

# Recipe Nutrition Summary

for Warren Consolidated Schools

May 2, 2022 through May 31, 2022

Site: Beer Middle School; Menu Designation: Planned; Period: Lunch

## 5/2/2022 Beer Middle School - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Chicken Chef Salad Middle School 2022 w/ 1 roll	1	569.65	7.61g	12.030%	845.91mg	9.92g *	52.12g	12.18g		32.11g
fat free white milk prairie farms	1 fat free white milk prairie farms	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g
Green Beans - frozen	1/2 cup	29.14	0.00g	0.000%	0.00mg	0.00g	4.86g	1.94g		0.97g
Knickerbocker Whole Grain 4" Hamburger Bun	1 Hamburger Bun	190.00	0.00g	0.000%	100.00mg	1.00g	31.00g	4.00g		7.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
MS hummus loco	1 hummus plate	521.65	4.02g	6.944%	875.74mg	16.67g	64.56g	11.60g		18.32g
Par Baked Pizza Big Daddy's Middle School	1 slice	360.00	8.00g	20.000%	490.00mg	16.00g	35.00g	4.00g		18.00g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Soybutter Meal	1	470.00	6.00g	11.489%	570.00mg	22.50g	48.00g	5.00g		19.00g
Whole Grain Breaded Chicken Patty	1 each	240.00	2.50g	9.375%	460.00mg	N/A	15.00g	3.00g		14.00g

## 5/4/2022 Beer Middle School - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g

\* = Calculations based on incomplete data including amounts marked "N/A"

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## 5/4/2022 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Bosco Sticks - Whole Grain	2 Bosco Sticks - Whole Grain	300.00	5.00g	15.000%	440.00mg	10.00g	34.00g	4.00g		20.00g
Carrots frozen	1/2 cup (#8 scoop)	36.68	0.00g	0.000%	58.42mg	1.36g	8.15g	2.72g		1.09g
Chicken Chef Salad Middle School 2022 w/ 1 roll	1	569.65	7.61g	12.030%	845.91mg	9.92g *	52.12g	12.18g		32.11g
Healthy School Recipe - Sloppy Joe	4 oz	167.54	3.36g *	18.053% *	300.20mg	7.84g	10.03g	0.73g		12.23g *
Knickerbocker Whole Grain 4" Hamburger Bun	1 Hamburger Bun	190.00	0.00g	0.000%	100.00mg	1.00g	31.00g	4.00g		7.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
MS hummus loco	1 hummus plate	521.65	4.02g	6.944%	875.74mg	16.67g	64.56g	11.60g		18.32g
sauce, marinara	1 sauce, marinara	60.00	0.00g	0.000%	490.00mg	2.00g	9.00g	2.00g		2.00g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Soybutter Meal	1	470.00	6.00g	11.489%	570.00mg	22.50g	48.00g	5.00g		19.00g
Veggie Chef Salad Middle School	1	357.15	3.75g	9.445%	507.91mg	10.23g	39.68g	6.18g		24.40g

## 5/5/2022 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
2 for 1 Chicken Fajitas	2 fajitas	439.00	11.33g	23.235%	900.86mg	22.57g	30.87g	4.29g		28.90g

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## 5/5/2022 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Cheese Burger	1 each	305.00	5.50g	16.230%	625.00mg	14.00g	28.00g	6.00g		20.55g
fat free white milk prairie farms	1 fat free white milk prairie farms	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
MEXICAN STREET CORN	1/2 cup	256.55	3.88g	13.617%	279.69mg	18.83g	19.07g	0.78g		9.59g
Middle School Parfait with Banana Bread & Granola	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Parmesan Roasted Broccoli and Onions	1/2 cup	53.27	1.00g	16.895%	48.63mg	3.00g	4.09g	0.25g		2.09g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Tropical Fruit Salad	1 Tropical Fruit Salad	74.93	0.00g	0.000%	9.99mg	0.00g	19.48g	1.50g		N/A
Turkey & Cheese Sub 2022 w/ knickerbock Sub Bun	1	381.25	5.51g *	13.011% *	819.96mg	14.59g	25.70g	4.58g		23.76g
Veggie Chef Salad Middle School - 2022 w/ 1 roll	1	387.15	4.75g	11.038%	457.91mg	11.73g	37.68g	9.18g		25.40g

## 5/6/2022 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g

\* = Calculations based on incomplete data including amounts marked "N/A"

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## 5/6/2022 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Chicken Chef Salad Middle School 2022 w/ 1 roll	1	569.65	7.61g	12.030%	845.91mg	9.92g *	52.12g	12.18g		32.11g
Edamame Corn Confetti salad	1/2 cup	132.27	1.51g	10.298%	20.45mg	7.03g	12.61g	5.15g		7.19g
Healthy School Recipe - Sloppy Joe	4 oz	167.54	3.36g *	18.053% *	300.20mg	7.84g	10.03g	0.73g		12.23g *
Knickerbocker Whole Grain 4" Hamburger Bun	1 Hamburger Bun	190.00	0.00g	0.000%	100.00mg	1.00g	31.00g	4.00g		7.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
MINH WG Vegetable Rice	0.5 cup	152.78	0.28g	1.667%	248.98mg	0.00g	30.56g	1.70g		3.40g
MS hummus loco	1 hummus plate	521.65	4.02g	6.944%	875.74mg	16.67g	64.56g	11.60g		18.32g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Soybutter Meal	1	470.00	6.00g	11.489%	570.00mg	22.50g	48.00g	5.00g		19.00g
Tangerine Chicken	1 Tangerine Chicken	188.78	0.99g	4.737%	377.56mg	3.97g	24.84g	1.99g		13.91g

## 5/9/2022 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
51% WW Knickerbocker Dinner Roll	1 Dinner Roll	190.00	1.00g	4.737%	130.00mg	3.50g	24.00g	5.00g		7.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g

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## 5/9/2022 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Broccoli cuts	.50 cup	17.50	0.00g	0.000%	12.50mg	0.00g	2.50g	1.00g		1.00g
Chicken Chef Salad Middle School 2022 w/ 1 roll	1	569.65	7.61g	12.030%	845.91mg	9.92g *	52.12g	12.18g		32.11g
fat free white milk prairie farms	1 fat free white milk prairie farms	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
MS hummus loco	1 hummus plate	521.65	4.02g	6.944%	875.74mg	16.67g	64.56g	11.60g		18.32g
Nabisco Lil' Squares Honey Graham Cracker	1 pkt	130.00	0.00g	0.000%	150.00mg	3.00g	24.00g	2.00g		2.00g
Penne Pasta with Alfredo Sauce	1 Penne Pasta with Alfredo Sauce	290.00	7.00g	21.724%	1140.00mg	12.00g	30.00g	2.00g		17.00g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Soybutter Meal	1	470.00	6.00g	11.489%	570.00mg	22.50g	48.00g	5.00g		19.00g
Whole Grain Chicken Tenders	3 each	260.00	3.00g	10.385%	390.00mg	14.95g	15.00g	3.00g		15.00g

## 5/10/2022 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
"New York Style" Whole Grain Garlic Knot	1 Garlic Knot	170.00	1.50g	7.941%	190.00mg	6.00g	27.00g	3.00g		5.00g
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g

\* = Calculations based on incomplete data including amounts marked "N/A"

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for Warren Consolidated Schools

May 2, 2022 through May 31, 2022

## 5/10/2022 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Brown Gravy	2 oz	20.67	0.25g	11.025%	19.87mg	1.42g	1.76g	0.06g		0.24g
CN Spicy black bean burger high school on knickerbocker bun	1 sandwich	370.00	1.00g	2.432%	490.00mg	8.00g	45.00g	10.00g		21.00g
creamy coleslaw	.25	37.64	0.00g	0.000%	60.79mg	1.59g	5.23g	0.97g		0.49g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
Mashed Potatoes	1/2 cup	70.33	0.00g	0.000%	15.07mg	0.00g	15.07g	1.00g		2.01g
Meatballs	5 each	162.00	4.00g	22.222%	234.00mg	10.00g	5.00g	1.00g		13.00g
Middle School Parfait with Banana Bread & Granola	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Par Baked Pizza Big Daddy's Middle School	1 slice	360.00	8.00g	20.000%	490.00mg	16.00g	35.00g	4.00g		18.00g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Turkey & Cheese Sub 2022 w/ knickerbock Sub Bun	1	381.25	5.51g *	13.011% *	819.96mg	14.59g	25.70g	4.58g		23.76g
Veggie Chef Salad Middle School - 2022 w/ 1 roll	1	387.15	4.75g	11.038%	457.91mg	11.73g	37.68g	9.18g		25.40g

## 5/11/2022 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *

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## 5/11/2022 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Bosco Sticks - Whole Grain	2 Bosco Sticks - Whole Grain	300.00	5.00g	15.000%	440.00mg	10.00g	34.00g	4.00g		20.00g
Carrots & Corn	1/2 cup	33.00 *	0.00g *	0.000% *	0.00mg *	0.00g *	7.80g *	0.82g *		1.20g *
Chicken Chef Salad Middle School 2022 w/ 1 roll	1	569.65	7.61g	12.030%	845.91mg	9.92g *	52.12g	12.18g		32.11g
fruited jello	1/2 cup (#8 scoop)	114.49	N/A	N/A	38.42mg *	N/A	29.54g	1.10g *		0.37g *
Grilled Italian Sub	1	425.90	7.12g *	15.515%	2035.29mg	18.43g	32.85g	4.00g		32.32g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
MS hummus loco	1 hummus plate	521.65	4.02g	6.944%	875.74mg	16.67g	64.56g	11.60g		18.32g
sauce, marinara	1 sauce, marinara	60.00	0.00g	0.000%	490.00mg	2.00g	9.00g	2.00g		2.00g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Soybutter Meal	1	470.00	6.00g	11.489%	570.00mg	22.50g	48.00g	5.00g		19.00g

## 5/12/2022 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
2 for 1 Buffalo style glazed chicken drumsticks	2 drumsticks	170.00	2.50g	13.235%	300.00mg	10.00g	4.00g	0.00g		17.00g
51% WW Knickerbocker Dinner Roll	1 Dinner Roll	190.00	1.00g	4.737%	130.00mg	3.50g	24.00g	5.00g		7.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g

\* = Calculations based on incomplete data including amounts marked "N/A"

# Recipe Nutrition Summary

for Warren Consolidated Schools

May 2, 2022 through May 31, 2022

## 5/12/2022 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Beef Vegetable Soup	1 cup	68.70	0.15g	1.971%	604.61mg	0.62g	12.64g	2.45g		3.67g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
fat free white milk prairie farms	1 fat free white milk prairie farms	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g
Hot Off the Grill Grilled Cheese Sandwiches	1 Sandwiches	280.00	6.00g	19.286%	580.00mg	10.00g	31.00g	3.00g		19.00g
Italian Style Green Beans	1/2 cup	120.24	2.12g	15.864%	260.06mg	7.69g	9.32g	2.05g		3.68g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
Middle School Parfait with Banana Bread & Granola	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Turkey & Cheese Sub 2022 w/ knickerbock Sub Bun	1	381.25	5.51g *	13.011% *	819.96mg	14.59g	25.70g	4.58g		23.76g
Veggie Chef Salad Middle School - 2022 w/ 1 roll	1	387.15	4.75g	11.038%	457.91mg	11.73g	37.68g	9.18g		25.40g

## 5/13/2022 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g

\* = Calculations based on incomplete data including amounts marked "N/A"



# Recipe Nutrition Summary

for Warren Consolidated Schools

May 2, 2022 through May 31, 2022

## 5/13/2022 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
bean, vegetarian	1/2 cup	130.00	0.00g	0.000%	473.00mg	0.00g	26.00g	6.00g		7.00g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Chicken Chef Salad Middle School 2022 w/ 1 roll	1	569.65	7.61g	12.030%	845.91mg	9.92g *	52.12g	12.18g		32.11g
fat free white milk prairie farms	1 fat free white milk prairie farms	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g
HS Fish Sandwich	1	320.00	1.00g	2.813%	355.00mg	9.00g	41.00g	6.00g		21.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
MS Chicken Parm Sandwich	1	201.54	3.11g	13.903%	642.59mg	6.40g	24.22g	3.56g		12.03g
MS hummus loco	1 hummus plate	521.65	4.02g	6.944%	875.74mg	16.67g	64.56g	11.60g		18.32g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Soybutter Meal	1	470.00	6.00g	11.489%	570.00mg	22.50g	48.00g	5.00g		19.00g
tomato, cherry	1	21.00	0.00g	0.000%	8.80mg	0.00g	4.90g	0.98g		1.00g
Tony's Cheese French Bread Pizza, 50/50 Cheese Blend	1 Pizza	290.00	4.00g	12.414%	440.00mg	11.00g	33.00g	0.00g		17.00g

## 5/16/2022 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
51% WW Knickerbocker Dinner Roll	1 Dinner Roll	190.00	1.00g	4.737%	130.00mg	3.50g	24.00g	5.00g		7.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *

\* = Calculations based on incomplete data including amounts marked "N/A"

# Recipe Nutrition Summary

for Warren Consolidated Schools

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## 5/16/2022 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Carrots frozen	1/2 cup (#8 scoop)	36.68	0.00g	0.000%	58.42mg	1.36g	8.15g	2.72g		1.09g
Chicken Chef Salad Middle School 2022 w/ 1 roll	1	569.65	7.61g	12.030%	845.91mg	9.92g *	52.12g	12.18g		32.11g
fat free white milk prairie farms	1 fat free white milk prairie farms	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
Macaroni and Cheese Whole Grain/elbow	6 oz	299.99	N/A	N/A	659.99mg	15.00g	27.00g	2.00g		16.00g
MS hummus loco	1 hummus plate	521.65	4.02g	6.944%	875.74mg	16.67g	64.56g	11.60g		18.32g
Par Baked Pizza Big Daddy's Middle School	1 slice	360.00	8.00g	20.000%	490.00mg	16.00g	35.00g	4.00g		18.00g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Soybutter Meal	1	470.00	6.00g	11.489%	570.00mg	22.50g	48.00g	5.00g		19.00g

## 5/17/2022 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g

\* = Calculations based on incomplete data including amounts marked "N/A"

# Recipe Nutrition Summary

for Warren Consolidated Schools

May 2, 2022 through May 31, 2022

## 5/17/2022 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
broccoli salad	.50 cup	192.74	0.01g	0.042%	130.12mg	4.16g	37.46g	1.94g		1.72g
Central Chili recipe with Beef Crumble & Beans	1 cup	191.15	4.08g	19.210%	250.93mg	9.52g	8.14g	1.89g		15.75g
Cornbread Poppers	6 Cornbread Poppers	597.41	13.10g	19.741%	789.60mg	29.23g	74.76g	5.46g		9.07g
fat free white milk prairie farms	1 fat free white milk prairie farms	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
Middle School Parfait with Banana Bread & Granola	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
SuperPretzel Pre-Baked Whole Wheat Soft Pretzels	1 Pretzel	150.00	0.00g	0.000%	140.00mg	1.00g	30.00g	3.00g		5.00g
Turkey & Cheese Sub 2022 w/ knickerbock Sub Bun	1	381.25	5.51g *	13.011% *	819.96mg	14.59g	25.70g	4.58g		23.76g
Ultimate Cheddar Cheese Sauce_6oz	6 oz	260.15	12.01g	41.538%	1100.63mg	18.01g	8.00g	0.00g		16.01g
Veggie Chef Salad Middle School - 2022 w/ 1 roll	1	387.15	4.75g	11.038%	457.91mg	11.73g	37.68g	9.18g		25.40g

## 5/18/2022 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
51% WW Knickerbocker Dinner Roll	1 Dinner Roll	190.00	1.00g	4.737%	130.00mg	3.50g	24.00g	5.00g		7.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g

\* = Calculations based on incomplete data including amounts marked "N/A"

# Recipe Nutrition Summary

for Warren Consolidated Schools

May 2, 2022 through May 31, 2022

## 5/18/2022 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Bosco Sticks - Whole Grain	2 Bosco Sticks - Whole Grain	300.00	5.00g	15.000%	440.00mg	10.00g	34.00g	4.00g		20.00g
CN Spicy black bean burger high school on knickerbocker bun	1 sandwich	370.00	1.00g	2.432%	490.00mg	8.00g	45.00g	10.00g		21.00g
Knickerbocker Whole Grain 4" Hamburger Bun	1 Hamburger Bun	190.00	0.00g	0.000%	100.00mg	1.00g	31.00g	4.00g		7.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
Meatloaf with Cheese	1	170.00	5.00g	26.471%	390.00mg	10.00g	8.00g	1.00g		12.00g
MS hummus loco	1 hummus plate	521.65	4.02g	6.944%	875.74mg	16.67g	64.56g	11.60g		18.32g
sauce, marinara	1 sauce, marinara	60.00	0.00g	0.000%	490.00mg	2.00g	9.00g	2.00g		2.00g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Soybutter Meal	1	470.00	6.00g	11.489%	570.00mg	22.50g	48.00g	5.00g		19.00g
Tasty Brands Breaded Onion Rings - 2 pieces	2 Onion Rings	80.00	0.60g	6.750%	80.00mg	3.20g	11.20g	1.20g		1.20g
Vegetarian Beans Canned	1/2 cup ( #8Scoop)	145.08	0.00g	0.000%	553.69mg	0.00g	29.70g	6.11g		7.12g *
Veggie Chef Salad Middle School - 2022 w/ 1 roll	1	387.15	4.75g	11.038%	457.91mg	11.73g	37.68g	9.18g		25.40g

## 5/19/2022 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
51% WW Knickerbocker Dinner Roll	1 Dinner Roll	190.00	1.00g	4.737%	130.00mg	3.50g	24.00g	5.00g		7.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g

\* = Calculations based on incomplete data including amounts marked "N/A"

# Recipe Nutrition Summary

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## 5/19/2022 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Baked potato Half	potato half	69.14	0.00g	0.000%	2.86mg	0.00g	15.43g	1.14g		1.71g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
cheese ravioli with marinara sauce	3 each	253.85	0.00g *	0.000% *	1073.08mg	5.46g	34.08g	3.46g		17.46g
Chicken nuggets	1 serving of 5	240.00	2.50g	9.375%	470.00mg	14.00g	16.00g	3.00g		13.00g
fat free white milk prairie farms	1 fat free white milk prairie farms	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
Middle School Parfait with Banana Bread & Granola	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Turkey & Cheese Sub 2022 w/ knickerbock Sub Bun	1	381.25	5.51g *	13.011% *	819.96mg	14.59g	25.70g	4.58g		23.76g
Veggie Chef Salad Middle School - 2022 w/ 1 roll	1	387.15	4.75g	11.038%	457.91mg	11.73g	37.68g	9.18g		25.40g

## 5/20/2022 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g

\* = Calculations based on incomplete data including amounts marked "N/A"

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## 5/20/2022 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Chicken Chef Salad Middle School 2022 w/ 1 roll	1	569.65	7.61g	12.030%	845.91mg	9.92g *	52.12g	12.18g		32.11g
Egg and Cheese omelette	1	210.00	6.00g	25.714%	500.00mg	17.00g	3.00g	0.00g		12.00g
fat free white milk prairie farms	1 fat free white milk prairie farms	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g
Knickerbocker Whole Grain 4" Hamburger Bun	1 Hamburger Bun	190.00	0.00g	0.000%	100.00mg	1.00g	31.00g	4.00g		7.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
MS hummus loco	1 hummus plate	521.65	4.02g	6.944%	875.74mg	16.67g	64.56g	11.60g		18.32g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Papetti's Whole Grain Cinnamon French Toast, with Glaze, Fro	2 Papetti's Whole Grain Cinnamon French Toast, wit	400.00	4.00g	9.000%	560.00mg	16.00g	52.00g	4.00g		14.00g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Soybutter Meal	1	470.00	6.00g	11.489%	570.00mg	22.50g	48.00g	5.00g		19.00g
tomato, cherry	1	21.00	0.00g	0.000%	8.80mg	0.00g	4.90g	0.98g		1.00g
Whole Grain Breaded Chicken Patty	1 each	240.00	2.50g	9.375%	460.00mg	N/A	15.00g	3.00g		14.00g

## 5/23/2022 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g

\* = Calculations based on incomplete data including amounts marked "N/A"

# Recipe Nutrition Summary

for Warren Consolidated Schools

May 2, 2022 through May 31, 2022

## 5/23/2022 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Chicken Chef Salad Middle School 2022 w/ 1 roll	1	569.65	7.61g	12.030%	845.91mg	9.92g *	52.12g	12.18g		32.11g
chicken, patty hot and spicy whole grain	1 chicken, patty hot and spicy whole grain	270.00	3.00g	10.000%	400.00mg	15.00g	17.00g	3.00g		15.00g
fat free white milk prairie farms	1 fat free white milk prairie farms	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g
Green Beans - frozen	1/2 cup	29.14	0.00g	0.000%	0.00mg	0.00g	4.86g	1.94g		0.97g
Knickerbocker Whole Grain 4" Hamburger Bun	1 Hamburger Bun	190.00	0.00g	0.000%	100.00mg	1.00g	31.00g	4.00g		7.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
MS hummus loco	1 hummus plate	521.65	4.02g	6.944%	875.74mg	16.67g	64.56g	11.60g		18.32g
Par Baked Pizza Big Daddy's Middle School	1 slice	360.00	8.00g	20.000%	490.00mg	16.00g	35.00g	4.00g		18.00g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Soybutter Meal	1	470.00	6.00g	11.489%	570.00mg	22.50g	48.00g	5.00g		19.00g
Whole Grain Breaded Chicken Patty	1 each	240.00	2.50g	9.375%	460.00mg	N/A	15.00g	3.00g		14.00g

## 5/24/2022 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g

\* = Calculations based on incomplete data including amounts marked "N/A"

# Recipe Nutrition Summary

for Warren Consolidated Schools

May 2, 2022 through May 31, 2022

## 5/24/2022 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Farm RICH Breaded Mozzarella Cheese Sticks, Reduced Fat	6 each	310.00	3.50g	10.161%	560.00mg	11.00g	33.00g	3.00g		19.00g
fat free white milk prairie farms	1 fat free white milk prairie farms	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g
franks, beef	1 franks, beef	276.00	10.00g	32.609%	796.00mg	25.00g	1.00g	0.00g		11.00g
Knickerbocker Whole Grain Hotdog Bun	1 Hotdog Bun	180.00	0.00g	0.000%	190.00mg	1.00g	31.00g	4.00g		6.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
Marinara Sauce	4 oz	54.43	0.00g	0.000%	444.52mg	1.81g	8.16g	1.81g		1.81g
Middle School Ovenable Fries	0.5 cup	100.89	1.01g	9.000%	242.13mg	3.53g	17.15g	2.02g		2.02g
Middle School Parfait with Banana Bread & Granola	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Turkey & Cheese Sub 2022 w/ knickerbock Sub Bun	1	381.25	5.51g *	13.011% *	819.96mg	14.59g	25.70g	4.58g		23.76g
Veggie Chef Salad Middle School - 2022 w/ 1 roll	1	387.15	4.75g	11.038%	457.91mg	11.73g	37.68g	9.18g		25.40g

## 5/25/2022 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
BBQ Diced Chicken	3 oz	205.56	0.94g	4.112%	677.56mg	3.76g	19.74g	0.00g		24.42g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g

\* = Calculations based on incomplete data including amounts marked "N/A"



# Recipe Nutrition Summary

for Warren Consolidated Schools

May 2, 2022 through May 31, 2022

## 5/25/2022 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Bosco Sticks - Whole Grain	2 Bosco Sticks - Whole Grain	300.00	5.00g	15.000%	440.00mg	10.00g	34.00g	4.00g		20.00g
Chicken Chef Salad Middle School 2022 w/ 1 roll	1	569.65	7.61g	12.030%	845.91mg	9.92g *	52.12g	12.18g		32.11g
Chickpea & Tomato Salad	1/2 cup	122.11	0.70g	5.152%	229.92mg	5.61g	12.10g	2.48g		3.05g
Knickerbocker Whole Grain 4" Hamburger Bun	1 Hamburger Bun	190.00	0.00g	0.000%	100.00mg	1.00g	31.00g	4.00g		7.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
MS hummus loco	1 hummus plate	521.65	4.02g	6.944%	875.74mg	16.67g	64.56g	11.60g		18.32g
sauce, marinara	1 sauce, marinara	60.00	0.00g	0.000%	490.00mg	2.00g	9.00g	2.00g		2.00g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Soybutter Meal	1	470.00	6.00g	11.489%	570.00mg	22.50g	48.00g	5.00g		19.00g

## 5/26/2022 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Beef Taco Meat and Cheese Nachos	1	511.52	9.51g	16.735%	1063.49mg	25.03g	49.02g	6.01g		25.06g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Cheese Burger	1 each	305.00	5.50g	16.230%	625.00mg	14.00g	28.00g	6.00g		20.55g

\* = Calculations based on incomplete data including amounts marked "N/A"

# Recipe Nutrition Summary

for Warren Consolidated Schools

May 2, 2022 through May 31, 2022

## 5/26/2022 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
fat free white milk prairie farms	1 fat free white milk prairie farms	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
Middle School Parfait with Banana Bread & Granola	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Parmesan Roasted Broccoli and Onions	1/2 cup	53.27	1.00g	16.895%	48.63mg	3.00g	4.09g	0.25g		2.09g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Turkey & Cheese Sub 2022 w/ knickerbock Sub Bun	1	381.25	5.51g *	13.011% *	819.96mg	14.59g	25.70g	4.58g		23.76g
Veggie Chef Salad Middle School - 2022 w/ 1 roll	1	387.15	4.75g	11.038%	457.91mg	11.73g	37.68g	9.18g		25.40g
WCS Nachos and Cheese - 2oz chips for HS	1	530.15	13.51g	22.930%	1320.63mg	29.01g	48.00g	4.00g		20.01g

## 5/31/2022 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
"New York Style" Whole Grain Garlic Knot	1 Garlic Knot	170.00	1.50g	7.941%	190.00mg	6.00g	27.00g	3.00g		5.00g
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Broccoli cuts	.50 cup	17.50	0.00g	0.000%	12.50mg	0.00g	2.50g	1.00g		1.00g
CN Spicy black bean burger high school on	1 sandwich	370.00	1.00g	2.432%	490.00mg	8.00g	45.00g	10.00g		21.00g

\* = Calculations based on incomplete data including amounts marked "N/A"

# Recipe Nutrition Summary

for Warren Consolidated Schools

May 2, 2022 through May 31, 2022

5/31/2022 **Beer Middle School - Lunch**

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
knickerbocker bun										
creamy coleslaw	.25	37.64	0.00g	0.000%	60.79mg	1.59g	5.23g	0.97g		0.49g
JTM mini Corn Dog	6 corn dogs	270.00	2.00g	6.667%	370.00mg	11.00g	33.00g	3.00g		9.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
Middle School Parfait with Banana Bread & Granola	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Par Baked Pizza Big Daddy's Middle School	1 slice	360.00	8.00g	20.000%	490.00mg	16.00g	35.00g	4.00g		18.00g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Turkey & Cheese Sub 2022 w/ knickerbock Sub Bun	1	381.25	5.51g *	13.011% *	819.96mg	14.59g	25.70g	4.58g		23.76g
Veggie Chef Salad Middle School - 2022 w/ 1 roll	1	387.15	4.75g	11.038%	457.91mg	11.73g	37.68g	9.18g		25.40g

\* = Calculations based on incomplete data including amounts marked "N/A"