

# Recipe Nutrition Summary

for Warren Consolidated Schools  
February 1, 2018 through March 1, 2018

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

## 2/1/2018 Beer Middle School - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Breaded Chicken Sandwich	1	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Cheese Burger	1 each	305.00	5.50g	16.230%	625.00mg	14.00g	28.00g	6.00g		20.55g
Chef Salad - Chicken	1 each	428.34	2.31g	4.861%	446.84mg	14.16g	52.21g	13.32g		40.14g
ChefSalad - All Veggies	1	290.15	4.08g *	12.662% *	547.98mg	13.96g	15.12g	4.18g *		25.15g
Fiestada	1 Fiestada	360.00	6.00g	15.000%	760.00mg	14.00g	42.00g	5.00g		17.00g
Grape Juice	1 juice, grape 100% fresh	60.00	0.00g	0.000%	0.00mg	0.00g	16.00g	0.00g		0.00g
Green Beans - Frozen	.5 cup	22.73	0.00g	0.000%	0.00mg	0.00g	3.79g	1.52g		0.76g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
M.S. Ham & Cheese Sub Sandwich	1	330.26	5.69g	15.498%	1352.65mg	10.27g	33.67g	4.63g		26.17g
M.S. Turkey & Cheese Sub Sandwich	1	307.02	4.01g	11.758%	1491.59mg	6.93g	34.68g	4.94g		28.34g
Middle School Hard Boiled Egg Meal	1	316.00	3.27g	9.319%	167.51mg	10.63g	32.08g	2.38g		14.22g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Middle School Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Middle School Spicy Chicken Sandwich	1	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A

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

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February 1, 2018 through March 1, 2018

## 2/1/2018 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>
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
MS hummus loco	1 hummus plate	331.20	3.01g	8.172%	474.53mg	9.74g	37.64g	4.00g		13.10g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
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
Soybutter Meal	1	470.00	6.00g	11.489%	500.00mg	22.50g	48.00g	5.00g		19.00g
Sweet Potato with Marshmallow Top	1/2 cup	128.56	0.00g	0.000%	46.02mg	0.88g	29.36g	2.65g		0.88g
Tuna Salad Sandwich	1/2 cup	346.66	0.45g *	1.162% *	528.64mg *	5.12g *	45.97g *	6.19g *		23.79g *
Veggie Sub	1	312.45	7.01g	20.196%	1120.33mg	10.08g	36.97g	5.51g		21.23g
White Milk 1%	1 White Milk 1%	110.00	1.50g	12.273%	130.00mg	2.50g	11.00g	0.00g		8.00g
Whole Grain Hot and Spicy Boneless Chicken Wings	5 each	237.50	2.50g	9.474%	487.50mg	10.00g	15.00g	1.25g		21.25g
Whole Grain Pepperoni ParBaked	1 each	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g

## 2/2/2018 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>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Baked Potato Half	1 Baked Potato Half	69.14	0.00g	0.000%	2.86mg	0.00g	15.43g	1.14g		1.71g
Big daddys primo veggie pizza	1	255.17	0.01g *	0.026% *	282.76mg	10.04g	28.10g	3.35g		12.30g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
February 1, 2018 through March 1, 2018

2/2/2018 **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>
Breaded Chicken Sandwich	1	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Cheese Burger	1 each	305.00	5.50g	16.230%	625.00mg	14.00g	28.00g	6.00g		20.55g
Chef Salad - Chicken	1 each	428.34	2.31g	4.861%	446.84mg	14.16g	52.21g	13.32g		40.14g
ChefSalad - All Veggies	1	290.15	4.08g *	12.662% *	547.98mg	13.96g	15.12g	4.18g *		25.15g
Creamy Cole Slaw	1/2 cup #8 scoop	71.74	0.00g	0.000%	75.27mg	2.16g	12.81g	1.09g		0.50g
fruited jello	1/2 cup (#8 scoop)	114.49	N/A	N/A	38.42mg *	N/A	29.54g	1.10g *		0.37g *
Grape Juice	1 juice, grape 100% fresh	60.00	0.00g	0.000%	0.00mg	0.00g	16.00g	0.00g		0.00g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
Hummus, Cheese Stick, Loco Bread	1	320.00	3.00g	8.438%	449.57mg	9.70g	35.00g	3.07g		12.90g
M.S. Ham & Cheese Sub Sandwich	1	330.26	5.69g	15.498%	1352.65mg	10.27g	33.67g	4.63g		26.17g
M.S. Turkey & Cheese Sub Sandwich	1	307.02	4.01g	11.758%	1491.59mg	6.93g	34.68g	4.94g		28.34g
Meatball sub	1	505.93	7.93g	14.098%	1352.02mg	24.74g	43.41g	4.91g		24.46g
Middle School Hard Boiled Egg Meal	1	316.00	3.27g	9.319%	167.51mg	10.63g	32.08g	2.38g		14.22g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Middle School Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Middle School Spicy Chicken Sandwich	1	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g

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

# Recipe Nutrition Summary

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## 2/2/2018 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>
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
Soybutter Meal	1	470.00	6.00g	11.489%	500.00mg	22.50g	48.00g	5.00g		19.00g
Tuna Salad Sandwich	1/2 cup	346.66	0.45g *	1.162% *	528.64mg *	5.12g *	45.97g *	6.19g *		23.79g *
Veggie Sub	1	312.45	7.01g	20.196%	1120.33mg	10.08g	36.97g	5.51g		21.23g
White Milk 1%	1 White Milk 1%	110.00	1.50g	12.273%	130.00mg	2.50g	11.00g	0.00g		8.00g
Whole Grain Pepperoni ParBaked	1 each	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g
Whole Grain Pollock Sandwich	each	166.78	1.51g	8.148%	336.78mg	4.07g	26.16g	5.02g		8.69g

## 2/5/2018 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>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Big daddys primo pepperoni pizza	1	285.00	1.00g *	3.158% *	395.00mg	13.25g	27.00g	3.00g		13.50g
Breaded Chicken Sandwich	1	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Cheese Burger	1 each	305.00	5.50g	16.230%	625.00mg	14.00g	28.00g	6.00g		20.55g
Cheese Quesadillas	1	516.41	19.75g	32.680%	778.76mg	31.39g	35.24g	5.04g		22.85g
Chef Salad - Chicken	1 each	428.34	2.31g	4.861%	446.84mg	14.16g	52.21g	13.32g		40.14g
ChefSalad - All Veggies	1	290.15	4.08g *	12.662% *	547.98mg	13.96g	15.12g	4.18g *		25.15g
Grilled Italian Sub	1	575.90	8.12g *	13.037%	2235.29mg	20.43g	60.85g	8.00g		38.32g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
February 1, 2018 through March 1, 2018

2/5/2018 **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>
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
M.S. Ham & Cheese Sub Sandwich	1	330.26	5.69g	15.498%	1352.65mg	10.27g	33.67g	4.63g		26.17g
M.S. Turkey & Cheese Sub Sandwich	1	307.02	4.01g	11.758%	1491.59mg	6.93g	34.68g	4.94g		28.34g
Middle School Hard Boiled Egg Meal	1	316.00	3.27g	9.319%	167.51mg	10.63g	32.08g	2.38g		14.22g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Middle School Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Middle School Spicy Chicken Sandwich	1	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
MS hummus loco	1 hummus plate	331.20	3.01g	8.172%	474.53mg	9.74g	37.64g	4.00g		13.10g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
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
Roasted Broccoli	1/2 cup	61.42	0.46g	6.698%	24.28mg	3.20g	4.86g	1.94g		1.94g
sour cream cup	1 sour cream cup	50.00	3.00g	54.000%	30.00mg	5.20g	2.00g	0.00g		N/A
Soybutter Meal	1	470.00	6.00g	11.489%	500.00mg	22.50g	48.00g	5.00g		19.00g
Tomato Salsa	.5 cup	7.02	0.00g	0.000%	63.15mg	0.00g	0.94g	0.47g		0.00g
Tuna Salad Sandwich	1/2 cup	346.66	0.45g *	1.162% *	528.64mg *	5.12g *	45.97g *	6.19g *		23.79g *
Vegetarian Beans Canned	1/2 cup ( #8Scoop)	145.08	0.00g	0.000%	553.69mg	0.00g	29.70g	6.11g		7.12g *
Veggie Sub	1	312.45	7.01g	20.196%	1120.33mg	10.08g	36.97g	5.51g		21.23g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
February 1, 2018 through March 1, 2018

## 2/5/2018 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>
White Milk 1%	1 White Milk 1%	110.00	1.50g	12.273%	130.00mg	2.50g	11.00g	0.00g		8.00g
Whole Grain Chicken Quesadilla	1 Whole Grain Chicken Quesadilla	320.00	2.50g	7.031%	770.00mg	11.00g	38.00g	4.00g		18.00g

## 2/6/2018 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>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Breaded Chicken Sandwich	1	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Cheese Burger	1 each	305.00	5.50g	16.230%	625.00mg	14.00g	28.00g	6.00g		20.55g
Chef Salad - Chicken	1 each	428.34	2.31g	4.861%	446.84mg	14.16g	52.21g	13.32g		40.14g
ChefSalad - All Veggies	1	290.15	4.08g *	12.662% *	547.98mg	13.96g	15.12g	4.18g *		25.15g
GFS Whole Grain Honey Wheat Dinner Rolls	1 GFS Whole Grain Honey Wheat Dinner Rolls	80.00	0.00g	0.000%	90.00mg	1.00g	13.00g	1.00g		3.00g
Grape Juice	1 juice, grape 100% fresh	60.00	0.00g	0.000%	0.00mg	0.00g	16.00g	0.00g		0.00g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
Hot Dog on a Bun	1	376.00	10.00g	23.936%	916.00mg	27.00g	22.00g	4.00g		16.00g
M.S. Ham & Cheese Sub Sandwich	1	330.26	5.69g	15.498%	1352.65mg	10.27g	33.67g	4.63g		26.17g
M.S. Turkey & Cheese Sub Sandwich	1	307.02	4.01g	11.758%	1491.59mg	6.93g	34.68g	4.94g		28.34g
Middle School Chicken Nuggets	6 nuggets	315.43	3.29g	9.375%	617.71mg	18.40g	21.03g	3.94g		17.09g
Middle School Hard Boiled Egg Meal	1	316.00	3.27g	9.319%	167.51mg	10.63g	32.08g	2.38g		14.22g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
February 1, 2018 through March 1, 2018

## 2/6/2018 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>
Middle School Ovenable Fries	1 Ovenable Fries	236.25	0.00g	0.000%	47.25mg	9.45g	35.44g	2.36g		2.36g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Middle School Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Middle School Spicy Chicken Sandwich	1	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g
Middle School Taco Salad with Chips	1 each	571.04	9.39g	14.799%	1002.38mg	33.36g	56.05g	11.04g		29.27g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
Milk - Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
MS hummus loco	1 hummus plate	331.20	3.01g	8.172%	474.53mg	9.74g	37.64g	4.00g		13.10g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
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
Soybutter Meal	1	470.00	6.00g	11.489%	500.00mg	22.50g	48.00g	5.00g		19.00g
Tuna Salad Sandwich	1/2 cup	346.66	0.45g *	1.162% *	528.64mg *	5.12g *	45.97g *	6.19g *		23.79g *
Veggie Sub	1	312.45	7.01g	20.196%	1120.33mg	10.08g	36.97g	5.51g		21.23g
White Milk 1%	1 White Milk 1%	110.00	1.50g	12.273%	130.00mg	2.50g	11.00g	0.00g		8.00g
Whole Grain Bread Stick	1 Whole Grain Bread Stick	80.00	0.00g	0.000%	100.00mg	1.00g	14.00g	1.00g		2.00g
Whole Grain Pepperoni ParBaked	1 each	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g

## 2/7/2018 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>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
February 1, 2018 through March 1, 2018

2/7/2018 **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 Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
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
Breaded Chicken Sandwich	1	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Cheese Burger	1 each	305.00	5.50g	16.230%	625.00mg	14.00g	28.00g	6.00g		20.55g
Chef Salad - Chicken	1 each	428.34	2.31g	4.861%	446.84mg	14.16g	52.21g	13.32g		40.14g
ChefSalad - All Veggies	1	290.15	4.08g *	12.662% *	547.98mg	13.96g	15.12g	4.18g *		25.15g
Corn Frozen	1/2 cup (#8 scoop)	91.74	N/A	N/A	4.59mg	0.92g	19.26g	1.83g		2.75g
Grape Juice	1 juice, grape 100% fresh	60.00	0.00g	0.000%	0.00mg	0.00g	16.00g	0.00g		0.00g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
Italian Style Green Beans	1/2 cup	120.24	2.12g	15.864%	260.06mg	7.69g	9.32g	2.05g		3.68g
M.S. Ham & Cheese Sub Sandwich	1	330.26	5.69g	15.498%	1352.65mg	10.27g	33.67g	4.63g		26.17g
M.S. Turkey & Cheese Sub Sandwich	1	307.02	4.01g	11.758%	1491.59mg	6.93g	34.68g	4.94g		28.34g
Middle School BBQ Beef Rib Sandwich	1	330.00	4.00g	10.909%	795.00mg	12.00g	38.00g	7.00g		19.00g
Middle School Hard Boiled Egg Meal	1	316.00	3.27g	9.319%	167.51mg	10.63g	32.08g	2.38g		14.22g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Middle School Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Middle School Spicy Chicken Sandwich	1	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g

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



# Recipe Nutrition Summary

for Warren Consolidated Schools  
February 1, 2018 through March 1, 2018

## 2/7/2018 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>
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
MS hummus loco	1 hummus plate	331.20	3.01g	8.172%	474.53mg	9.74g	37.64g	4.00g		13.10g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
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
sauce, marinara	1 sauce, marinara	60.00	0.00g	0.000%	490.00mg	2.00g	9.00g	2.00g		2.00g
Soybutter Meal	1	470.00	6.00g	11.489%	500.00mg	22.50g	48.00g	5.00g		19.00g
Tuna Salad Sandwich	1/2 cup	346.66	0.45g *	1.162% *	528.64mg *	5.12g *	45.97g *	6.19g *		23.79g *
Veggie Sub	1	312.45	7.01g	20.196%	1120.33mg	10.08g	36.97g	5.51g		21.23g
White Milk 1%	1 White Milk 1%	110.00	1.50g	12.273%	130.00mg	2.50g	11.00g	0.00g		8.00g
Whole Grain Pepperoni ParBaked	1 each	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g

## 2/8/2018 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>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Breaded Chicken Sandwich	1	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
celery	.5 cup	7.00	0.00g	0.000%	34.00mg	0.00g	1.50g	0.50g		0.50g
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  
February 1, 2018 through March 1, 2018

2/8/2018 **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>
Chef Salad - Chicken	1 each	428.34	2.31g	4.861%	446.84mg	14.16g	52.21g	13.32g		40.14g
ChefSalad - All Veggies	1	290.15	4.08g *	12.662% *	547.98mg	13.96g	15.12g	4.18g *		25.15g
GFS Whole Grain Honey Wheat Dinner Rolls	1 GFS Whole Grain Honey Wheat Dinner Rolls	80.00	0.00g	0.000%	90.00mg	1.00g	13.00g	1.00g		3.00g
Grape Juice	1 juice, grape 100% fresh	60.00	0.00g	0.000%	0.00mg	0.00g	16.00g	0.00g		0.00g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
Korean BBQ Chicken	2 pcs	251.09	4.05g	14.510%	623.69mg	13.77g	9.72g	0.00g		19.65g
korean beef rice bowl	2.5 oz cooked beef mixture	632.15	4.99g	7.097%	476.56mg	17.93g	94.40g	5.47g		26.48g
Korean Carrot Salad	1/2 cup	160.12	1.34g	7.537%	213.80mg	8.02g	19.27g	3.88g		1.94g
M.S. Ham & Cheese Sub Sandwich	1	330.26	5.69g	15.498%	1352.65mg	10.27g	33.67g	4.63g		26.17g
M.S. Turkey & Cheese Sub Sandwich	1	307.02	4.01g	11.758%	1491.59mg	6.93g	34.68g	4.94g		28.34g
Middle School Hard Boiled Egg Meal	1	316.00	3.27g	9.319%	167.51mg	10.63g	32.08g	2.38g		14.22g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Middle School Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Middle School Spicy Chicken Sandwich	1	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
MS hummus loco	1 hummus plate	331.20	3.01g	8.172%	474.53mg	9.74g	37.64g	4.00g		13.10g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
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

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
February 1, 2018 through March 1, 2018

## 2/8/2018 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>
Soybutter Meal	1	470.00	6.00g	11.489%	500.00mg	22.50g	48.00g	5.00g		19.00g
Strawberry/Kiwi Sidekick Slushie	1 Strawberry/Kiwi Sidekick Slushie	80.00	0.00g	0.000%	45.00mg	0.00g	20.00g	0.00g		0.00g
Tuna Salad Sandwich	1/2 cup	346.66	0.45g *	1.162% *	528.64mg *	5.12g *	45.97g *	6.19g *		23.79g *
Veggie Sub	1	312.45	7.01g	20.196%	1120.33mg	10.08g	36.97g	5.51g		21.23g
White Milk 1%	1 White Milk 1%	110.00	1.50g	12.273%	130.00mg	2.50g	11.00g	0.00g		8.00g
Whole Grain Pepperoni ParBaked	1 each	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g

## 2/9/2018 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>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Breaded Chicken Sandwich	1	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Cheese Burger	1 each	305.00	5.50g	16.230%	625.00mg	14.00g	28.00g	6.00g		20.55g
Chef Salad - Chicken	1 each	428.34	2.31g	4.861%	446.84mg	14.16g	52.21g	13.32g		40.14g
ChefSalad - All Veggies	1	290.15	4.08g *	12.662% *	547.98mg	13.96g	15.12g	4.18g *		25.15g
GFS Whole Grain Honey Wheat Dinner Rolls	1 GFS Whole Grain Honey Wheat Dinner Rolls	80.00	0.00g	0.000%	90.00mg	1.00g	13.00g	1.00g		3.00g
Grape Juice	1 juice, grape 100% fresh	60.00	0.00g	0.000%	0.00mg	0.00g	16.00g	0.00g		0.00g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
M.S. Ham & Cheese Sub Sandwich	1	330.26	5.69g	15.498%	1352.65mg	10.27g	33.67g	4.63g		26.17g
M.S. Turkey & Cheese Sub Sandwich	1	307.02	4.01g	11.758%	1491.59mg	6.93g	34.68g	4.94g		28.34g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
February 1, 2018 through March 1, 2018

2/9/2018 **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>
M.S.Veggie Specialty Pizza	1 each	350.65	6.00g	15.400%	646.65mg	14.00g	38.55g	5.03g		19.81g
Middle School Hard Boiled Egg Meal	1	316.00	3.27g	9.319%	167.51mg	10.63g	32.08g	2.38g		14.22g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Middle School Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Middle School Spicy Chicken Sandwich	1	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
Milk - Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
Mini Banana Split	1/2 cup	97.52	0.26g	2.357%	26.61mg	0.48g	22.01g	1.52g *		2.39g
MS hummus loco	1 hummus plate	331.20	3.01g	8.172%	474.53mg	9.74g	37.64g	4.00g		13.10g
NarDone WW Garlic Cheese Bread	1 Bread	350.00	7.00g	18.000%	450.00mg	18.00g	29.00g	2.00g		22.00g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
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
Peas & Carrots	1/2 cup (#8 scoop)	75.60	0.00g	0.000%	75.60mg	0.00g	11.34g	3.78g		2.27g
Soybutter Meal	1	470.00	6.00g	11.489%	500.00mg	22.50g	48.00g	5.00g		19.00g
Tuna Salad Sandwich	1/2 cup	346.66	0.45g *	1.162% *	528.64mg *	5.12g *	45.97g *	6.19g *		23.79g *
Veggie Sub	1	312.45	7.01g	20.196%	1120.33mg	10.08g	36.97g	5.51g		21.23g
White Milk 1%	1 White Milk 1%	110.00	1.50g	12.273%	130.00mg	2.50g	11.00g	0.00g		8.00g
Whole Grain BUffalo Chicken Pizza	1 Whole Grain BUffalo Chicken Pizza	390.00	7.00g	16.154%	750.00mg	19.00g	35.00g	3.00g		20.00g
Whole Grain Pepperoni ParBaked	1 each	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
February 1, 2018 through March 1, 2018

## 2/9/2018 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>
Whole Grain Pollock Sandwich	each	166.78	1.51g	8.148%	336.78mg	4.07g	26.16g	5.02g		8.69g

## 2/12/2018 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>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
bean, refried	1 bean, refried	90.00	1.00g	10.000%	490.00mg	2.00g	16.00g	4.00g		6.00g
Breaded Chicken Sandwich	1	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Cheese Burger	1 each	305.00	5.50g	16.230%	625.00mg	14.00g	28.00g	6.00g		20.55g
Chef Salad - Chicken	1 each	428.34	2.31g	4.861%	446.84mg	14.16g	52.21g	13.32g		40.14g
ChefSalad - All Veggies	1	290.15	4.08g *	12.662% *	547.98mg	13.96g	15.12g	4.18g *		25.15g
chicken tender hot and spicy	4 tenders	350.32	4.04g	10.385%	525.47mg	20.21g	21.56g	4.04g		20.21g
Grape Juice	1 juice, grape 100% fresh	60.00	0.00g	0.000%	0.00mg	0.00g	16.00g	0.00g		0.00g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
M.S. Ham & Cheese Sub Sandwich	1	330.26	5.69g	15.498%	1352.65mg	10.27g	33.67g	4.63g		26.17g
M.S. Turkey & Cheese Sub Sandwich	1	307.02	4.01g	11.758%	1491.59mg	6.93g	34.68g	4.94g		28.34g
Meat & Cheese Nachos	1	461.61	7.39g	14.413%	862.81mg	24.73g	44.39g	5.89g		21.62g
Middle School Hard Boiled Egg Meal	1	316.00	3.27g	9.319%	167.51mg	10.63g	32.08g	2.38g		14.22g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
February 1, 2018 through March 1, 2018

## 2/12/2018 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>
Middle School Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Middle School Spicy Chicken Sandwich	1	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
Milk - Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
MS hummus loco	1 hummus plate	331.20	3.01g	8.172%	474.53mg	9.74g	37.64g	4.00g		13.10g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
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
Peach Yogurt Parfait	.5 cup	70.00	0.13g *	1.607% *	17.62mg	0.19g *	17.47g	0.90g *		0.88g *
sour cream cup	1 sour cream cup	50.00	3.00g	54.000%	30.00mg	5.20g	2.00g	0.00g		N/A
Soybutter Meal	1	470.00	6.00g	11.489%	500.00mg	22.50g	48.00g	5.00g		19.00g
Tomato Salsa	.5 cup	7.02	0.00g	0.000%	63.15mg	0.00g	0.94g	0.47g		0.00g
Tuna Salad Sandwich	1/2 cup	346.66	0.45g *	1.162% *	528.64mg *	5.12g *	45.97g *	6.19g *		23.79g *
Veggie Sub	1	312.45	7.01g	20.196%	1120.33mg	10.08g	36.97g	5.51g		21.23g
White Milk 1%	1 White Milk 1%	110.00	1.50g	12.273%	130.00mg	2.50g	11.00g	0.00g		8.00g
Whole Grain Bread Stick	1 Whole Grain Bread Stick	80.00	0.00g	0.000%	100.00mg	1.00g	14.00g	1.00g		2.00g
Whole Grain Pepperoni ParBaked	1 each	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g

## 2/13/2018 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>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
February 1, 2018 through March 1, 2018

2/13/2018 **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 Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
BBQ Pulled Chicken on Bun on Bun	1 each	340.89	2.10g	5.539%	508.76mg	8.99g	33.18g	5.00g		32.97g
Breaded Chicken Sandwich	1	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Cheese Burger	1 each	305.00	5.50g	16.230%	625.00mg	14.00g	28.00g	6.00g		20.55g
Chef Salad - Chicken	1 each	428.34	2.31g	4.861%	446.84mg	14.16g	52.21g	13.32g		40.14g
ChefSalad - All Veggies	1	290.15	4.08g *	12.662% *	547.98mg	13.96g	15.12g	4.18g *		25.15g
Elem Tomato and Cucumber Salad	.5 cup	85.63	2.18g	22.900%	222.96mg	4.95g	6.43g	1.05g		4.50g
Grape Juice	1 juice, grape 100% fresh	60.00	0.00g	0.000%	0.00mg	0.00g	16.00g	0.00g		0.00g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
M.S. Ham & Cheese Sub Sandwich	1	330.26	5.69g	15.498%	1352.65mg	10.27g	33.67g	4.63g		26.17g
M.S. Turkey & Cheese Sub Sandwich	1	307.02	4.01g	11.758%	1491.59mg	6.93g	34.68g	4.94g		28.34g
Middle School Hard Boiled Egg Meal	1	316.00	3.27g	9.319%	167.51mg	10.63g	32.08g	2.38g		14.22g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Middle School Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Middle School Spicy Chicken Sandwich	1	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g
Middle School Taco Salad with Chips	1 each	571.04	9.39g	14.799%	1002.38mg	33.36g	56.05g	11.04g		29.27g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
February 1, 2018 through March 1, 2018

## 2/13/2018 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>
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
MS ham and cheese on pretzel roll	1	350.00	6.00g	15.429%	1290.00mg	11.50g	33.00g	3.00g		27.10g
MS hummus loco	1 hummus plate	331.20	3.01g	8.172%	474.53mg	9.74g	37.64g	4.00g		13.10g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
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
Peas and Carrots	.5 cup	68.73	0.00g	0.000%	102.14mg	0.89g	13.01g	4.08g		4.09g
Soybutter Meal	1	470.00	6.00g	11.489%	500.00mg	22.50g	48.00g	5.00g		19.00g
Tuna Salad Sandwich	1/2 cup	346.66	0.45g *	1.162% *	528.64mg *	5.12g *	45.97g *	6.19g *		23.79g *
Veggie Sub	1	312.45	7.01g	20.196%	1120.33mg	10.08g	36.97g	5.51g		21.23g
White Milk 1%	1 White Milk 1%	110.00	1.50g	12.273%	130.00mg	2.50g	11.00g	0.00g		8.00g
Whole Grain Pepperoni ParBaked	1 each	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g

## 2/14/2018 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>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
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
Breaded Chicken Sandwich	1	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
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  
February 1, 2018 through March 1, 2018

2/14/2018 **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>
Chef Salad - Chicken	1 each	428.34	2.31g	4.861%	446.84mg	14.16g	52.21g	13.32g		40.14g
ChefSalad - All Veggies	1	290.15	4.08g *	12.662% *	547.98mg	13.96g	15.12g	4.18g *		25.15g
Fruited Parfait - side	1/2 cup (#8 scoop)	82.38	0.32g	3.461%	9.49mg *	0.82g	18.49g	2.05g		1.91g
GFS Valentine Sugar Cookie Dough, Frozen, 1.33 Ounce	1 cookie	177.50	4.00g	20.282%	75.00mg	8.00g	25.00g	0.00g		2.00g
GFS Whole Grain Honey Wheat Dinner Rolls	1 GFS Whole Grain Honey Wheat Dinner Rolls	80.00	0.00g	0.000%	90.00mg	1.00g	13.00g	1.00g		3.00g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
M.S. Ham & Cheese Sub Sandwich	1	330.26	5.69g	15.498%	1352.65mg	10.27g	33.67g	4.63g		26.17g
M.S. Turkey & Cheese Sub Sandwich	1	307.02	4.01g	11.758%	1491.59mg	6.93g	34.68g	4.94g		28.34g
Macaroni and Cheese Whole Grain/elbow	6 oz.	299.99	N/A	N/A	659.99mg	15.00g	27.00g	2.00g		16.00g
Middle School Hard Boiled Egg Meal	1	316.00	3.27g	9.319%	167.51mg	10.63g	32.08g	2.38g		14.22g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Middle School Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Middle School Spicy Chicken Sandwich	1	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
Milk - Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
MS hummus loco	1 hummus plate	331.20	3.01g	8.172%	474.53mg	9.74g	37.64g	4.00g		13.10g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
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
Roasted Broccoli	1/2 cup	61.42	0.46g	6.698%	24.28mg	3.20g	4.86g	1.94g		1.94g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
February 1, 2018 through March 1, 2018

## 2/14/2018 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>
sauce, marinara	1 sauce, marinara	60.00	0.00g	0.000%	490.00mg	2.00g	9.00g	2.00g		2.00g
Soybutter Meal	1	470.00	6.00g	11.489%	500.00mg	22.50g	48.00g	5.00g		19.00g
Tuna Salad Sandwich	1/2 cup	346.66	0.45g *	1.162% *	528.64mg *	5.12g *	45.97g *	6.19g *		23.79g *
Veggie Sub	1	312.45	7.01g	20.196%	1120.33mg	10.08g	36.97g	5.51g		21.23g
White Milk 1%	1 White Milk 1%	110.00	1.50g	12.273%	130.00mg	2.50g	11.00g	0.00g		8.00g
Whole Grain Pepperoni ParBaked	1 each	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g

## 2/15/2018 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>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Breaded Chicken Sandwich	1	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Brown Rice	.5	40.80	0.00g *	0.000% *	1.71mg *	0.36g	8.64g	0.48g		0.96g
Cheese Burger	1 each	305.00	5.50g	16.230%	625.00mg	14.00g	28.00g	6.00g		20.55g
Chef Salad - Chicken	1 each	428.34	2.31g	4.861%	446.84mg	14.16g	52.21g	13.32g		40.14g
ChefSalad - All Veggies	1	290.15	4.08g *	12.662% *	547.98mg	13.96g	15.12g	4.18g *		25.15g
Fortune Cookie	1 Fortune Cookie	36.67	0.17g	4.091%	0.00mg	0.33g	8.00g	0.00g		0.67g
GFS Far East Vegetable Blend	1/2 cup	0.00	0.00g	N/A	36.58mg	0.00g	6.10g	2.44g		1.22g
GFS Whole Grain Honey Wheat Dinner Rolls	1 GFS Whole Grain Honey	80.00	0.00g	0.000%	90.00mg	1.00g	13.00g	1.00g		3.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
February 1, 2018 through March 1, 2018

2/15/2018 **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>
	Wheat Dinner Rolls									
Grape Juice	1 juice, grape 100% fresh	60.00	0.00g	0.000%	0.00mg	0.00g	16.00g	0.00g		0.00g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
M.S. Ham & Cheese Sub Sandwich	1	330.26	5.69g	15.498%	1352.65mg	10.27g	33.67g	4.63g		26.17g
M.S. Turkey & Cheese Sub Sandwich	1	307.02	4.01g	11.758%	1491.59mg	6.93g	34.68g	4.94g		28.34g
Mandarin Oranges - canned	.5 cup	90.00	0.00g	0.000%	10.00mg	0.00g	20.00g	0.00g		1.00g
Middle School Hard Boiled Egg Meal	1	316.00	3.27g	9.319%	167.51mg	10.63g	32.08g	2.38g		14.22g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Middle School Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Middle School Spicy Chicken Sandwich	1	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
MS hummus loco	1 hummus plate	331.20	3.01g	8.172%	474.53mg	9.74g	37.64g	4.00g		13.10g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
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
Tuna Salad Sandwich	1/2 cup	346.66	0.45g *	1.162% *	528.64mg *	5.12g *	45.97g *	6.19g *		23.79g *
Tyson General Tso's Breaded Boneless Chicken	3 oz meat + 1 oz sauce	226.80	2.43g	9.643%	291.59mg	12.15g	10.53g	0.00g		18.63g
Veggie Sub	1	312.45	7.01g	20.196%	1120.33mg	10.08g	36.97g	5.51g		21.23g
White Milk 1%	1 White Milk 1%	110.00	1.50g	12.273%	130.00mg	2.50g	11.00g	0.00g		8.00g
Whole Grain Pepperoni ParBaked	1 each	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
February 1, 2018 through March 1, 2018

**2/15/2018 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>
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**2/26/2018 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>
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Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Breaded Chicken Sandwich	1	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Cheese Burger	1 each	305.00	5.50g	16.230%	625.00mg	14.00g	28.00g	6.00g		20.55g
Chef Salad - Chicken	1 each	428.34	2.31g	4.861%	446.84mg	14.16g	52.21g	13.32g		40.14g
ChefSalad - All Veggies	1	290.15	4.08g *	12.662% *	547.98mg	13.96g	15.12g	4.18g *		25.15g
Cherry Tomato Salad	.5	44.33	0.45g	9.082%	6.14mg	3.24g	3.56g	0.66g *		0.67g
GFS Whole Grain Honey Wheat Dinner Rolls	1 GFS Whole Grain Honey Wheat Dinner Rolls	80.00	0.00g	0.000%	90.00mg	1.00g	13.00g	1.00g		3.00g
Grape Juice	1 juice, grape 100% fresh	60.00	0.00g	0.000%	0.00mg	0.00g	16.00g	0.00g		0.00g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
M.S. Ham & Cheese Sub Sandwich	1	330.26	5.69g	15.498%	1352.65mg	10.27g	33.67g	4.63g		26.17g
M.S. Turkey & Cheese Sub Sandwich	1	307.02	4.01g	11.758%	1491.59mg	6.93g	34.68g	4.94g		28.34g
Middle School Hard Boiled Egg Meal	1	316.00	3.27g	9.319%	167.51mg	10.63g	32.08g	2.38g		14.22g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Middle School Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
February 1, 2018 through March 1, 2018

## 2/26/2018 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>
Middle School Spicy Chicken Sandwich	1	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
MS hummus loco	1 hummus plate	331.20	3.01g	8.172%	474.53mg	9.74g	37.64g	4.00g		13.10g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
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
Soybutter Meal	1	470.00	6.00g	11.489%	500.00mg	22.50g	48.00g	5.00g		19.00g
Tuna Salad Sandwich	1/2 cup	346.66	0.45g *	1.162% *	528.64mg *	5.12g *	45.97g *	6.19g *		23.79g *
Vegetarian Beans Canned	1/2 cup ( #8Scoop)	145.08	0.00g	0.000%	553.69mg	0.00g	29.70g	6.11g		7.12g *
Veggie Sub	1	312.45	7.01g	20.196%	1120.33mg	10.08g	36.97g	5.51g		21.23g
White Milk 1%	1 White Milk 1%	110.00	1.50g	12.273%	130.00mg	2.50g	11.00g	0.00g		8.00g
Whole Grain Breaded Mini Chicken Corn Dogs	6 Mini Chicken Corn Dogs	270.00	4.00g	13.333%	420.00mg	12.00g	30.00g	5.00g		11.00g
Whole Grain Pepperoni ParBaked	1 each	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g

## 2/27/2018 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>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Breaded Chicken Sandwich	1	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
February 1, 2018 through March 1, 2018

2/27/2018 **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>
Cheese Burger	1 each	305.00	5.50g	16.230%	625.00mg	14.00g	28.00g	6.00g		20.55g
Chef Salad - Chicken	1 each	428.34	2.31g	4.861%	446.84mg	14.16g	52.21g	13.32g		40.14g
ChefSalad - All Veggies	1	290.15	4.08g *	12.662% *	547.98mg	13.96g	15.12g	4.18g *		25.15g
Cinnamon applesauce	1/2 cup	51.61	0.00g	0.039%	15.07mg	0.01g	13.52g	2.35g		0.03g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
M.S. Ham & Cheese Sub Sandwich	1	330.26	5.69g	15.498%	1352.65mg	10.27g	33.67g	4.63g		26.17g
M.S. Turkey & Cheese Sub Sandwich	1	307.02	4.01g	11.758%	1491.59mg	6.93g	34.68g	4.94g		28.34g
Middle School Hard Boiled Egg Meal	1	316.00	3.27g	9.319%	167.51mg	10.63g	32.08g	2.38g		14.22g
Middle School Ovenable Fries	1 Ovenable Fries	236.25	0.00g	0.000%	47.25mg	9.45g	35.44g	2.36g		2.36g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Middle School Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Middle School Spicy Chicken Sandwich	1	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g
Middle School Taco Salad with Chips	1 each	571.04	9.39g	14.799%	1002.38mg	33.36g	56.05g	11.04g		29.27g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
MS hummus loco	1 hummus plate	331.20	3.01g	8.172%	474.53mg	9.74g	37.64g	4.00g		13.10g
MS Philly Steak & Cheese	1 sandwich	367.57	7.17g	17.557%	802.00mg	12.89g	34.98g	6.23g		28.09g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
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

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# Recipe Nutrition Summary

for Warren Consolidated Schools  
February 1, 2018 through March 1, 2018

## 2/27/2018 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>
Soybutter Meal	1	470.00	6.00g	11.489%	500.00mg	22.50g	48.00g	5.00g		19.00g
Tuna Salad Sandwich	1/2 cup	346.66	0.45g *	1.162% *	528.64mg *	5.12g *	45.97g *	6.19g *		23.79g *
Veggie Sub	1	312.45	7.01g	20.196%	1120.33mg	10.08g	36.97g	5.51g		21.23g
White Milk 1%	1 White Milk 1%	110.00	1.50g	12.273%	130.00mg	2.50g	11.00g	0.00g		8.00g
Whole Grain Pepperoni ParBaked	1 each	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g
Whole Grain Three Cheese Calzones	1 Whole Grain Three Cheese Calzones	250.00	2.00g	7.200%	420.00mg	5.00g	33.00g	4.00g		19.00g

## 2/28/2018 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>
2 for 1 Chicken Fajitas	2	396.20 *	9.81g	22.284%	920.29mg	18.18g	33.87g	5.29g		26.17g
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
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
Breaded Chicken Sandwich	1	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Cheese Burger	1 each	305.00	5.50g	16.230%	625.00mg	14.00g	28.00g	6.00g		20.55g
Chef Salad - Chicken	1 each	428.34	2.31g	4.861%	446.84mg	14.16g	52.21g	13.32g		40.14g
ChefSalad - All Veggies	1	290.15	4.08g *	12.662% *	547.98mg	13.96g	15.12g	4.18g *		25.15g
Corn Frozen	1/2 cup (#8 scoop)	91.74	N/A	N/A	4.59mg	0.92g	19.26g	1.83g		2.75g
Fruited Parfait - side	1/2 cup (#8 scoop)	82.38	0.32g	3.461%	9.49mg *	0.82g	18.49g	2.05g		1.91g

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# Recipe Nutrition Summary

for Warren Consolidated Schools  
February 1, 2018 through March 1, 2018

2/28/2018 **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>
Grape Juice	1 juice, grape 100% fresh	60.00	0.00g	0.000%	0.00mg	0.00g	16.00g	0.00g		0.00g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
M.S. Ham & Cheese Sub Sandwich	1	330.26	5.69g	15.498%	1352.65mg	10.27g	33.67g	4.63g		26.17g
M.S. Turkey & Cheese Sub Sandwich	1	307.02	4.01g	11.758%	1491.59mg	6.93g	34.68g	4.94g		28.34g
Middle School Hard Boiled Egg Meal	1	316.00	3.27g	9.319%	167.51mg	10.63g	32.08g	2.38g		14.22g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Middle School Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Middle School Spicy Chicken Sandwich	1	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
Milk - Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
MS hummus loco	1 hummus plate	331.20	3.01g	8.172%	474.53mg	9.74g	37.64g	4.00g		13.10g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
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
Roasted Broccoli	1/2 cup	61.42	0.46g	6.698%	24.28mg	3.20g	4.86g	1.94g		1.94g
sauce, marinara	1 sauce, marinara	60.00	0.00g	0.000%	490.00mg	2.00g	9.00g	2.00g		2.00g
Soybutter Meal	1	470.00	6.00g	11.489%	500.00mg	22.50g	48.00g	5.00g		19.00g
Tuna Salad Sandwich	1/2 cup	346.66	0.45g *	1.162% *	528.64mg *	5.12g *	45.97g *	6.19g *		23.79g *
Veggie Sub	1	312.45	7.01g	20.196%	1120.33mg	10.08g	36.97g	5.51g		21.23g
White Milk 1%	1 White Milk 1%	110.00	1.50g	12.273%	130.00mg	2.50g	11.00g	0.00g		8.00g

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



# Recipe Nutrition Summary

for Warren Consolidated Schools  
February 1, 2018 through March 1, 2018

2/28/2018 **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>
Whole Grain Pepperoni ParBaked	1 each	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g

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