

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 1, 2018 through December 1, 2018

Site: Hatherly Educational Center; Menu Designation: Planned; Period: Lunch

## 11/1/2018 Hatherly Educational Center - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
Assorted Canned Fruits	.5 cup	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
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
Baked Potato Half	1 Baked Potato Half	69.14	0.00g	0.000%	2.86mg	0.00g	15.43g	1.14g		1.71g
chicken, popcorn homestyle breaded	12	258.90	2.81g	9.783%	382.72mg	14.63g	15.76g	2.25g		15.76g
Elementary Turkey Salad Bar	1 Salad	320.05	3.78g	10.619%	1235.64mg	11.43g	34.67g	4.28g		22.02g
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
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Simple 3 ingredients Spiced Apples	1/2 cup	65.95	0.00g	0.000%	6.19mg	0.00g	16.76g	2.06g *		0.00g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
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 Cheddar Goldfish Crackers	1 pkt	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g

## 11/2/2018 Hatherly Educational Center - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
Assorted Canned Fruits	.5 cup	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
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  
November 1, 2018 through December 1, 2018

## 11/2/2018 Hatherly Educational Center - 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
Elem Strawberry Parfait	.5 cup	63.00	0.13g	1.786%	15.33mg	0.19g	14.88g	2.20g *		0.88g
Elementary Chicken Salad Bar	1 Salad	327.55	3.38g	9.277%	831.53mg	11.87g	37.12g	6.77g		25.24g
Gilardi Garlic Parmesan Whole Grain Flatbread Pizza, Parbake	1 Flatbread	300.00	6.00g	18.000%	570.00mg	11.00g	33.00g	3.00g		17.00g
Green Beans - frozen	1/2 cup	29.14	0.00g	0.000%	0.00mg	0.00g	4.86g	1.94g		0.97g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
sauce, marinara	1 sauce, marinara	60.00	0.00g	0.000%	490.00mg	2.00g	9.00g	2.00g		2.00g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
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 Cheddar Goldfish Crackers	1 pkt	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g

## 11/5/2018 Hatherly Educational Center - 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	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
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
Chickpea and Tomato Salad	.5 cup	120.23	0.20g	1.531%	352.98mg	2.23g	16.17g	3.39g		4.17g

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## 11/5/2018 Hatherly Educational Center - 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>
Elem Salad Bar with Yogurt & Cheese Stick	1 Salad	561.55	6.78g	10.860%	1165.73mg	19.67g	78.12g	5.77g		22.84g
LiveSmart Whole Grain Stuffed Cheese Stick	2 sticks	310.00	7.00g	20.323%	590.00mg	13.00g	31.00g	3.00g		18.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Pears Sliced Canned	.5 cup	62.00	0.00g	0.000%	4.00mg	0.00g	16.00g	2.00g		0.00g
sauce, marinara	1 sauce, marinara	60.00	0.00g	0.000%	490.00mg	2.00g	9.00g	2.00g		2.00g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
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 Cheddar Goldfish Crackers	1 pkt	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g

## 11/7/2018 Hatherly Educational Center - 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	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
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
Elementary Taco Salad Bar	1 Salad	540.42	3.44g *	5.733% *	895.34mg	27.13g	50.83g	9.33g		28.24g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g

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

# Recipe Nutrition Summary

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## 11/7/2018 Hatherly Educational Center - 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>
Mixed Fruit	1/2 cup #8 scoop	68.00	0.00g	0.000%	7.56mg	0.00g	18.00g	1.20g		0.00g
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Muffin Town Smart Choice Cornbread	1 Cornbread	180.00	0.50g	2.500%	90.00mg	6.00g	28.00g	1.00g		3.00g
Orange Glazed Sweet Potatoes	1/2 cup (#8 scoop)	85.45	0.32g	3.412%	35.94mg	1.80g	17.50g	0.75g *		0.04g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
Tyson Breaded Whole Grain Chicken Drumsticks	1 Tyson Breaded Whole Grain Chicken Drumsticks	190.00	2.50g	11.842%	450.00mg	11.00g	5.00g	0.00g		16.00g
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 Gold Fish Crackers	1 Whole Grain Gold Fish Crackers	100.00	1.00g	9.000%	170.00mg	4.00g	14.00g	1.00g		3.00g

## 11/8/2018 Hatherly Educational Center - 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	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
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
Broccoli cuts	.50 cup	17.50	0.00g	0.000%	12.50mg	0.00g	2.50g	1.00g		1.00g
Chicken nuggets	1 serving of 5	240.00	2.50g	9.375%	470.00mg	14.00g	16.00g	3.00g		13.00g
Elementary Turkey Salad Bar	1 Salad	320.05	3.78g	10.619%	1235.64mg	11.43g	34.67g	4.28g		22.02g
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
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 1, 2018 through December 1, 2018

## 11/8/2018 Hatherly Educational Center - 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>
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Peaches Diced Canned	.50 cup	68.00	0.00g	0.000%	6.00mg	0.00g	18.00g	2.00g		1.00g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
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 Cheddar Goldfish Crackers	1 pkt	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g

## 11/12/2018 Hatherly Educational Center - 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	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
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
bean, refried	1/2 cup	90.00	1.00g	10.000%	490.00mg	2.00g	16.00g	4.00g		6.00g
Beef Taco Meat and Cheese Nachos	1	511.52	9.51g	16.735%	1063.49mg	25.03g	49.02g	6.01g		25.06g
Elem Salad Bar with Yogurt & Cheese Stick	1 Salad	561.55	6.78g	10.860%	1165.73mg	19.67g	78.12g	5.77g		22.84g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Pears Sliced Canned	.5 cup	62.00	0.00g	0.000%	4.00mg	0.00g	16.00g	2.00g		0.00g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 1, 2018 through December 1, 2018

## 11/12/2018 Hatherly Educational Center - 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>
Tomato Salsa	.5 cup	7.02	0.00g	0.000%	63.15mg	0.00g	0.94g	0.47g		0.00g
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 Gold Fish Crackers	1 Whole Grain Gold Fish Crackers	100.00	1.00g	9.000%	170.00mg	4.00g	14.00g	1.00g		3.00g

## 11/13/2018 Hatherly Educational Center - 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	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
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
Cinnamon applesauce	1/2 cup	51.61	0.00g	0.039%	15.07mg	0.01g	13.52g	2.35g		0.03g
Elementary Hummus & Greek Salad Bar	1 Salad	410.81	5.27g	11.546%	1008.88mg	13.23g	50.07g	5.73g		16.72g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Roasted Broccoli	1/2 cup	61.42	0.46g	6.698%	24.28mg	3.20g	4.86g	1.94g		1.94g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
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 Cheddar Goldfish Crackers	1 pkt	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 1, 2018 through December 1, 2018

11/14/2018 **Hatherly Educational Center - 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	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
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
Darlington Whoel Grain Holiday Cookie-Leaf	1 Cookie	120.00	1.00g	7.500%	50.00mg	1.00g	19.00g	2.00g		0.00g
Elementary Taco Salad Bar	1 Salad	540.42	3.44g *	5.733% *	895.34mg	27.13g	50.83g	9.33g		28.24g
green bean casserole	1/2 cup	58.81	0.17g *	2.574% *	282.07mg	2.14g	9.09g	2.62g		0.77g
Herb-Ox Poultry Gravy Mix, Low-Sodium	1 oz	12.51	0.00g	0.000%	67.82mg	0.42g	1.67g	0.00g		0.00g
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
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Oven Baked Turkey	2.5oz	140.80	1.92g	12.273%	618.31mg	5.44g	3.20g	0.00g		19.84g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
spiced apples	1	107.30	0.44g	3.691%	41.82mg	2.44g	21.17g	2.15g		0.00g
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_Aunt Millie's	1 Whole Grain Bread Stick	80.00	0.00g	0.000%	100.00mg	1.00g	14.00g	1.00g		2.00g
Whole Grain Gold Fish Crackers	1 Whole Grain Gold Fish Crackers	100.00	1.00g	9.000%	170.00mg	4.00g	14.00g	1.00g		3.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 1, 2018 through December 1, 2018

## 11/15/2018 Hatherly Educational Center - 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>
Applesauce Mousse	1/2 cup	82.52	0.94g *	10.306% *	37.39mg	1.05g *	18.70g	1.86g		0.29g *
Assorted Canned Fruits	.5 cup	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
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
Cream Cheese, Light	1 cheese, cream light	60.00	4.00g	60.000%	95.00mg	5.00g	1.00g	0.00g		2.00g
Elementary Turkey Salad Bar	1 Salad	320.05	3.78g	10.619%	1235.64mg	11.43g	34.67g	4.28g		22.02g
Lenders White Whole Grain 2 oz Bagel IW	1 Lenders White Whole Grain 2 oz Bagel IW	140.00	0.00g	0.000%	180.00mg	1.00g	29.00g	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
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Raw baby carrots	.5	38.16	0.00g	0.000%	48.68mg	0.00g	9.21g	2.63g		1.32g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
Strawberry Yogurt Cup	1 Strawberry Yogurt Cup	70.00	0.00g	0.000%	60.00mg	0.00g	14.00g	0.00g		4.00g
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 Cheddar Goldfish Crackers	1 pkt	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g

## 11/16/2018 Hatherly Educational Center - 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	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
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  
November 1, 2018 through December 1, 2018

## 11/16/2018 Hatherly Educational Center - 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
Elementary Chicken Salad Bar	1 Salad	327.55	3.38g	9.277%	831.53mg	11.87g	37.12g	6.77g		25.24g
Galaxy 4" Whole Grain Round Cheese Pizza	1 Galaxy 4" Whole Grain Round Cheese Pizza	280.00	6.00g	19.286%	440.00mg	12.00g	26.00g	3.00g		15.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
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
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Peas Frozen	1/2 cup (#8 scoop)	71.35	0.00g	0.000%	101.93mg	0.00g	12.23g	3.67g		5.40g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
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 Cheddar Goldfish Crackers	1 pkt	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g

## 11/19/2018 Hatherly Educational Center - 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	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
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
Bernardi Jumbo Cheese Round Ravioli	3 Ravioli	180.00	1.50g	7.500%	470.00mg	3.00g	23.00g	1.00g		15.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 1, 2018 through December 1, 2018

## 11/19/2018 Hatherly Educational Center - 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>
Keebler Dinosaur Honey Graham Crackers	1 each	130.00	1.00g	6.923%	95.00mg	4.00g	21.00g	0.00g		2.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
Marinara Sauce 1/4cup	1/4 cup	30.00	0.00g	0.000%	245.00mg	1.00g	4.50g	1.00g		1.00g
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
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 Gold Fish Crackers	1 Whole Grain Gold Fish Crackers	100.00	1.00g	9.000%	170.00mg	4.00g	14.00g	1.00g		3.00g

## 11/26/2018 Hatherly Educational Center - 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	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
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
broccoli salad	.50 cup	192.74	0.01g	0.042%	130.12mg	4.16g	37.46g	1.94g		1.72g
Elem Salad Bar with Yogurt & Cheese Stick	1 Salad	561.55	6.78g	10.860%	1165.73mg	19.67g	78.12g	5.77g		22.84g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Peaches Diced Canned	.50 cup	68.00	0.00g	0.000%	6.00mg	0.00g	18.00g	2.00g		1.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 1, 2018 through December 1, 2018

## 11/26/2018 Hatherly Educational Center - 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 & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
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 Chicken Patty	1 each	240.00	2.50g	9.375%	460.00mg	N/A	15.00g	3.00g		14.00g
Whole Grain Cheddar Goldfish Crackers	1 pkt	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g
Whole Wheat Hamburger Bun	1 bun, hamburgers, sliced, whole wheat 4"	130.00	0.00g	0.000%	125.00mg	2.00g	25.00g	5.00g		5.00g

## 11/27/2018 Hatherly Educational Center - 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	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
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
Eggo Whole Grain Mini Confetti Pancakes	1 pkg	220.00	1.00g	4.091%	300.00mg	7.00g	36.00g	4.00g		4.00g
Elementary Hummus & Greek Salad Bar	1 Salad	410.81	5.27g	11.546%	1008.88mg	13.23g	50.07g	5.73g		16.72g
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Raw baby carrots	.5	38.16	0.00g	0.000%	48.68mg	0.00g	9.21g	2.63g		1.32g
sausage link, turkey	2 sausage link, turkey	130.00	3.00g	20.769%	450.00mg	10.00g	1.00g	0.00g		10.00g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
Suncup 100% Fruit Punch Juice Cup, Frozen	1 Juice Cup	60.00	0.00g	0.000%	5.00mg	0.00g	14.00g	0.00g		0.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 1, 2018 through December 1, 2018

## 11/27/2018 Hatherly Educational Center - 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 Cheddar Goldfish Crackers	1 pkt	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g

## 11/28/2018 Hatherly Educational Center - 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	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
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 hot Dog on a Bun	1	272.00	6.00g	19.853%	200.00mg *	17.50g	20.00g	1.00g		11.00g
Elementary Taco Salad Bar	1 Salad	540.42	3.44g *	5.733% *	895.34mg	27.13g	50.83g	9.33g		28.24g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Pears Sliced Canned	.5 cup	62.00	0.00g	0.000%	4.00mg	0.00g	16.00g	2.00g		0.00g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
Vegetarian Beans Canned	1/2 cup ( #8Scoop)	145.08	0.00g	0.000%	553.69mg	0.00g	29.70g	6.11g		7.12g *
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 Gold Fish Crackers	1 Whole Grain Gold Fish Crackers	100.00	1.00g	9.000%	170.00mg	4.00g	14.00g	1.00g		3.00g
Whole Wheat Hot Dog Bun GFS	1 Whole Wheat Hot Dog Bun GFS	100.00	0.00g	0.000%	120.00mg	2.00g	21.00g	4.00g		5.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 1, 2018 through December 1, 2018

## 11/29/2018 Hatherly Educational Center - 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	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
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
Baked Potato Half	1 Baked Potato Half	69.14	0.00g	0.000%	2.86mg	0.00g	15.43g	1.14g		1.71g
chicken, popcorn homestyle breaded	12	258.90	2.81g	9.783%	382.72mg	14.63g	15.76g	2.25g		15.76g
Elementary Turkey Salad Bar	1 Salad	320.05	3.78g	10.619%	1235.64mg	11.43g	34.67g	4.28g		22.02g
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
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Simple 3 ingredients Spiced Apples	1/2 cup	65.95	0.00g	0.000%	6.19mg	0.00g	16.76g	2.06g *		0.00g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
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 Cheddar Goldfish Crackers	1 pkt	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g

## 11/30/2018 Hatherly Educational Center - 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	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
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

for Warren Consolidated Schools  
November 1, 2018 through December 1, 2018

11/30/2018 **Hatherly Educational Center - 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
Elem Strawberry Parfait	.5 cup	63.00	0.13g	1.786%	15.33mg	0.19g	14.88g	2.20g *		0.88g
Elementary Chicken Salad Bar	1 Salad	327.55	3.38g	9.277%	831.53mg	11.87g	37.12g	6.77g		25.24g
Gilardi Garlic Parmesan Whole Grain Flatbread Pizza, Parbake	1 Flatbread	300.00	6.00g	18.000%	570.00mg	11.00g	33.00g	3.00g		17.00g
Green Beans - frozen	1/2 cup	29.14	0.00g	0.000%	0.00mg	0.00g	4.86g	1.94g		0.97g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
sauce, marinara	1 sauce, marinara	60.00	0.00g	0.000%	490.00mg	2.00g	9.00g	2.00g		2.00g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
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 Cheddar Goldfish Crackers	1 pkt	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g

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