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
PEACHES canned light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
PEARS canned extra light syrup	1/2 CUP	60	0	5	2.00	0.00	0.0	0	1.19	12	0.0	16.0	0.0	0.00	0.00
PEARS Cinnamon, Canned	1/2 CUP	72	0	6	2.18	0.38	9.5	1	0.89	15	0.25	19.3	0.04	0.00	0.00
Pineapple Fresh	1/2 Cup	41	0	1	1.00	0.27	10.0	50	39.3	*N/A*	0.5	11.0	0.0	0.00	0.00
PINEAPPLE CHUNKS canned lt syr	1/2 CUP	75	0	1	1.00	0.35	17.4	47	11.83	18	0.52	19.55	0.1	0.01	0.00
Tropical Fruit Salad	1/2 CUP	80	0	15	2.00	0.00	0.0	300	21.0	*N/A*	0.0	20.0	0.0	0.00	0.00
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 Chocolate Fat Free	HALF PINT	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 Fat Free	Half Pint	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
MILK White 1%	HALF PINT	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
MILK,Skim	HALF PINT	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		9701	1311	15446	123.50	*55.73	*5745.3	*40950	*616.03	*255	434.39	1245.5	343.88	104.34	*1.02
% of Calories										*10.5%	17.9%	51.4%	31.9%	9.7%	*0.1%
Nutrient Guideline		600-700		1360		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/17/2019															
Rockwood Middle Lunch	Total														
Salad Southwest Chicken	1 each	404	29	952	13.26	4.83	185.5	23429	26.85	*7	20.84	52.25	12.59	3.13	*0.00
Salad Southwest Vegetarian	1 each	237	3	566	11.48	4.33	135.9	18298	23.86	*5	10.45	39.49	5.56	1.02	*0.00
Bread, Loco	1 each	150	0	135	3.00	1.44	80.0	0	0.0	1	4.0	26.0	3.0	0.00	0.00
Dressing Salsa Ranch	2 oz	92	5	378	0.45	*0.72	*3.8	*176	*1.28	*N/A*	1.48	4.24	8.06	1.51	*0.00
Buffalo Chicken Penne & Cheese	3/4 cup	287	48	572	2.06	*0.33	*387.6	*595	*0.45	*4	20.52	25.69	11.8	6.52	*0.14
Breadstick White Wheat	Breadstick	60	0	70	1.00	0.72	20.0	0	0.0	0	2.0	13.0	0.5	0.00	0.00
Pizza Dominos Cheese	slice	330	40	790	2.00	1.80	350.0	500	9.0	3	16.0	38.0	13.0	7.00	0.00
Pizza Dominos Pepperoni	slice	340	40	790	2.00	2.70	300.0	500	9.0	3	17.0	37.0	14.0	7.00	0.00
Pizza Dominos Sausage	slice	360	40	790	2.00	2.70	250.0	500	9.0	3	16.0	37.0	17.0	8.00	0.00
Pizza Hut Cheese 14"	Slice	320	40	640	3.00	2.70	390.0	360	*N/A*	2	16.0	36.0	12.0	3.90	0.00
Pizza Hut Pepperoni 14"	Slice	350	45	740	3.00	2.80	350.0	370	*N/A*	2	17.0	35.0	16.0	7.80	0.00
Pizza Hut Sausage 14"	Slice	370	45	780	3.00	3.00	330.0	330	*N/A*	2	17.0	35.0	18.0	8.00	0.00
Pizza Papa John's Cheese	slice	360	45	930	2.00	2.70	300.0	500	3.6	5	15.0	39.0	15.0	8.00	0.00
Pizza Papa John's Pepperoni	slice	390	50	1020	2.00	2.70	300.0	500	3.6	5	16.0	39.0	18.0	9.00	0.00
Pizza Papa John's Sausage	slice	400	50	1030	2.00	2.70	300.0	500	3.6	5	16.0	39.0	19.0	9.00	0.00
Hamburger Middle School	1 each	267	40	348	2.50	2.52	30.0	0	0.0	*0	16.0	26.0	10.0	3.50	0.50
Cheeseburger Middle School	1 each	317	53	603	2.50	2.52	105.0	150	0.0	*0	18.5	26.45	14.5	6.00	0.50
Black Bean Burger	Burger	307	0	658	7.50	2.52	70.0	0	0.0	*1	20.0	41.0	9.0	1.00	0.00
Chicken Grilled Sandwich	sandwich	257	60	678	2.50	1.80	30.0	0	1.0	*0	25.0	27.0	4.0	0.00	0.00
Hot Dog on Bun Rockwood	1 each	260	45	562	2.50	2.52	50.0	0	0.0	*1	12.0	29.0	11.0	2.50	0.00
Sunbutter and Jelly Sandwich	1 Each	614	0	491	10.86	4.32	60.0	105	0.0	*N/A*	19.82	56.88	34.0	4.58	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey Deli Hoagie Lettuce/Tom	1 each	288	40	843	4.54	1.59	65.7	719	11.92	*4	25.42	43.69	2.09	0.51	0.00
Ham Deli on Hoagie Lettuce/Tom	1 each	274	32	1055	4.54	1.74	50.0	689	11.92	*4	20.78	41.23	2.92	0.48	0.01
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Bug Bites Graham Crackers	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Crackers Cheez-It Whole Grain	Package	100	4	150	1.00	0.72	80.0	500	0.0	0	3.0	14.0	3.5	1.00	0.00
CRACKERS GOLDFISH CHEDDA	1 EACH	100	0	170	1.00	0.72	0.0	0	0.0	0	2.0	14.0	3.5	0.50	0.00
Crackers Graham Honey Maid Lil	Package	130	0	150	2.00	1.08	0.0	0	0.0	8	2.0	24.0	3.0	0.00	0.00
CRACKERS, SALTINE, WG	4 EACH	120	0	360	2.00	1.44	0.0	0	0.0	0	2.0	20.0	3.0	0.00	0.00
Goldfish Pretzels	1 each	90	0	200	1.00	0.72	0.0	0	0.0	*N/A*	2.0	16.0	1.5	0.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	0	0.0	8	2.0	21.0	4.0	1.00	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	0	0.0	7	2.0	21.0	4.0	1.00	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Chickpeas, Rosemary Roasted	1/4 cup	65	0	193	2.11	0.67	16.6	27	1.87	*0	2.29	10.53	1.67	0.22	*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

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Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/17/2019															
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
Hummus Rockwood	1/4 Cup	137	0	236	2.83	1.00	26.4	3	1.53	*1	4.32	9.43	9.51	1.22	0.00
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	2.00	0.00
Yogurt 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
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
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00
Dressing Italian Fat Free	1.5 oz	21	0	343	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.12	0.0	0.00	0.00
Dressing Honey Mustard	1.5 oz	147	0	411	0.00	0.00	0.0	0	0.0	*N/A*	0.0	8.8	11.73	1.47	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Veggie Boat	1 each	1	0	1	0.06	0.02	0.8	126	0.75	*0	0.04	0.17	0.01	0.00	*0.00
Hummus Rockwood	1/4 Cup	137	0	236	2.83	1.00	26.4	3	1.53	*1	4.32	9.43	9.51	1.22	0.00
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00
Tater Tots	HALF CUP	164	0	380	2.05	0.37	0.0	0	0.0	*N/A*	1.03	20.52	8.21	1.03	0.00
CARROTS:frozen, boiled	HALF CUP	27	0	51	2.49	0.33	27.1	10711	1.88	4	0.59	5.95	0.35	0.04	0.00
APPLES Fresh, Small, 2-3/4"	1 EACH	77	0	1	3.58	0.18	8.9	80	6.85	15	0.39	20.58	0.25	0.04	0.00
APPLESAUCE:cnnd unswtnd+vit C	1/2 CUP	51	0	2	1.34	0.28	4.9	35	25.86	*N/A*	0.21	13.75	0.12	0.01	*N/A*
Apricots Canned	1/2 cup	62	0	3	2.00	0.38	13.0	1601	5.0	*N/A*	0.76	15.76	0.14	0.00	0.00
BANANAS, Medium, 7-7/8"	1 EACH	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
BLUEBERRIES, FROZEN, WILD, I QF	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
GRAPES Fresh	1/2 CUP	60	0	10	0.67	0.00	13.3	0	0.8	*N/A*	0.0	15.33	0.0	0.00	0.00
Kiwi	1 each	44	0	2	2.16	0.22	24.5	63	66.74	6	0.82	10.56	0.37	0.02	0.00
Mixed Fruit (peach pear grape)	1/2 cup	80	0	5	1.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
ORANGES	1 EACH	62	0	0	3.14	0.13	52.4	295	69.69	12	1.23	15.39	0.16	0.02	0.00
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
PEACHES canned light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
PEARS canned extra light syrup	1/2 CUP	60	0	5	2.00	0.00	0.0	0	1.19	12	0.0	16.0	0.0	0.00	0.00
PEARS Cinnamon, Canned	1/2 CUP	72	0	6	2.18	0.38	9.5	1	0.89	15	0.25	19.3	0.04	0.00	0.00
Pineapple Fresh	1/2 Cup	41	0	1	1.00	0.27	10.0	50	39.3	*N/A*	0.5	11.0	0.0	0.00	0.00
PINEAPPLE CHUNKS canned lt syr	1/2 CUP	75	0	1	1.00	0.35	17.4	47	11.83	18	0.52	19.55	0.1	0.01	0.00
Tropical Fruit Salad	1/2 CUP	80	0	15	2.00	0.00	0.0	300	21.0	*N/A*	0.0	20.0	0.0	0.00	0.00
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
Capri Sun 100% Juice	Capri Sun	60	0	17	0.00	0.00	0.0	0	0.0	13	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

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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)
Weighted Daily Average		12122	1078	21888	152.14	*74.67	*7716.6	*75376	*604.72	*345	505.27	1566.0	435.58	144.21	*1.15
% of Calories										*11.4%	16.7%	51.7%	32.3%	10.7%	*0.1%
Nutrient Guideline		600-700		1360		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/18/2019															
Rockwood Middle Lunch	Total														
Salad Chicken Caesar	1 each	184	56	191	5.46	3.22	152.4	22255	10.21	*3	21.58	9.66	6.89	2.35	*0.00
Bread, Loco	1 each	150	0	135	3.00	1.44	80.0	0	0.0	1	4.0	26.0	3.0	0.00	0.00
Dressing Caesar	1.5 oz	82	8	233	0.00	0.00	15.0	0	0.0	1	0.75	1.5	8.25	1.50	0.00
Mandarin Orange Chicken	3.6 oz	150	40	280	0.00	0.72	*N/A*	*N/A*	1.2	10	11.0	19.0	3.0	0.50	0.00
Rice, White, Long Grain	1 Cup	207	0	4	2.45	0.93	3.6	0	0.0	*0	5.8	42.52	1.84	0.00	0.00
Rice, Brown, Parboiled, 1 Cup	1 CUP	193	0	2	2.28	0.87	2.1	0	0.0	*0	5.4	39.6	1.72	0.00	0.00
BROCCOLI frozen steamed/boiled	1/4 Cup	14	0	12	1.67	0.00	11.1	36	17.68	*N/A*	1.67	2.78	0.0	0.00	0.00
Tuna Dill Salad Wrap	1/2 cup	298	29	631	4.37	1.31	78.1	94	1.54	*2	24.66	31.74	7.88	2.28	*0.00
Chips & Salsa	1 each	98	0	328	1.90	1.61	17.7	352	3.16	*N/A*	1.96	13.48	3.63	0.52	*0.00
Hot Dog on Bun Rockwood	1 each	260	45	562	2.50	2.52	50.0	0	0.0	*1	12.0	29.0	11.0	2.50	0.00
Hamburger Middle School	1 each	267	40	348	2.50	2.52	30.0	0	0.0	*0	16.0	26.0	10.0	3.50	0.50
Cheeseburger Middle School	1 each	317	53	603	2.50	2.52	105.0	150	0.0	*0	18.5	26.45	14.5	6.00	0.50
Black Bean Burger	Burger	307	0	658	7.50	2.52	70.0	0	0.0	*1	20.0	41.0	9.0	1.00	0.00
Chicken Grilled Sandwich	sandwich	257	60	678	2.50	1.80	30.0	0	1.0	*0	25.0	27.0	4.0	0.00	0.00
Peanut Butter & Jelly Sandwich	sandwich	589	0	558	6.54	2.83	54.8	0	0.0	*4	19.96	57.31	33.95	6.72	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey Deli Hoagie Lettuce/Tom	1 each	288	40	843	4.54	1.59	65.7	719	11.92	*4	25.42	43.69	2.09	0.51	0.00
Ham Deli on Hoagie Lettuce/Tom	1 each	274	32	1055	4.54	1.74	50.0	689	11.92	*4	20.78	41.23	2.92	0.48	0.01
Pizza Big Daddy's Four Cheese	1 each	360	35	490	3.00	1.80	350.0	500	0.0	9	21.0	35.0	16.0	7.00	0.00
Pizza Big Daddy's Four Meat	Slice	370	40	650	4.00	2.70	200.0	400	0.0	9	20.0	36.0	17.0	7.00	0.00
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Pancakes, Mini Confetti Eggo	Pouch	220	10	300	4.00	3.60	40.0	1000	*N/A*	11	4.0	36.0	7.0	1.00	0.00
Pancakes Mini Maple Pillsbury	Pouch	230	10	270	3.00	0.72	60.0	0	0.0	*N/A*	5.0	40.0	7.0	1.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Chickpeas, Rosemary Roasted	1/4 cup	65	0	193	2.11	0.67	16.6	27	1.87	*0	2.29	10.53	1.67	0.22	*0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
EGG HARD-BOILED/Egg Pop	1 EACH	78	187	78	0.00	0.60	25.0	260	0.68	*1	6.29	0.62	5.31	1.63	*0.00
Hummus Rockwood	1/4 Cup	137	0	236	2.83	1.00	26.4	3	1.53	*1	4.32	9.43	9.51	1.22	0.00
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	2.00	0.00
Yogurt 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
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
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	0.00
Dressing Ranch Nat Fresh LoFat	1 oz	76	5	227	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.94	1.89	7.56	1.42	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Potatoes, Mashed Loaded Baked	1/2 Cup	98	1	224	0.92	0.30	29.8	7	24.43	*0	2.25	16.6	2.5	1.39	*0.00
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/18/2019															
Veggie Boat	1 each	1	0	1	0.06	0.02	0.8	126	0.75	*0	0.04	0.17	0.01	0.00	*0.00
BROCCOLI frozen steamed/boiled	1/2 Cup	29	0	24	3.33	0.00	22.2	72	35.35	*N/A*	3.33	5.56	0.0	0.00	0.00
APPLES Fresh, Small, 2-3/4"	1 EACH	77	0	1	3.58	0.18	8.9	80	6.85	15	0.39	20.58	0.25	0.04	0.00
APPLESAUCE:cnnd unswtnd+vit C	1/2 CUP	51	0	2	1.34	0.28	4.9	35	25.86	*N/A*	0.21	13.75	0.12	0.01	*N/A*
Apricots Canned	1/2 cup	62	0	3	2.00	0.38	13.0	1601	5.0	*N/A*	0.76	15.76	0.14	0.00	0.00
BANANAS, Medium, 7-7/8"	1 EACH	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
BLUEBERRIES, FROZEN, WILD, I QF	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
GRAPES Fresh	1/2 CUP	60	0	10	0.67	0.00	13.3	0	0.8	*N/A*	0.0	15.33	0.0	0.00	0.00
Kiwi	1 each	44	0	2	2.16	0.22	24.5	63	66.74	6	0.82	10.56	0.37	0.02	0.00
Mixed Fruit (peach pear grape)	1/2 cup	80	0	5	1.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
ORANGES	1 EACH	62	0	0	3.14	0.13	52.4	295	69.69	12	1.23	15.39	0.16	0.02	0.00
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
PEACHES canned light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
PEARS canned extra light syrup	1/2 CUP	60	0	5	2.00	0.00	0.0	0	1.19	12	0.0	16.0	0.0	0.00	0.00
Pineapple Fresh	1/2 Cup	41	0	1	1.00	0.27	10.0	50	39.3	*N/A*	0.5	11.0	0.0	0.00	0.00
PINEAPPLE CHUNKS canned lt syr	1/2 CUP	75	0	1	1.00	0.35	17.4	47	11.83	18	0.52	19.55	0.1	0.01	0.00
Tropical Fruit Salad	1/2 CUP	80	0	15	2.00	0.00	0.0	300	21.0	*N/A*	0.0	20.0	0.0	0.00	0.00
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
Capri Sun 100% Juice	Capri Sun	60	0	17	0.00	0.00	0.0	0	0.0	13	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		8787	823	12762	116.41	*48.04	*5038.6	*41713	*604.95	*290	414.88	1196.1	274.61	81.05	*1.01
% of Calories										*13.2%	18.9%	54.4%	28.1%	8.3%	*0.1%
Nutrient Guideline		600-700		1360		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/19/2019															
Rockwood Middle Lunch	Total														
Salad Taco Salad	1 each	267	45	557	7.63	4.82	190.3	22886	20.06	*5	16.87	25.09	12.8	2.77	*0.00
Chips, Tortilla 2 oz Bag	1 serving (10 pc)	260	0	300	2.00	0.72	40.0	0	0.0	0	4.0	30.0	14.0	3.00	0.00
Bread, Loco	1 each	150	0	135	3.00	1.44	80.0	0	0.0	1	4.0	26.0	3.0	0.00	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00
Mozzarella Sticks	(6 sticks)	340	17	582	3.58	1.87	569.1	189	0.94	3	21.57	35.35	12.42	3.85	0.27
Marinara Sauce	1/2 Cup	70	0	560	2.00	1.08	20.0	500	9.0	*N/A*	2.0	12.0	1.5	0.00	0.00
Pizza, Mexican Alpha	Slice	480	30	770	4.00	1.80	450.0	750	6.0	8	27.0	47.0	20.0	8.00	0.00
Hamburger Middle School	1 each	267	40	348	2.50	2.52	30.0	0	0.0	*0	16.0	26.0	10.0	3.50	0.50
Cheeseburger Middle School	1 each	317	53	603	2.50	2.52	105.0	150	0.0	*0	18.5	26.45	14.5	6.00	0.50
Black Bean Burger	Burger	307	0	658	7.50	2.52	70.0	0	0.0	*1	20.0	41.0	9.0	1.00	0.00
Chicken Grilled Sandwich	sandwich	257	60	678	2.50	1.80	30.0	0	1.0	*0	25.0	27.0	4.0	0.00	0.00
Hot Dog on Bun Rockwood	1 each	260	45	562	2.50	2.52	50.0	0	0.0	*1	12.0	29.0	11.0	2.50	0.00
Peanut Butter & Jelly Sandwich	sandwich	589	0	558	6.54	2.83	54.8	0	0.0	*4	19.96	57.31	33.95	6.72	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey Deli Hoagie Lettuce/Tom	1 each	288	40	843	4.54	1.59	65.7	719	11.92	*4	25.42	43.69	2.09	0.51	0.00
Ham Deli on Hoagie Lettuce/Tom	1 each	274	32	1055	4.54	1.74	50.0	689	11.92	*4	20.78	41.23	2.92	0.48	0.01
Galaxy Pizza	Indv. Pizza	280	30	410	3.00	1.80	200.0	300	0.0	8	15.0	26.0	12.0	6.00	0.00
Pizza 6" Veggie Nardone	6" Pizza	330	*N/A*	420	4.00	*N/A*	*N/A*	*N/A*	*N/A*	7	23.0	32.0	13.0	6.00	0.00
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Bug Bites Graham Crackers	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Crackers Cheez-It Whole Grain	Package	100	4	150	1.00	0.72	80.0	500	0.0	0	3.0	14.0	3.5	1.00	0.00
CRACKERS GOLDFISH CHEDDA	1 EACH	100	0	170	1.00	0.72	0.0	0	0.0	0	2.0	14.0	3.5	0.50	0.00
Crackers Graham Honey Maid Lil	Package	130	0	150	2.00	1.08	0.0	0	0.0	8	2.0	24.0	3.0	0.00	0.00
CRACKERS, SALTINE, WG	4 EACH	120	0	360	2.00	1.44	0.0	0	0.0	0	2.0	20.0	3.0	0.00	0.00
Goldfish Pretzels	1 each	90	0	200	1.00	0.72	0.0	0	0.0	*N/A*	2.0	16.0	1.5	0.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	0	0.0	8	2.0	21.0	4.0	1.00	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	0	0.0	7	2.0	21.0	4.0	1.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Chickpeas, Rosemary Roasted	1/4 cup	65	0	193	2.11	0.67	16.6	27	1.87	*0	2.29	10.53	1.67	0.22	*0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
EGG HARD-BOILED/Egg Pop	1 EACH	78	187	78	0.00	0.60	25.0	260	0.68	*1	6.29	0.62	5.31	1.63	*0.00
Hummus Rockwood	1/4 Cup	137	0	236	2.83	1.00	26.4	3	1.53	*1	4.32	9.43	9.51	1.22	0.00
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	2.00	0.00
Yogurt 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

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/19/2019															
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
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	0.00
Dressing Ranch Nat Fresh LoFat	1 oz	76	5	227	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.94	1.89	7.56	1.42	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Veggie Boat	1 each	1	0	1	0.06	0.02	0.8	126	0.75	*0	0.04	0.17	0.01	0.00	*0.00
Hummus Rockwood	1/4 Cup	137	0	236	2.83	1.00	26.4	3	1.53	*1	4.32	9.43	9.51	1.22	0.00
French Fry Crinkle Cut Season	1/2 Cup	100	0	182	0.00	0.00	0.0	0	0.0	0	1.46	16.2	3.31	0.53	0.00
GREEN BEANS, Seasoned	HALF CUP	19	0	6	2.00	0.59	33.0	376	2.8	*N/A*	1.01	4.35	0.11	0.03	0.00
APPLES Fresh, Small, 2-3/4"	1 EACH	77	0	1	3.58	0.18	8.9	80	6.85	15	0.39	20.58	0.25	0.04	0.00
APPLESAUCE:cnnd unswtnd+vit C	1/2 CUP	51	0	2	1.34	0.28	4.9	35	25.86	*N/A*	0.21	13.75	0.12	0.01	*N/A*
Apricots Canned	1/2 cup	62	0	3	2.00	0.38	13.0	1601	5.0	*N/A*	0.76	15.76	0.14	0.00	0.00
BANANAS, Medium, 7-7/8"	1 EACH	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
BLUEBERRIES, FROZEN, WILD, I QF	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
GRAPES Fresh	1/2 CUP	60	0	10	0.67	0.00	13.3	0	0.8	*N/A*	0.0	15.33	0.0	0.00	0.00
Kiwi	1 each	44	0	2	2.16	0.22	24.5	63	66.74	6	0.82	10.56	0.37	0.02	0.00
Mixed Fruit (peach pear grape)	1/2 cup	80	0	5	1.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
ORANGES	1 EACH	62	0	0	3.14	0.13	52.4	295	69.69	12	1.23	15.39	0.16	0.02	0.00
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
PEACHES canned light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
PEARS canned extra light syrup	1/2 CUP	60	0	5	2.00	0.00	0.0	0	1.19	12	0.0	16.0	0.0	0.00	0.00
PEARS Cinnamon, Canned	1/2 CUP	72	0	6	2.18	0.38	9.5	1	0.89	15	0.25	19.3	0.04	0.00	0.00
Pineapple Fresh	1/2 Cup	41	0	1	1.00	0.27	10.0	50	39.3	*N/A*	0.5	11.0	0.0	0.00	0.00
PINEAPPLE CHUNKS canned lt syr	1/2 CUP	75	0	1	1.00	0.35	17.4	47	11.83	18	0.52	19.55	0.1	0.01	0.00
Tropical Fruit Salad	1/2 CUP	80	0	15	2.00	0.00	0.0	300	21.0	*N/A*	0.0	20.0	0.0	0.00	0.00
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
Capri Sun 100% Juice	Capri Sun	60	0	17	0.00	0.00	0.0	0	0.0	13	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		9720	*729	14849	120.02	*49.50	*5851.4	*35806	*544.37	*328	421.99	1293.9	331.10	95.48	*1.28
% of Calories										*13.5%	17.4%	53.2%	30.7%	8.8%	*0.1%
Nutrient Guideline		600-700		1360		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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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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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/20/2019															
Rockwood Middle Lunch	Total														
Salad, Tomato, Basil & Mozz	1 each	225	35	341	6.14	2.86	509.0	23169	19.11	*5	17.26	12.36	12.91	8.12	0.00
Bread, Loco	1 each	150	0	135	3.00	1.44	80.0	0	0.0	1	4.0	26.0	3.0	0.00	0.00
Dressing, Balsamic Vinaigrette	1.5 oz	180	0	645	0.00	0.00	0.0	0	0.0	6	0.0	7.5	16.5	2.25	0.00
Nacho Supreme w/ Queso Chse	1 Each	316	15	698	3.41	1.57	146.8	912	4.56	*1	17.9	21.1	16.66	5.21	0.00
Rice, Cilantro Lime	1/2 cup	114	0	311	1.00	0.36	3.6	106	1.28	*0	2.09	24.65	0.89	0.16	0.00
Quesadilla Chicken	1 each	321	20	773	4.00	2.70	202.1	304	0.0	*5	18.08	38.03	11.07	2.53	0.00
Hamburger Middle School	1 each	267	40	348	2.50	2.52	30.0	0	0.0	*0	16.0	26.0	10.0	3.50	0.50
Cheeseburger Middle School	1 each	317	53	603	2.50	2.52	105.0	150	0.0	*0	18.5	26.45	14.5	6.00	0.50
Black Bean Burger	Burger	307	0	658	7.50	2.52	70.0	0	0.0	*1	20.0	41.0	9.0	1.00	0.00
Chicken Grilled Sandwich	sandwich	257	60	678	2.50	1.80	30.0	0	1.0	*0	25.0	27.0	4.0	0.00	0.00
Hot Dog on Bun Rockwood	1 each	260	45	562	2.50	2.52	50.0	0	0.0	*1	12.0	29.0	11.0	2.50	0.00
Peanut Butter & Jelly Sandwich	sandwich	589	0	558	6.54	2.83	54.8	0	0.0	*4	19.96	57.31	33.95	6.72	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey Deli Hoagie Lettuce/Tom	1 each	288	40	843	4.54	1.59	65.7	719	11.92	*4	25.42	43.69	2.09	0.51	0.00
Ham Deli on Hoagie Lettuce/Tom	1 each	274	32	1055	4.54	1.74	50.0	689	11.92	*4	20.78	41.23	2.92	0.48	0.01
Pizza Buffalo Chicken Nardone	Slice	280	30	870	3.00	2.70	350.0	300	1.2	2	19.0	27.0	11.0	5.00	0.00
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Muffin Banana Otis	Muffin	190	31	130	2.00	0.72	40.0	100	0.0	*N/A*	3.0	31.0	6.0	2.00	0.00
Muffin Blueberry Otis Spunkmey	1 Each	190	45	130	2.00	1.08	20.0	100	0.0	*N/A*	3.0	30.0	6.0	2.00	0.00
Muffin Chocolate Otis	Muffin	190	45	130	2.00	1.44	40.0	100	0.0	*N/A*	4.0	32.0	6.0	2.00	0.00
Muffin, Apple Cinnamon	Muffin	190	40	130	2.00	1.08	20.0	50	0.0	16	3.0	30.0	6.0	2.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Chickpeas, Rosemary Roasted	1/4 cup	65	0	193	2.11	0.67	16.6	27	1.87	*0	2.29	10.53	1.67	0.22	*0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
EGG HARD-BOILED/Egg Pop	1 EACH	78	187	78	0.00	0.60	25.0	260	0.68	*1	6.29	0.62	5.31	1.63	*0.00
Hummus Rockwood	1/4 Cup	137	0	236	2.83	1.00	26.4	3	1.53	*1	4.32	9.43	9.51	1.22	0.00
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	2.00	0.00
Yogurt 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
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
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	0.00
Dressing Ranch Nat Fresh LoFat	1 oz	76	5	227	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.94	1.89	7.56	1.42	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Potatoes Mashed w BBuds	1/2 CUP	85	4	163	1.00	0.19	54.2	76	6.61	*0	2.18	17.48	0.0	0.00	0.00
Potatoes Mashed w BBuds & Grav	1/2 CUP	137	4	513	1.01	0.56	57.5	76	6.61	*0	3.2	21.77	2.57	1.28	0.00
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00
Veggie Boat	1 each	1	0	1	0.06	0.02	0.8	126	0.75	*0	0.04	0.17	0.01	0.00	*0.00

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/20/2019															
Hummus Rockwood	1/4 Cup	137	0	236	2.83	1.00	26.4	3	1.53	*1	4.32	9.43	9.51	1.22	0.00
Latin Baked Beans	1/2 Cup	172	0	275	6.51	1.95	49.4	132	0.09	*1	6.47	35.96	1.19	0.02	*0.00
APPLES Fresh, Small, 2-3/4"	1 EACH	77	0	1	3.58	0.18	8.9	80	6.85	15	0.39	20.58	0.25	0.04	0.00
APPLESAUCE:cnnd unswtnd+vit C	1/2 CUP	51	0	2	1.34	0.28	4.9	35	25.86	*N/A*	0.21	13.75	0.12	0.01	*N/A*
Apricots Canned	1/2 cup	62	0	3	2.00	0.38	13.0	1601	5.0	*N/A*	0.76	15.76	0.14	0.00	0.00
BANANAS, Medium, 7-7/8"	1 EACH	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
BLUEBERRIES, FROZEN, WILD, I QF	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
GRAPES Fresh	1/2 CUP	60	0	10	0.67	0.00	13.3	0	0.8	*N/A*	0.0	15.33	0.0	0.00	0.00
Kiwi	1 each	44	0	2	2.16	0.22	24.5	63	66.74	6	0.82	10.56	0.37	0.02	0.00
Mixed Fruit (peach pear grape)	1/2 cup	80	0	5	1.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
ORANGES	1 EACH	62	0	0	3.14	0.13	52.4	295	69.69	12	1.23	15.39	0.16	0.02	0.00
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
PEACHES canned light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
PEARS canned extra light syrup	1/2 CUP	60	0	5	2.00	0.00	0.0	0	1.19	12	0.0	16.0	0.0	0.00	0.00
Pineapple Fresh	1/2 Cup	41	0	1	1.00	0.27	10.0	50	39.3	*N/A*	0.5	11.0	0.0	0.00	0.00
PINEAPPLE CHUNKS canned lt syr	1/2 CUP	75	0	1	1.00	0.35	17.4	47	11.83	18	0.52	19.55	0.1	0.01	0.00
STRAWBERRIES: Frz Unsweetene	Half Cup	39	0	2	2.00	0.75	16.4	45	41.36	5	0.0	10.0	0.0	0.00	0.00
Strawberry Froz Cup 4.5oz Swt	4.5 oz cup	90	0	0	2.00	0.36	20.0	31	66.0	18	1.0	22.0	0.0	0.00	0.00
Tropical Fruit Salad	1/2 CUP	80	0	15	2.00	0.00	0.0	300	21.0	*N/A*	0.0	20.0	0.0	0.00	0.00
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
Capri Sun 100% Juice	Capri Sun	60	0	17	0.00	0.00	0.0	0	0.0	13	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		8949	864	14351	120.93	*49.57	*5312.0	*42002	*658.52	*276	382.98	1208.9	295.68	88.29	*1.01
% of Calories										*12.3%	17.1%	54.0%	29.7%	8.9%	*0.1%
Nutrient Guideline		600-700		1360		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/23/2019															
Rockwood Middle Lunch	Total														
Salad Chef	1 each	135	113	548	4.54	3.30	118.4	16014	27.27	*4	14.98	9.92	4.67	1.29	*0.01
Salad Chef Vegetarian	1 each	125	187	137	3.33	2.52	105.9	5744	29.14	*5	9.64	9.61	6.03	1.80	*0.00
Bread, Loco	1 each	150	0	135	3.00	1.44	80.0	0	0.0	1	4.0	26.0	3.0	0.00	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00
Wild Mike's Cheese Pizza Bites	4 Bites	280	20	540	4.00	1.44	240.0	400	0.0	0	16.0	28.0	12.0	4.00	0.00
Marinara Sauce	1/2 Cup	70	0	560	2.00	1.08	20.0	500	9.0	*N/A*	2.0	12.0	1.5	0.00	0.00
Chicken Breaded Bone-in	Serving	260	60	570	1.00	1.80	20.0	100	1.2	0	16.0	10.0	17.0	4.00	0.00
Biscuit	Biscuit	210	0	420	0.90	1.44	100.0	0	0.0	3	5.0	28.0	9.0	4.50	0.00
Hamburger Middle School	1 each	267	40	348	2.50	2.52	30.0	0	0.0	*0	16.0	26.0	10.0	3.50	0.50
Cheeseburger Middle School	1 each	317	53	603	2.50	2.52	105.0	150	0.0	*0	18.5	26.45	14.5	6.00	0.50
Black Bean Burger	Burger	307	0	658	7.50	2.52	70.0	0	0.0	*1	20.0	41.0	9.0	1.00	0.00
Chicken Grilled Sandwich	sandwich	257	60	678	2.50	1.80	30.0	0	1.0	*0	25.0	27.0	4.0	0.00	0.00
Hot Dog on Bun Rockwood	1 each	260	45	562	2.50	2.52	50.0	0	0.0	*1	12.0	29.0	11.0	2.50	0.00
Sunbutter and Jelly Sandwich	1 Each	614	0	491	10.86	4.32	60.0	105	0.0	*N/A*	19.82	56.88	34.0	4.58	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey Deli Hoagie Lettuce/Tom	1 each	288	40	843	4.54	1.59	65.7	719	11.92	*4	25.42	43.69	2.09	0.51	0.00
Ham Deli on Hoagie Lettuce/Tom	1 each	274	32	1055	4.54	1.74	50.0	689	11.92	*4	20.78	41.23	2.92	0.48	0.01
Pizza Wild Mike's 16" Cheese	Slice	360	30	510	3.00	2.70	450.0	500	6.0	4	20.0	34.0	17.0	8.00	0.00
Pizza Wild Mikes 16" Pepperoni	Slice	370	35	580	3.00	1.80	400.0	500	9.0	4	20.0	34.0	18.0	9.00	0.00
Pizza French Bread Garlic Chz	Individ, Piz	350	30	450	2.00	2.70	500.0	400	9.0	2	22.0	33.0	18.0	7.00	0.00
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Muffin Banana Otis	Muffin	190	31	130	2.00	0.72	40.0	100	0.0	*N/A*	3.0	31.0	6.0	2.00	0.00
Muffin Blueberry Otis Spunkmey	1 Each	190	45	130	2.00	1.08	20.0	100	0.0	*N/A*	3.0	30.0	6.0	2.00	0.00
Muffin Chocolate Otis	Muffin	190	45	130	2.00	1.44	40.0	100	0.0	*N/A*	4.0	32.0	6.0	2.00	0.00
Muffin, Apple Cinnamon	Muffin	190	40	130	2.00	1.08	20.0	50	0.0	16	3.0	30.0	6.0	2.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Chickpeas, Rosemary Roasted	1/4 cup	65	0	193	2.11	0.67	16.6	27	1.87	*0	2.29	10.53	1.67	0.22	*0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
EGG HARD-BOILED/Egg Pop	1 EACH	78	187	78	0.00	0.60	25.0	260	0.68	*1	6.29	0.62	5.31	1.63	*0.00
Hummus Rockwood	1/4 Cup	137	0	236	2.83	1.00	26.4	3	1.53	*1	4.32	9.43	9.51	1.22	0.00
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	2.00	0.00
Yogurt 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
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
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00
Dressing Italian Fat Free	1.5 oz	21	0	343	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.12	0.0	0.00	0.00

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/23/2019															
Dressing Honey Mustard	1.5 oz	147	0	411	0.00	0.00	0.0	0	0.0	*N/A*	0.0	8.8	11.73	1.47	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Veggie Boat	1 each	1	0	1	0.06	0.02	0.8	126	0.75	*0	0.04	0.17	0.01	0.00	*0.00
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00
Potatoes Mashed w BBuds	1/2 CUP	85	4	163	1.00	0.19	54.2	76	6.61	*0	2.18	17.48	0.0	0.00	0.00
Potatoes Mashed w BBuds & Grav	1/2 CUP	137	4	513	1.01	0.56	57.5	76	6.61	*0	3.2	21.77	2.57	1.28	0.00
Baked Beans Bush's Best	1/2 Cup	130	0	550	5.00	1.80	40.0	0	0.0	10	7.0	29.0	0.0	0.00	0.00
APPLES Fresh, Small, 2-3/4"	1 EACH	77	0	1	3.58	0.18	8.9	80	6.85	15	0.39	20.58	0.25	0.04	0.00
APPLESAUCE:cnnd unswtnd+vit C	1/2 CUP	51	0	2	1.34	0.28	4.9	35	25.86	*N/A*	0.21	13.75	0.12	0.01	*N/A*
Apricots Canned	1/2 cup	62	0	3	2.00	0.38	13.0	1601	5.0	*N/A*	0.76	15.76	0.14	0.00	0.00
BANANAS, Medium, 7-7/8"	1 EACH	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
BLUEBERRIES, FROZEN, WILD, I QF	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
GRAPES Fresh	1/2 CUP	60	0	10	0.67	0.00	13.3	0	0.8	*N/A*	0.0	15.33	0.0	0.00	0.00
Kiwi	1 each	44	0	2	2.16	0.22	24.5	63	66.74	6	0.82	10.56	0.37	0.02	0.00
Mixed Fruit (peach pear grape)	1/2 cup	80	0	5	1.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
ORANGES	1 EACH	62	0	0	3.14	0.13	52.4	295	69.69	12	1.23	15.39	0.16	0.02	0.00
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
PEACHES canned light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
PEARS canned extra light syrup	1/2 CUP	60	0	5	2.00	0.00	0.0	0	1.19	12	0.0	16.0	0.0	0.00	0.00
PEARS Cinnamon, Canned	1/2 CUP	72	0	6	2.18	0.38	9.5	1	0.89	15	0.25	19.3	0.04	0.00	0.00
Pineapple Fresh	1/2 Cup	41	0	1	1.00	0.27	10.0	50	39.3	*N/A*	0.5	11.0	0.0	0.00	0.00
PINEAPPLE CHUNKS canned lt syr	1/2 CUP	75	0	1	1.00	0.35	17.4	47	11.83	18	0.52	19.55	0.1	0.01	0.00
Tropical Fruit Salad	1/2 CUP	80	0	15	2.00	0.00	0.0	300	21.0	*N/A*	0.0	20.0	0.0	0.00	0.00
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 Chocolate Fat Free	HALF PINT	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 Fat Free	Half Pint	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
MILK White 1%	HALF PINT	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
MILK,Skim	HALF PINT	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		9721	1249	16193	125.31	*57.77	*5997.3	*41263	*614.89	*263	431.48	1249.0	346.11	105.54	*1.02
% of Calories										*10.8%	17.8%	51.4%	32.0%	9.8%	*0.1%
Nutrient Guideline		600-700		1360		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/24/2019															
Rockwood Middle Lunch	Total														
Salad Southwest Chicken	1 each	404	29	952	13.26	4.83	185.5	23429	26.85	*7	20.84	52.25	12.59	3.13	*0.00
Salad Southwest Vegetarian	1 each	237	3	566	11.48	4.33	135.9	18298	23.86	*5	10.45	39.49	5.56	1.02	*0.00
Bread, Loco	1 each	150	0	135	3.00	1.44	80.0	0	0.0	1	4.0	26.0	3.0	0.00	0.00
Dressing Salsa Ranch	2 oz	92	5	378	0.45	*0.72	*3.8	*176	*1.28	*N/A*	1.48	4.24	8.06	1.51	*0.00
Black Bean Enchilada	1 each	367	25	1039	9.87	2.49	239.9	10308	11.62	*4	13.67	50.0	12.8	6.00	*0.01
Chips & Salsa	1 each	98	0	328	1.90	1.61	17.7	352	3.16	*N/A*	1.96	13.48	3.63	0.52	*0.00
Pizza Dominos Cheese	slice	330	40	790	2.00	1.80	350.0	500	9.0	3	16.0	38.0	13.0	7.00	0.00
Pizza Dominos Pepperoni	slice	340	40	790	2.00	2.70	300.0	500	9.0	3	17.0	37.0	14.0	7.00	0.00
Pizza Dominos Sausage	slice	360	40	790	2.00	2.70	250.0	500	9.0	3	16.0	37.0	17.0	8.00	0.00
Pizza Hut Cheese 14"	Slice	320	40	640	3.00	2.70	390.0	360	*N/A*	2	16.0	36.0	12.0	3.90	0.00
Pizza Hut Pepperoni 14"	Slice	350	45	740	3.00	2.80	350.0	370	*N/A*	2	17.0	35.0	16.0	7.80	0.00
Pizza Hut Sausage 14"	Slice	370	45	780	3.00	3.00	330.0	330	*N/A*	2	17.0	35.0	18.0	8.00	0.00
Pizza Papa John's Cheese	slice	360	45	930	2.00	2.70	300.0	500	3.6	5	15.0	39.0	15.0	8.00	0.00
Pizza Papa John's Pepperoni	slice	390	50	1020	2.00	2.70	300.0	500	3.6	5	16.0	39.0	18.0	9.00	0.00
Pizza Papa John's Sausage	slice	400	50	1030	2.00	2.70	300.0	500	3.6	5	16.0	39.0	19.0	9.00	0.00
Hamburger Middle School	1 each	267	40	348	2.50	2.52	30.0	0	0.0	*0	16.0	26.0	10.0	3.50	0.50
Cheeseburger Middle School	1 each	317	53	603	2.50	2.52	105.0	150	0.0	*0	18.5	26.45	14.5	6.00	0.50
Black Bean Burger	Burger	307	0	658	7.50	2.52	70.0	0	0.0	*1	20.0	41.0	9.0	1.00	0.00
Chicken Grilled Sandwich	sandwich	257	60	678	2.50	1.80	30.0	0	1.0	*0	25.0	27.0	4.0	0.00	0.00
Hot Dog on Bun Rockwood	1 each	260	45	562	2.50	2.52	50.0	0	0.0	*1	12.0	29.0	11.0	2.50	0.00
Sunbutter and Jelly Sandwich	1 Each	614	0	491	10.86	4.32	60.0	105	0.0	*N/A*	19.82	56.88	34.0	4.58	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey Deli Hoagie Lettuce/Tom	1 each	288	40	843	4.54	1.59	65.7	719	11.92	*4	25.42	43.69	2.09	0.51	0.00
Ham Deli on Hoagie Lettuce/Tom	1 each	274	32	1055	4.54	1.74	50.0	689	11.92	*4	20.78	41.23	2.92	0.48	0.01
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Bug Bites Graham Crackers	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Crackers Cheez-It Whole Grain	Package	100	4	150	1.00	0.72	80.0	500	0.0	0	3.0	14.0	3.5	1.00	0.00
CRACKERS GOLDFISH CHEDDA	1 EACH	100	0	170	1.00	0.72	0.0	0	0.0	0	2.0	14.0	3.5	0.50	0.00
Crackers Graham Honey Maid Lil	Package	130	0	150	2.00	1.08	0.0	0	0.0	8	2.0	24.0	3.0	0.00	0.00
CRACKERS, SALTINE, WG	4 EACH	120	0	360	2.00	1.44	0.0	0	0.0	0	2.0	20.0	3.0	0.00	0.00
Goldfish Pretzels	1 each	90	0	200	1.00	0.72	0.0	0	0.0	*N/A*	2.0	16.0	1.5	0.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	0	0.0	8	2.0	21.0	4.0	1.00	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	0	0.0	7	2.0	21.0	4.0	1.00	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Chickpeas, Rosemary Roasted	1/4 cup	65	0	193	2.11	0.67	16.6	27	1.87	*0	2.29	10.53	1.67	0.22	*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

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Rockwood Middle Lunch

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Tue - 09/24/2019															
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
Hummus Rockwood	1/4 Cup	137	0	236	2.83	1.00	26.4	3	1.53	*1	4.32	9.43	9.51	1.22	0.00
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	2.00	0.00
Yogurt 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
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
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00
Dressing Italian Fat Free	1.5 oz	21	0	343	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.12	0.0	0.00	0.00
Dressing Honey Mustard	1.5 oz	147	0	411	0.00	0.00	0.0	0	0.0	*N/A*	0.0	8.8	11.73	1.47	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Veggie Boat	1 each	1	0	1	0.06	0.02	0.8	126	0.75	*0	0.04	0.17	0.01	0.00	*0.00
Hummus Rockwood	1/4 Cup	137	0	236	2.83	1.00	26.4	3	1.53	*1	4.32	9.43	9.51	1.22	0.00
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00
Tater Tots	HALF CUP	164	0	380	2.05	0.37	0.0	0	0.0	*N/A*	1.03	20.52	8.21	1.03	0.00
Sweet Potat. Roasted/Breakfast	1/2 cup	110	0	97	1.10	0.50	33.1	18415	8.51	*8	1.11	21.8	2.21	0.33	*0.01
APPLES Fresh, Small, 2-3/4"	1 EACH	77	0	1	3.58	0.18	8.9	80	6.85	15	0.39	20.58	0.25	0.04	0.00
APPLESAUCE:cnnd unswtnd+vit C	1/2 CUP	51	0	2	1.34	0.28	4.9	35	25.86	*N/A*	0.21	13.75	0.12	0.01	*N/A*
Apricots Canned	1/2 cup	62	0	3	2.00	0.38	13.0	1601	5.0	*N/A*	0.76	15.76	0.14	0.00	0.00
BANANAS, Medium, 7-7/8"	1 EACH	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
BLUEBERRIES, FROZEN, WILD, I QF	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
GRAPES Fresh	1/2 CUP	60	0	10	0.67	0.00	13.3	0	0.8	*N/A*	0.0	15.33	0.0	0.00	0.00
Kiwi	1 each	44	0	2	2.16	0.22	24.5	63	66.74	6	0.82	10.56	0.37	0.02	0.00
Mixed Fruit (peach pear grape)	1/2 cup	80	0	5	1.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
ORANGES	1 EACH	62	0	0	3.14	0.13	52.4	295	69.69	12	1.23	15.39	0.16	0.02	0.00
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
PEACHES canned light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
PEARS canned extra light syrup	1/2 CUP	60	0	5	2.00	0.00	0.0	0	1.19	12	0.0	16.0	0.0	0.00	0.00
PEARS Cinnamon, Canned	1/2 CUP	72	0	6	2.18	0.38	9.5	1	0.89	15	0.25	19.3	0.04	0.00	0.00
Pineapple Fresh	1/2 Cup	41	0	1	1.00	0.27	10.0	50	39.3	*N/A*	0.5	11.0	0.0	0.00	0.00
PINEAPPLE CHUNKS canned lt syr	1/2 CUP	75	0	1	1.00	0.35	17.4	47	11.83	18	0.52	19.55	0.1	0.01	0.00
Tropical Fruit Salad	1/2 CUP	80	0	15	2.00	0.00	0.0	300	21.0	*N/A*	0.0	20.0	0.0	0.00	0.00
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
Capri Sun 100% Juice	Capri Sun	60	0	17	0.00	0.00	0.0	0	0.0	13	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

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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)
Weighted Daily Average		12323	1055	22658	159.47	*77.90	*7572.6	*93144	*625.68	*350	498.91	1606.6	441.57	144.50	*1.03
% of Calories										*11.4%	16.2%	52.2%	32.2%	10.6%	*0.1%
Nutrient Guideline		600-700		1360		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/25/2019															
Rockwood Middle Lunch	Total														
Salad Chicken Caesar	1 each	184	56	191	5.46	3.22	152.4	22255	10.21	*3	21.58	9.66	6.89	2.35	*0.00
Bread, Loco	1 each	150	0	135	3.00	1.44	80.0	0	0.0	1	4.0	26.0	3.0	0.00	0.00
Dressing Caesar	1.5 oz	82	8	233	0.00	0.00	15.0	0	0.0	1	0.75	1.5	8.25	1.50	0.00
CHICKEN GIGGLES	2 PIECES	250	50	410	2.00	1.80	20.0	0	0.0	1	16.0	14.0	14.0	3.00	0.00
Breadstick White Wheat	Breadstick	60	0	70	1.00	0.72	20.0	0	0.0	0	2.0	13.0	0.5	0.00	0.00
Corn Dog	1 each	240	40	470	2.00	1.44	60.0	0	0.0	8	9.0	30.0	9.0	2.50	0.00
Hot Dog on Bun Rockwood	1 each	260	45	562	2.50	2.52	50.0	0	0.0	*1	12.0	29.0	11.0	2.50	0.00
Hamburger Middle School	1 each	267	40	348	2.50	2.52	30.0	0	0.0	*0	16.0	26.0	10.0	3.50	0.50
Cheeseburger Middle School	1 each	317	53	603	2.50	2.52	105.0	150	0.0	*0	18.5	26.45	14.5	6.00	0.50
Black Bean Burger	Burger	307	0	658	7.50	2.52	70.0	0	0.0	*1	20.0	41.0	9.0	1.00	0.00
Chicken Grilled Sandwich	sandwich	257	60	678	2.50	1.80	30.0	0	1.0	*0	25.0	27.0	4.0	0.00	0.00
Peanut Butter & Jelly Sandwich	sandwich	589	0	558	6.54	2.83	54.8	0	0.0	*4	19.96	57.31	33.95	6.72	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey Deli Hoagie Lettuce/Tom	1 each	288	40	843	4.54	1.59	65.7	719	11.92	*4	25.42	43.69	2.09	0.51	0.00
Ham Deli on Hoagie Lettuce/Tom	1 each	274	32	1055	4.54	1.74	50.0	689	11.92	*4	20.78	41.23	2.92	0.48	0.01
Pizza Big Daddy's Four Cheese	1 each	360	35	490	3.00	1.80	350.0	500	0.0	9	21.0	35.0	16.0	7.00	0.00
Pizza Big Daddy's Four Meat	Slice	370	40	650	4.00	2.70	200.0	400	0.0	9	20.0	36.0	17.0	7.00	0.00
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Pancakes, Mini Confetti Eggo	Pouch	220	10	300	4.00	3.60	40.0	1000	*N/A*	11	4.0	36.0	7.0	1.00	0.00
Pancakes Mini Maple Pillsbury	Pouch	230	10	270	3.00	0.72	60.0	0	0.0	*N/A*	5.0	40.0	7.0	1.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Chickpeas, Rosemary Roasted	1/4 cup	65	0	193	2.11	0.67	16.6	27	1.87	*0	2.29	10.53	1.67	0.22	*0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
EGG HARD-BOILED/Egg Pop	1 EACH	78	187	78	0.00	0.60	25.0	260	0.68	*1	6.29	0.62	5.31	1.63	*0.00
Hummus Rockwood	1/4 Cup	137	0	236	2.83	1.00	26.4	3	1.53	*1	4.32	9.43	9.51	1.22	0.00
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	2.00	0.00
Yogurt 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
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
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	0.00
Dressing Ranch Nat Fresh LoFat	1 oz	76	5	227	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.94	1.89	7.56	1.42	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Potatoes, Mashed Loaded Baked	1/2 Cup	98	1	224	0.92	0.30	29.8	7	24.43	*0	2.25	16.6	2.5	1.39	*0.00
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00
Veggie Boat	1 each	1	0	1	0.06	0.02	0.8	126	0.75	*0	0.04	0.17	0.01	0.00	*0.00
Potato Smiles	4 smiles	130	0	180	2.00	0.36	0.0	0	2.4	0	2.0	20.0	4.5	0.50	0.00
CORN: frozen yellow boil/steam	HALF CUP	67	0	1	2.02	0.40	2.0	165	2.93	*N/A*	2.11	15.98	0.55	0.08	0.00

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/25/2019															
APPLES Fresh, Small, 2-3/4"	1 EACH	77	0	1	3.58	0.18	8.9	80	6.85	15	0.39	20.58	0.25	0.04	0.00
APPLESAUCE:cnnd unswtnd+vit C	1/2 CUP	51	0	2	1.34	0.28	4.9	35	25.86	*N/A*	0.21	13.75	0.12	0.01	*N/A*
Apricots Canned	1/2 cup	62	0	3	2.00	0.38	13.0	1601	5.0	*N/A*	0.76	15.76	0.14	0.00	0.00
BANANAS, Medium, 7-7/8"	1 EACH	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
BLUEBERRIES, FROZEN, WILD, I QF	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
GRAPES Fresh	1/2 CUP	60	0	10	0.67	0.00	13.3	0	0.8	*N/A*	0.0	15.33	0.0	0.00	0.00
Kiwi	1 each	44	0	2	2.16	0.22	24.5	63	66.74	6	0.82	10.56	0.37	0.02	0.00
Mixed Fruit (peach pear grape)	1/2 cup	80	0	5	1.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
ORANGES	1 EACH	62	0	0	3.14	0.13	52.4	295	69.69	12	1.23	15.39	0.16	0.02	0.00
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
PEACHES canned light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
PEARS canned extra light syrup	1/2 CUP	60	0	5	2.00	0.00	0.0	0	1.19	12	0.0	16.0	0.0	0.00	0.00
Pineapple Fresh	1/2 Cup	41	0	1	1.00	0.27	10.0	50	39.3	*N/A*	0.5	11.0	0.0	0.00	0.00
PINEAPPLE CHUNKS canned lt syr	1/2 CUP	75	0	1	1.00	0.35	17.4	47	11.83	18	0.52	19.55	0.1	0.01	0.00
Tropical Fruit Salad	1/2 CUP	80	0	15	2.00	0.00	0.0	300	21.0	*N/A*	0.0	20.0	0.0	0.00	0.00
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
Capri Sun 100% Juice	Capri Sun	60	0	17	0.00	0.00	0.0	0	0.0	13	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		8544	844	12612	109.43	*47.32	*5005.9	*41324	*551.35	*287	392.16	1134.4	285.10	83.83	*1.01
% of Calories										*13.4%	18.4%	53.1%	30.0%	8.8%	*0.1%
Nutrient Guideline		600-700		1360		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/26/2019															
Rockwood Middle Lunch	Total														
Salad Taco Salad	1 each	267	45	557	7.63	4.82	190.3	22886	20.06	*5	16.87	25.09	12.8	2.77	*0.00
Chips, Tortilla 2 oz Bag	1 serving (10 pc)	260	0	300	2.00	0.72	40.0	0	0.0	0	4.0	30.0	14.0	3.00	0.00
Bread, Loco	1 each	150	0	135	3.00	1.44	80.0	0	0.0	1	4.0	26.0	3.0	0.00	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00
Ravioli Toasted Baked	5 Ravioli	283	25	592	1.67	1.20	33.3	333	2.0	*N/A*	10.83	35.0	10.83	2.50	0.00
Meat Sauce	1/2 c	180	25	680	2.00	2.16	20.0	501	9.02	*0	11.95	12.02	8.47	2.98	0.00
Texas BBQ Pork Sandw Brookwood	Sandwich	446	71	481	2.50	4.50	110.0	1650	25.2	*16	24.0	43.0	19.0	6.00	0.00
Hamburger Middle School	1 each	267	40	348	2.50	2.52	30.0	0	0.0	*0	16.0	26.0	10.0	3.50	0.50
Cheeseburger Middle School	1 each	317	53	603	2.50	2.52	105.0	150	0.0	*0	18.5	26.45	14.5	6.00	0.50
Black Bean Burger	Burger	307	0	658	7.50	2.52	70.0	0	0.0	*1	20.0	41.0	9.0	1.00	0.00
Chicken Grilled Sandwich	sandwich	257	60	678	2.50	1.80	30.0	0	1.0	*0	25.0	27.0	4.0	0.00	0.00
Hot Dog on Bun Rockwood	1 each	260	45	562	2.50	2.52	50.0	0	0.0	*1	12.0	29.0	11.0	2.50	0.00
Peanut Butter & Jelly Sandwich	sandwich	589	0	558	6.54	2.83	54.8	0	0.0	*4	19.96	57.31	33.95	6.72	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey Deli Hoagie Lettuce/Tom	1 each	288	40	843	4.54	1.59	65.7	719	11.92	*4	25.42	43.69	2.09	0.51	0.00
Ham Deli on Hoagie Lettuce/Tom	1 each	274	32	1055	4.54	1.74	50.0	689	11.92	*4	20.78	41.23	2.92	0.48	0.01
Galaxy Pizza	Indv. Pizza	280	30	410	3.00	1.80	200.0	300	0.0	8	15.0	26.0	12.0	6.00	0.00
Pizza 6" Veggie Nardone	6" Pizza	330	*N/A*	420	4.00	*N/A*	*N/A*	*N/A*	*N/A*	7	23.0	32.0	13.0	6.00	0.00
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Bug Bites Graham Crackers	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Crackers Cheez-It Whole Grain	Package	100	4	150	1.00	0.72	80.0	500	0.0	0	3.0	14.0	3.5	1.00	0.00
CRACKERS GOLDFISH CHEDDA	1 EACH	100	0	170	1.00	0.72	0.0	0	0.0	0	2.0	14.0	3.5	0.50	0.00
Crackers Graham Honey Maid Lil	Package	130	0	150	2.00	1.08	0.0	0	0.0	8	2.0	24.0	3.0	0.00	0.00
CRACKERS, SALTINE, WG	4 EACH	120	0	360	2.00	1.44	0.0	0	0.0	0	2.0	20.0	3.0	0.00	0.00
Goldfish Pretzels	1 each	90	0	200	1.00	0.72	0.0	0	0.0	*N/A*	2.0	16.0	1.5	0.00	0.00
Scooby Grahams Cinnamon	Package	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Zee Zee's Birthday Grahamz	Package	120	0	50	0.00	0.00	4.0	0	0.0	8	2.0	21.0	4.0	1.00	0.00
Zee Zee's Strawberry Grahamz	Package	120	0	55	0.00	0.00	5.0	0	0.0	7	2.0	21.0	4.0	1.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Chickpeas, Rosemary Roasted	1/4 cup	65	0	193	2.11	0.67	16.6	27	1.87	*0	2.29	10.53	1.67	0.22	*0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
EGG HARD-BOILED/Egg Pop	1 EACH	78	187	78	0.00	0.60	25.0	260	0.68	*1	6.29	0.62	5.31	1.63	*0.00
Hummus Rockwood	1/4 Cup	137	0	236	2.83	1.00	26.4	3	1.53	*1	4.32	9.43	9.51	1.22	0.00
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	2.00	0.00
Yogurt 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

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/26/2019															
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
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	0.00
Dressing Ranch Nat Fresh LoFat	1 oz	76	5	227	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.94	1.89	7.56	1.42	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Veggie Boat	1 each	1	0	1	0.06	0.02	0.8	126	0.75	*0	0.04	0.17	0.01	0.00	*0.00
Hummus w Hummus Made Easy	1/4 Cup	118	0	173	2.54	0.69	16.4	13	2.06	*3	4.11	9.25	7.48	1.08	0.00
French Fry Crinkle Cut Season	1/2 Cup	100	0	182	0.00	0.00	0.0	0	0.0	0	1.46	16.2	3.31	0.53	0.00
Carrots Candied	1/2 Cup	63	0	91	3.12	0.42	34.7	13214	2.33	*11	0.77	14.97	0.43	0.04	0.00
APPLES Fresh, Small, 2-3/4"	1 EACH	77	0	1	3.58	0.18	8.9	80	6.85	15	0.39	20.58	0.25	0.04	0.00
APPLESAUCE:cnnd unswtnd+vit C	1/2 CUP	51	0	2	1.34	0.28	4.9	35	25.86	*N/A*	0.21	13.75	0.12	0.01	*N/A*
Apricots Canned	1/2 cup	62	0	3	2.00	0.38	13.0	1601	5.0	*N/A*	0.76	15.76	0.14	0.00	0.00
BANANAS, Medium, 7-7/8"	1 EACH	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
BLUEBERRIES, FROZEN, WILD, I QF	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
GRAPES Fresh	1/2 CUP	60	0	10	0.67	0.00	13.3	0	0.8	*N/A*	0.0	15.33	0.0	0.00	0.00
Kiwi	1 each	44	0	2	2.16	0.22	24.5	63	66.74	6	0.82	10.56	0.37	0.02	0.00
Mixed Fruit (peach pear grape)	1/2 cup	80	0	5	1.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
ORANGES	1 EACH	62	0	0	3.14	0.13	52.4	295	69.69	12	1.23	15.39	0.16	0.02	0.00
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
PEACHES canned light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
PEARS canned extra light syrup	1/2 CUP	60	0	5	2.00	0.00	0.0	0	1.19	12	0.0	16.0	0.0	0.00	0.00
PEARS Cinnamon, Canned	1/2 CUP	72	0	6	2.18	0.38	9.5	1	0.89	15	0.25	19.3	0.04	0.00	0.00
Pineapple Fresh	1/2 Cup	41	0	1	1.00	0.27	10.0	50	39.3	*N/A*	0.5	11.0	0.0	0.00	0.00
PINEAPPLE CHUNKS canned lt syr	1/2 CUP	75	0	1	1.00	0.35	17.4	47	11.83	18	0.52	19.55	0.1	0.01	0.00
Tropical Fruit Salad	1/2 CUP	80	0	15	2.00	0.00	0.0	300	21.0	*N/A*	0.0	20.0	0.0	0.00	0.00
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
Capri Sun 100% Juice	Capri Sun	60	0	17	0.00	0.00	0.0	0	0.0	13	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		9765	*803	14712	117.45	*52.12	*4967.4	*49698	*564.70	*347	417.75	1300.0	333.77	95.00	*1.01
% of Calories										*14.2%	17.1%	53.3%	30.8%	8.8%	*0.1%
Nutrient Guideline		600-700		1360		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

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Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	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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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/27/2019															
Rockwood Middle Lunch	Total														
Salad Barbecue Chicken	salad	224	60	335	7.10	3.56	191.3	22917	20.6	*5	25.42	21.28	6.48	2.32	0.00
Bread, Loco	1 each	150	0	135	3.00	1.44	80.0	0	0.0	1	4.0	26.0	3.0	0.00	0.00
Dressing BBQ Ranch	2 oz	106	5	683	0.00	*0.00	*0.0	*0	*1.24	*N/A*	1.0	8.18	8.0	1.50	0.00
Spaghetti w Mt Sce Combi 1 MMA	3/4 cup	281	12	707	6.55	3.35	44.5	572	10.3	*0	13.14	46.33	5.83	1.61	0.00
Breadstick White Wheat	Breadstick	60	0	70	1.00	0.72	20.0	0	0.0	0	2.0	13.0	0.5	0.00	0.00
Crispito Chicken Chili	2 each	568	60	1017	5.29	5.15	91.9	2551	5.88	*2	25.23	51.55	28.19	6.03	*0.00
Hamburger Middle School	1 each	267	40	348	2.50	2.52	30.0	0	0.0	*0	16.0	26.0	10.0	3.50	0.50
Cheeseburger Middle School	1 each	317	53	603	2.50	2.52	105.0	150	0.0	*0	18.5	26.45	14.5	6.00	0.50
Black Bean Burger	Burger	307	0	658	7.50	2.52	70.0	0	0.0	*1	20.0	41.0	9.0	1.00	0.00
Chicken Grilled Sandwich	sandwich	257	60	678	2.50	1.80	30.0	0	1.0	*0	25.0	27.0	4.0	0.00	0.00
Hot Dog on Bun Rockwood	1 each	260	45	562	2.50	2.52	50.0	0	0.0	*1	12.0	29.0	11.0	2.50	0.00
Peanut Butter & Jelly Sandwich	sandwich	589	0	558	6.54	2.83	54.8	0	0.0	*4	19.96	57.31	33.95	6.72	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey Deli Hoagie Lettuce/Tom	1 each	288	40	843	4.54	1.59	65.7	719	11.92	*4	25.42	43.69	2.09	0.51	0.00
Ham Deli on Hoagie Lettuce/Tom	1 each	274	32	1055	4.54	1.74	50.0	689	11.92	*4	20.78	41.23	2.92	0.48	0.01
Pizza Buffalo Chicken Nardone	Slice	280	30	870	3.00	2.70	350.0	300	1.2	2	19.0	27.0	11.0	5.00	0.00
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Muffin Banana Otis	Muffin	190	31	130	2.00	0.72	40.0	100	0.0	*N/A*	3.0	31.0	6.0	2.00	0.00
Muffin Blueberry Otis Spunkmey	1 Each	190	45	130	2.00	1.08	20.0	100	0.0	*N/A*	3.0	30.0	6.0	2.00	0.00
Muffin Chocolate Otis	Muffin	190	45	130	2.00	1.44	40.0	100	0.0	*N/A*	4.0	32.0	6.0	2.00	0.00
Muffin, Apple Cinnamon	Muffin	190	40	130	2.00	1.08	20.0	50	0.0	16	3.0	30.0	6.0	2.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Chickpeas, Rosemary Roasted	1/4 cup	65	0	193	2.11	0.67	16.6	27	1.87	*0	2.29	10.53	1.67	0.22	*0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
EGG HARD-BOILED/Egg Pop	1 EACH	78	187	78	0.00	0.60	25.0	260	0.68	*1	6.29	0.62	5.31	1.63	*0.00
Hummus Rockwood	1/4 Cup	137	0	236	2.83	1.00	26.4	3	1.53	*1	4.32	9.43	9.51	1.22	0.00
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	2.00	0.00
Yogurt 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
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
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	0.00
Dressing Ranch Nat Fresh LoFat	1 oz	76	5	227	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.94	1.89	7.56	1.42	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Potatoes Mashed w BBuds	1/2 CUP	85	4	163	1.00	0.19	54.2	76	6.61	*0	2.18	17.48	0.0	0.00	0.00
Potatoes Mashed w BBuds & Grav	1/2 CUP	137	4	513	1.01	0.56	57.5	76	6.61	*0	3.2	21.77	2.57	1.28	0.00
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00
Veggie Boat	1 each	1	0	1	0.06	0.02	0.8	126	0.75	*0	0.04	0.17	0.01	0.00	*0.00

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/27/2019															
Hummus w Hummus Made Easy	1/4 Cup	118	0	173	2.54	0.69	16.4	13	2.06	*3	4.11	9.25	7.48	1.08	0.00
GREEN BEANS, Seasoned	HALF CUP	19	0	6	2.00	0.59	33.0	376	2.8	*N/A*	1.01	4.35	0.11	0.03	0.00
APPLES Fresh, Small, 2-3/4"	1 EACH	77	0	1	3.58	0.18	8.9	80	6.85	15	0.39	20.58	0.25	0.04	0.00
APPLESAUCE:cnnd unswtnd+vit C	1/2 CUP	51	0	2	1.34	0.28	4.9	35	25.86	*N/A*	0.21	13.75	0.12	0.01	*N/A*
Apricots Canned	1/2 cup	62	0	3	2.00	0.38	13.0	1601	5.0	*N/A*	0.76	15.76	0.14	0.00	0.00
BANANAS, Medium, 7-7/8"	1 EACH	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
BLUEBERRIES, FROZEN, WILD, I QF	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
GRAPES Fresh	1/2 CUP	60	0	10	0.67	0.00	13.3	0	0.8	*N/A*	0.0	15.33	0.0	0.00	0.00
Kiwi	1 each	44	0	2	2.16	0.22	24.5	63	66.74	6	0.82	10.56	0.37	0.02	0.00
Mixed Fruit (peach pear grape)	1/2 cup	80	0	5	1.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
ORANGES	1 EACH	62	0	0	3.14	0.13	52.4	295	69.69	12	1.23	15.39	0.16	0.02	0.00
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
PEACHES canned light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
PEARS canned extra light syrup	1/2 CUP	60	0	5	2.00	0.00	0.0	0	1.19	12	0.0	16.0	0.0	0.00	0.00
Pineapple Fresh	1/2 Cup	41	0	1	1.00	0.27	10.0	50	39.3	*N/A*	0.5	11.0	0.0	0.00	0.00
PINEAPPLE CHUNKS canned lt syr	1/2 CUP	75	0	1	1.00	0.35	17.4	47	11.83	18	0.52	19.55	0.1	0.01	0.00
STRAWBERRIES: Frz Unsweetene	Half Cup	39	0	2	2.00	0.75	16.4	45	41.36	5	0.0	10.0	0.0	0.00	0.00
Strawberry Froz Cup 4.5oz Swt	4.5 oz cup	90	0	0	2.00	0.36	20.0	31	66.0	18	1.0	22.0	0.0	0.00	0.00
Tropical Fruit Salad	1/2 CUP	80	0	15	2.00	0.00	0.0	300	21.0	*N/A*	0.0	20.0	0.0	0.00	0.00
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
Capri Sun 100% Juice	Capri Sun	60	0	17	0.00	0.00	0.0	0	0.0	13	0.0	15.0	0.0	0.00	0.00
Milk, 1% Prairie Farms	Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Chocolate, PF 1%	Carton	160	10	240	0.00	0.00	300.0	500	1.2	25	8.0	26.0	2.5	1.50	0.00
Milk, Strawberry, PF 1%	Carton	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
Milk, Skim, Prairie Farms	Carton	80	5	120	0.00	0.00	300.0	500	1.2	*N/A*	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average		8861	931	14061	121.52	*53.20	*4771.8	*43805	*674.83	*267	388.77	1213.9	283.56	81.36	*1.01
% of Calories										*12.1%	17.5%	54.8%	28.8%	8.3%	*0.1%
Nutrient Guideline		600-700		1360		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/30/2019															
Rockwood Middle Lunch	Total														
Salad Chef	1 each	135	113	548	4.54	3.30	118.4	16014	27.27	*4	14.98	9.92	4.67	1.29	*0.01
Salad Chef Vegetarian	1 each	125	187	137	3.33	2.52	105.9	5744	29.14	*5	9.64	9.61	6.03	1.80	*0.00
Bread, Loco	1 each	150	0	135	3.00	1.44	80.0	0	0.0	1	4.0	26.0	3.0	0.00	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00
French Toast Sticks, BakeCraft	3 French T oast	260	10	290	2.00	0.72	20.0	0	0.0	14	6.0	42.0	8.0	1.00	0.00
Sausage, Link Jones	2 links	240	40	180	0.00	0.72	0.0	0	0.0	0	8.0	0.0	24.0	8.00	0.00
SYRUP	1.5 oz	120	0	40	0.00	0.00	0.0	0	0.0	*N/A*	0.0	31.0	0.0	0.00	0.00
Pizza Rippers Buffalo	Slice	250	25	590	3.00	2.00	150.0	300	0.0	2	14.0	27.0	10.0	3.50	0.00
Hamburger Middle School	1 each	267	40	348	2.50	2.52	30.0	0	0.0	*0	16.0	26.0	10.0	3.50	0.50
Cheeseburger Middle School	1 each	317	53	603	2.50	2.52	105.0	150	0.0	*0	18.5	26.45	14.5	6.00	0.50
Black Bean Burger	Burger	307	0	658	7.50	2.52	70.0	0	0.0	*1	20.0	41.0	9.0	1.00	0.00
Chicken Grilled Sandwich	sandwich	257	60	678	2.50	1.80	30.0	0	1.0	*0	25.0	27.0	4.0	0.00	0.00
Hot Dog on Bun Rockwood	1 each	260	45	562	2.50	2.52	50.0	0	0.0	*1	12.0	29.0	11.0	2.50	0.00
Sunbutter and Jelly Sandwich	1 Each	614	0	491	10.86	4.32	60.0	105	0.0	*N/A*	19.82	56.88	34.0	4.58	0.00
Grilled Cheese Pretzel Roll	Pretzel Roll	380	50	580	3.00	1.80	320.0	600	0.0	4	15.0	33.0	20.5	11.00	0.00
Turkey Deli Hoagie Lettuce/Tom	1 each	288	40	843	4.54	1.59	65.7	719	11.92	*4	25.42	43.69	2.09	0.51	0.00
Ham Deli on Hoagie Lettuce/Tom	1 each	274	32	1055	4.54	1.74	50.0	689	11.92	*4	20.78	41.23	2.92	0.48	0.01
Pizza Wild Mike's 16" Cheese	Slice	360	30	510	3.00	2.70	450.0	500	6.0	4	20.0	34.0	17.0	8.00	0.00
Pizza Wild Mike's 16" Pepperoni	Slice	370	35	580	3.00	1.80	400.0	500	9.0	4	20.0	34.0	18.0	9.00	0.00
Pizza French Bread Garlic Chz	Individ, Piz	350	30	450	2.00	2.70	500.0	400	9.0	2	22.0	33.0	18.0	7.00	0.00
Snack Pack Indv Items Below	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Muffin Banana Otis	Muffin	190	31	130	2.00	0.72	40.0	100	0.0	*N/A*	3.0	31.0	6.0	2.00	0.00
Muffin Blueberry Otis Spunkmey	1 Each	190	45	130	2.00	1.08	20.0	100	0.0	*N/A*	3.0	30.0	6.0	2.00	0.00
Muffin Chocolate Otis	Muffin	190	45	130	2.00	1.44	40.0	100	0.0	*N/A*	4.0	32.0	6.0	2.00	0.00
Muffin, Apple Cinnamon	Muffin	190	40	130	2.00	1.08	20.0	50	0.0	16	3.0	30.0	6.0	2.00	0.00
Cheese Cubes, Cheddar	Package (1 oz)	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Cheese Mozzarella String	1 Each	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	7.0	1.0	6.0	3.00	0.00
Chickpeas, Rosemary Roasted	1/4 cup	65	0	193	2.11	0.67	16.6	27	1.87	*0	2.29	10.53	1.67	0.22	*0.00
Cottage Cheese 4 oz	4 oz Cup	90	15	477	0.00	0.00	99.5	199	2.39	5	11.94	4.97	2.49	1.49	0.00
EGG HARD-BOILED/Egg Pop	1 EACH	78	187	78	0.00	0.60	25.0	260	0.68	*1	6.29	0.62	5.31	1.63	*0.00
Hummus Rockwood	1/4 Cup	137	0	236	2.83	1.00	26.4	3	1.53	*1	4.32	9.43	9.51	1.22	0.00
Sunflower Seeds Honey Roasted	Package	203	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Sunflower Seeds Roasted/Salted	Package	170	0	110	3.00	1.08	20.0	0	0.0	1	6.0	6.0	14.0	2.00	0.00
Yogurt 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
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
BBQ Sauce	1 TBSP	20	0	210	0.00	0.18	0.0	100	1.8	4	0.0	5.5	0.0	0.00	0.00
Dressing Ranch Nat Fresh LoFat	1.5 oz	113	7	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.42	2.84	11.34	2.13	0.00

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/30/2019															
Dressing Italian Fat Free	1.5 oz	21	0	343	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.12	0.0	0.00	0.00
Dressing Honey Mustard	1.5 oz	147	0	411	0.00	0.00	0.0	0	0.0	*N/A*	0.0	8.8	11.73	1.47	0.00
KETCHUP	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Veggie Boat	1 each	1	0	1	0.06	0.02	0.8	126	0.75	*0	0.04	0.17	0.01	0.00	*0.00
Salad Side	1 each	22	0	9	2.23	0.93	32.5	7698	8.24	2	1.39	4.36	0.33	0.05	0.00
Potatoes Mashed w BBuds	1/2 CUP	85	4	163	1.00	0.19	54.2	76	6.61	*0	2.18	17.48	0.0	0.00	0.00
Potatoes Mashed w BBuds & Grav	1/2 CUP	137	4	513	1.01	0.56	57.5	76	6.61	*0	3.2	21.77	2.57	1.28	0.00
Sweet Potato Tots	HALF CUP	130	0	260	2.00	0.36	20.0	3000	3.6	*N/A*	1.0	23.0	3.5	0.00	0.00
APPLES Fresh, Small, 2-3/4"	1 EACH	77	0	1	3.58	0.18	8.9	80	6.85	15	0.39	20.58	0.25	0.04	0.00
APPLESAUCE:cnnd unswtnd+vit C	1/2 CUP	51	0	2	1.34	0.28	4.9	35	25.86	*N/A*	0.21	13.75	0.12	0.01	*N/A*
Apricots Canned	1/2 cup	62	0	3	2.00	0.38	13.0	1601	5.0	*N/A*	0.76	15.76	0.14	0.00	0.00
BANANAS, Medium, 7-7/8"	1 EACH	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
BLUEBERRIES, FROZEN, WILD, I QF	1/2 Cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
GRAPES Fresh	1/2 CUP	60	0	10	0.67	0.00	13.3	0	0.8	*N/A*	0.0	15.33	0.0	0.00	0.00
Kiwi	1 each	44	0	2	2.16	0.22	24.5	63	66.74	6	0.82	10.56	0.37	0.02	0.00
Mixed Fruit (peach pear grape)	1/2 cup	80	0	5	1.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
ORANGES	1 EACH	62	0	0	3.14	0.13	52.4	295	69.69	12	1.23	15.39	0.16	0.02	0.00
Peach cup frozen commodity	serving cup	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
PEACHES canned light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
PEARS canned extra light syrup	1/2 CUP	60	0	5	2.00	0.00	0.0	0	1.19	12	0.0	16.0	0.0	0.00	0.00
PEARS Cinnamon, Canned	1/2 CUP	72	0	6	2.18	0.38	9.5	1	0.89	15	0.25	19.3	0.04	0.00	0.00
Pineapple Fresh	1/2 Cup	41	0	1	1.00	0.27	10.0	50	39.3	*N/A*	0.5	11.0	0.0	0.00	0.00
PINEAPPLE CHUNKS canned lt syr	1/2 CUP	75	0	1	1.00	0.35	17.4	47	11.83	18	0.52	19.55	0.1	0.01	0.00
Tropical Fruit Salad	1/2 CUP	80	0	15	2.00	0.00	0.0	300	21.0	*N/A*	0.0	20.0	0.0	0.00	0.00
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 Chocolate Fat Free	HALF PINT	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 Fat Free	Half Pint	160	0	120	0.00	0.00	300.0	500	1.2	28	8.0	28.0	2.5	2.00	0.00
MILK White 1%	HALF PINT	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
MILK,Skim	HALF PINT	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		9771	1244	14913	119.41	*54.01	*5767.3	*43563	*608.29	*266	414.48	1265.0	352.11	105.54	*1.02
% of Calories										*10.9%	17.0%	51.8%	32.4%	9.7%	*0.1%
Nutrient Guideline		600-700		1360		3.30	267.00	1000	15.00		8.65		<=30.0	<10.00	

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Rockwood School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Rockwood Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average		9920	*987	16140	126.70	*56.83	*5778.3	*49222	*608.68	*301 *27.3%	432.40 17.4%	1307.2 52.7%	340.63 30.9%	103.71 9.4%	*1.04 *0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	9920		600 - 700	1417%			9220	Correction Required - Calories too High
Cholesterol (mg)	987				Missing			
Sodium 1 (mg)	16140		1360				14780	Correction Required - Sodium too High
Sodium 2 (mg)	16140		1035				15105	Correction Required - Sodium too High
Fiber (g)	126.70							
Iron (mg)	56.83		3.30	1722%	Missing			
Calcium (mg)	5778.3		267.00	2164%	Missing			
Vitamin A (IU)	49222		1000	4922%	Missing			
Sugars (g)	301	12.15%			Missing			
Vitamin C (mg)	608.68		15.00	4058%	Missing			
Protein (g)	432.40	17.44%	8.65	4999%				
Carbohydrate (g)	1307.27	52.71%						
Total Fat (g)	340.63	30.90%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	103.71	9.41%	<10.00%					
Trans Fat ¹ (g)	1.04	0.09%			Missing			

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