

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 1, 2017 through December 1, 2017

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

## 11/1/2017 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
BBQ Chicken	2 pcs	235.85	4.05g	15.448%	780.20mg	13.37g	7.50g	0.00g		18.84g *
Big Daddy Primo Four Cheese Pizza	1 Big Daddy Primo Four Cheese Pizza	370.00	7.00g	17.027%	500.00mg	15.00g	36.00g	3.00g		21.00g
Big daddys primo pepperoni pizza	1	405.00	8.00g	17.778%	615.00mg	18.25g	36.00g	3.00g		22.50g
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	445.75	6.48g	13.093%	742.40mg	11.96g	46.03g	9.71g		33.41g
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 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	43.52	0.00g	0.000%	58.78mg	0.00g	9.34g	2.90g		2.92g

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

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	<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
POTATOES,BLD,CKD IN SKN,SKN,WO/SALT	1/2 cup	88.45	0.03g	0.300%	15.88mg	0.11g	19.52g	3.74g		3.24g
Roasted Potatoes	1/2 cup	212.03	0.34g	1.436%	286.75mg	6.17g	36.54g	3.91g		3.86g
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	159.16	0.45g *	2.532% *	209.89mg *	3.24g *	8.47g *	0.56g *		18.16g *
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

## 11/2/2017 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>
Alfredo Sauce	1/2 cup	180.00	6.00g	30.000%	748.00mg	10.00g	10.00g	0.00g		12.00g
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

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

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11/2/2017 **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>
Big Daddy Primo Four Cheese Pizza	1 Big Daddy Primo Four Cheese Pizza	370.00	7.00g	17.027%	500.00mg	15.00g	36.00g	3.00g		21.00g
Big daddys primo pepperoni pizza	1	405.00	8.00g	17.778%	615.00mg	18.25g	36.00g	3.00g		22.50g
Breaded Chicken Sandwich	1	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
CARROTS,RAW	1/2 cup	26.24	0.02g	0.812%	44.16mg	0.15g	6.13g	1.79g		0.60g
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	445.75	6.48g	13.093%	742.40mg	11.96g	46.03g	9.71g		33.41g
Elem Pumpkin Pudding	.5 cup	87.85	0.37g	3.800%	155.09mg	0.62g	16.68g	0.95g		2.45g
GFS Whole Grain Honey Wheat Dinner Rolls	1 GFS Whole Grain Honey Wheat Dinner Roils	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
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	43.52	0.00g	0.000%	58.78mg	0.00g	9.34g	2.90g		2.92g
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

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## 11/2/2017 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>
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
pasta, rotini	1/2 cup cooked	100.80	0.00g	0.000%	1.34mg	0.00g	20.16g	1.08g		3.50g
Soybutter Meal	1	470.00	6.00g	11.489%	500.00mg	22.50g	48.00g	5.00g		19.00g
Spaghetti Meat Sauce	4oz	119.58	1.65g	14.903%	48.07mg	4.29g	6.94g	1.20g *		12.03g
Tuna Salad Sandwich	1/2 cup	159.16	0.45g *	2.532% *	209.89mg *	3.24g *	8.47g *	0.56g *		18.16g *
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

## 11/3/2017 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
Big Daddy Primo Four Cheese Pizza	1 Big Daddy Primo Four Cheese Pizza	370.00	7.00g	17.027%	500.00mg	15.00g	36.00g	3.00g		21.00g
Big daddys primo pepperoni pizza	1	405.00	8.00g	17.778%	615.00mg	18.25g	36.00g	3.00g		22.50g
Breaded Chicken Sandwich	1	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Carrots frozen	1/2 cup (#8 scoop)	36.68	0.00g	0.000%	58.42mg	1.36g	8.15g	2.72g		1.09g
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	445.75	6.48g	13.093%	742.40mg	11.96g	46.03g	9.71g		33.41g
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

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	<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										
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	
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	43.52	0.00g	0.000%	58.78mg	0.00g	9.34g	2.90g		2.92g	
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	
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	159.16	0.45g *	2.532% *	209.89mg *	3.24g *	8.47g *	0.56g *		18.16g *	
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	390.00	7.00g	16.154%	750.00mg	19.00g	35.00g	3.00g		20.00g	

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## 11/3/2017 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 Pizza										
Whole Grain Pollock Sandwich	each	166.78	1.51g	8.148%	336.78mg	4.07g	26.16g	5.02g		8.69g

## 11/6/2017 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 Daddy Primo Four Cheese Pizza	1 Big Daddy Primo Four Cheese Pizza	370.00	7.00g	17.027%	500.00mg	15.00g	36.00g	3.00g		21.00g
Big daddys primo pepperoni pizza	1	405.00	8.00g	17.778%	615.00mg	18.25g	36.00g	3.00g		22.50g
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
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	445.75	6.48g	13.093%	742.40mg	11.96g	46.03g	9.71g		33.41g
chicken tender hot and spicy	4 tenders	350.32	4.04g	10.385%	525.47mg	20.21g	21.56g	4.04g		20.21g
Corn Frozen	1/2 cup (#8 scoop)	65.40	0.00g	0.000%	0.00mg	0.00g	15.46g	1.63g		2.38g
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

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## 11/6/2017 Beer Middle School - Lunch

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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	43.52	0.00g	0.000%	58.78mg	0.00g	9.34g	2.90g		2.92g
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
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
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
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	159.16	0.45g *	2.532% *	209.89mg *	3.24g *	8.47g *	0.56g *		18.16g *
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

## 11/8/2017 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

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 1, 2017 through December 1, 2017

11/8/2017 **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
Big Daddy Primo Four Cheese Pizza	1 Big Daddy Primo Four Cheese Pizza	370.00	7.00g	17.027%	500.00mg	15.00g	36.00g	3.00g		21.00g
Big daddys primo pepperoni pizza	1	405.00	8.00g	17.778%	615.00mg	18.25g	36.00g	3.00g		22.50g
Black Bean Confetti Salad	1/2 cup	132.66	0.33g	2.260%	423.18mg	3.26g	20.97g	6.22g		6.04g
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	445.75	6.48g	13.093%	742.40mg	11.96g	46.03g	9.71g		33.41g
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 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
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	43.52	0.00g	0.000%	58.78mg	0.00g	9.34g	2.90g		2.92g

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



# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 1, 2017 through December 1, 2017

## 11/8/2017 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
Pickled Beets	.5 cup	111.11	0.00g	0.000%	345.17mg	0.00g	25.25g	2.00g		0.02g *
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	159.16	0.45g *	2.532% *	209.89mg *	3.24g *	8.47g *	0.56g *		18.16g *
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

## 11/9/2017 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 Daddy Primo Four Cheese Pizza	1 Big Daddy Primo Four Cheese Pizza	370.00	7.00g	17.027%	500.00mg	15.00g	36.00g	3.00g		21.00g
Big daddys primo pepperoni pizza	1	405.00	8.00g	17.778%	615.00mg	18.25g	36.00g	3.00g		22.50g
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  
November 1, 2017 through December 1, 2017

11/9/2017 **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	445.75	6.48g	13.093%	742.40mg	11.96g	46.03g	9.71g		33.41g
Corn Frozen	1/2 cup (#8 scoop)	65.40	0.00g	0.000%	0.00mg	0.00g	15.46g	1.63g		2.38g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
High School Chicken Bowl-mashed potatoes	1	613.10	2.93g	4.307%	1212.24mg	21.10g	77.02g	4.45g		24.43g
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	43.52	0.00g	0.000%	58.78mg	0.00g	9.34g	2.90g		2.92g
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 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
Parmesan Roasted Broccoli and Onions	1/2 cup	53.27	1.00g	16.895%	48.63mg	3.00g	4.09g	0.25g		2.09g
Soybutter Meal	1	470.00	6.00g	11.489%	500.00mg	22.50g	48.00g	5.00g		19.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 1, 2017 through December 1, 2017

## 11/9/2017 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>
Tuna Salad Sandwich	1/2 cup	159.16	0.45g *	2.532% *	209.89mg *	3.24g *	8.47g *	0.56g *		18.16g *
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

## 11/13/2017 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 Reduced Beef Tacos (MISD)	2	409.84 *	11.00g	24.149%	690.76mg	19.39g	38.86g	7.29g		25.38g
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 Daddy Primo Four Cheese Pizza	1 Big Daddy Primo Four Cheese Pizza	370.00	7.00g	17.027%	500.00mg	15.00g	36.00g	3.00g		21.00g
Big daddys primo pepperoni pizza	1	405.00	8.00g	17.778%	615.00mg	18.25g	36.00g	3.00g		22.50g
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
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	445.75	6.48g	13.093%	742.40mg	11.96g	46.03g	9.71g		33.41g
Cherry Tomato Salad	.5	44.33	0.45g	9.082%	6.14mg	3.24g	3.56g	0.66g *		0.67g
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  
November 1, 2017 through December 1, 2017

## 11/13/2017 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 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	43.52	0.00g	0.000%	58.78mg	0.00g	9.34g	2.90g		2.92g
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
Refried Beans Canned	1/2 cup ( #8Scoop)	86.11	0.96g	10.000%	468.83mg	1.91g	15.31g	3.83g		5.74g
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	159.16	0.45g *	2.532% *	209.89mg *	3.24g *	8.47g *	0.56g *		18.16g *
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

## 11/14/2017 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 *

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 1, 2017 through December 1, 2017

11/14/2017 **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 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 Daddy Primo Four Cheese Pizza	1 Big Daddy Primo Four Cheese Pizza	370.00	7.00g	17.027%	500.00mg	15.00g	36.00g	3.00g		21.00g
Big daddys primo pepperoni pizza	1	405.00	8.00g	17.778%	615.00mg	18.25g	36.00g	3.00g		22.50g
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
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	445.75	6.48g	13.093%	742.40mg	11.96g	46.03g	9.71g		33.41g
Chickpea and Tomato Salad	.5 cup	422.04	3.22g	6.876%	710.43mg	24.16g	35.46g	7.61g		8.84g
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. Taco Salad Bar	1	549.54	10.39g	17.018%	767.35mg	30.89g	55.02g	10.17g *		26.78g
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	43.52	0.00g	0.000%	58.78mg	0.00g	9.34g	2.90g		2.92g
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"

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 1, 2017 through December 1, 2017

## 11/14/2017 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
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
Soybutter Meal	1	470.00	6.00g	11.489%	500.00mg	22.50g	48.00g	5.00g		19.00g
Strawberry Apple I Mousse /w on top	4 oz	81.30	3.36g	37.195%	33.15mg	3.73g	12.32g	0.41g		0.31g
Tuna Salad Sandwich	1/2 cup	159.16	0.45g *	2.532% *	209.89mg *	3.24g *	8.47g *	0.56g *		18.16g *
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 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

## 11/15/2017 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 Daddy Primo Four Cheese Pizza	1 Big Daddy Primo Four Cheese Pizza	370.00	7.00g	17.027%	500.00mg	15.00g	36.00g	3.00g		21.00g
Big daddys primo pepperoni pizza	1	405.00	8.00g	17.778%	615.00mg	18.25g	36.00g	3.00g		22.50g
Blueberry Yogurt Prafait	.5 cup	82.80	0.13g	1.359%	14.59mg	0.92g	18.78g	2.93g *		1.61g
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  
November 1, 2017 through December 1, 2017

11/15/2017 **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	445.75	6.48g	13.093%	742.40mg	11.96g	46.03g	9.71g		33.41g
Elem Pumpkin Pudding	.5 cup	87.85	0.37g	3.800%	155.09mg	0.62g	16.68g	0.95g		2.45g
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
Green Beans - Frozen	.5 cup	19.00	0.00g	0.000%	6.12mg	0.00g	4.00g	2.00g		0.70g
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
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	43.52	0.00g	0.000%	58.78mg	0.00g	9.34g	2.90g		2.92g
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
Oven Baked Turkey	2.5	176.00	2.40g	12.273%	773.42mg	6.80g	4.00g	0.00g		24.80g
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	159.16	0.45g *	2.532% *	209.89mg *	3.24g *	8.47g *	0.56g *		18.16g *

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 1, 2017 through December 1, 2017

## 11/15/2017 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>
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

## 11/16/2017 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 Daddy Primo Four Cheese Pizza	1 Big Daddy Primo Four Cheese Pizza	370.00	7.00g	17.027%	500.00mg	15.00g	36.00g	3.00g		21.00g
Big daddys primo pepperoni pizza	1	405.00	8.00g	17.778%	615.00mg	18.25g	36.00g	3.00g		22.50g
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
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	445.75	6.48g	13.093%	742.40mg	11.96g	46.03g	9.71g		33.41g
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	43.52	0.00g	0.000%	58.78mg	0.00g	9.34g	2.90g		2.92g

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



# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 1, 2017 through December 1, 2017

## 11/16/2017 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
Roasted Broccoli	1/2 cup	54.90	0.46g	7.494%	10.57mg	3.20g	5.28g	3.17g		3.17g
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	159.16	0.45g *	2.532% *	209.89mg *	3.24g *	8.47g *	0.56g *		18.16g *
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

## 11/17/2017 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 Daddy Primo Four Cheese Pizza	1 Big Daddy Primo Four Cheese Pizza	370.00	7.00g	17.027%	500.00mg	15.00g	36.00g	3.00g		21.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 1, 2017 through December 1, 2017

11/17/2017 **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>
Big daddys primo pepperoni pizza	1	405.00	8.00g	17.778%	615.00mg	18.25g	36.00g	3.00g		22.50g
Big daddys primo veggie pizza	1	375.90	7.01g	16.774%	502.60mg	15.04g	37.29g	3.41g		21.33g
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	445.75	6.48g	13.093%	742.40mg	11.96g	46.03g	9.71g		33.41g
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)	123.38	0.00g	0.000%	53.44mg	0.00g	31.75g	2.40g		0.00g
GFS Far East Vegetable Blend	1/2 cup	0.00	0.00g	N/A	36.58mg	0.00g	6.10g	2.44g		1.22g
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
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	43.52	0.00g	0.000%	58.78mg	0.00g	9.34g	2.90g		2.92g
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"

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 1, 2017 through December 1, 2017

## 11/17/2017 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
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
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	159.16	0.45g *	2.532% *	209.89mg *	3.24g *	8.47g *	0.56g *		18.16g *
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 Pollock Sandwich	each	166.78	1.51g	8.148%	336.78mg	4.07g	26.16g	5.02g		8.69g

## 11/20/2017 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 Daddy Primo Four Cheese Pizza	1 Big Daddy Primo Four Cheese Pizza	370.00	7.00g	17.027%	500.00mg	15.00g	36.00g	3.00g		21.00g
Big daddys primo pepperoni pizza	1	405.00	8.00g	17.778%	615.00mg	18.25g	36.00g	3.00g		22.50g
Breaded Chicken Sandwich	1	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Broccoli Cuts - Frozen	1/2 cup (#8 scoop)	32.05	0.00g	0.000%	12.33mg	0.00g	6.16g	3.70g		3.70g
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

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 1, 2017 through December 1, 2017

11/20/2017 **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	445.75	6.48g	13.093%	742.40mg	11.96g	46.03g	9.71g		33.41g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
Italian Sub	1	430.61	7.13g *	15.369%	1965.16mg	18.51g	34.14g	4.63g		32.05g
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	43.52	0.00g	0.000%	58.78mg	0.00g	9.34g	2.90g		2.92g
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
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	159.16	0.45g *	2.532% *	209.89mg *	3.24g *	8.47g *	0.56g *		18.16g *
Vegetarian Beans Canned	1/2 cup ( #8Scoop)	145.08	0.00g	0.000%	553.69mg	0.00g	29.70g	6.11g		7.12g *

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 1, 2017 through December 1, 2017

## 11/20/2017 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>
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 Chicken Quesadilla	1 Whole Grain Chicken Quesadilla	320.00	2.50g	7.031%	770.00mg	11.00g	38.00g	4.00g		18.00g

## 11/27/2017 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 Daddy Primo Four Cheese Pizza	1 Big Daddy Primo Four Cheese Pizza	370.00	7.00g	17.027%	500.00mg	15.00g	36.00g	3.00g		21.00g
Big daddys primo pepperoni pizza	1	405.00	8.00g	17.778%	615.00mg	18.25g	36.00g	3.00g		22.50g
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
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	445.75	6.48g	13.093%	742.40mg	11.96g	46.03g	9.71g		33.41g
chicken tender hot and spicy	4 tenders	350.32	4.04g	10.385%	525.47mg	20.21g	21.56g	4.04g		20.21g
Corn Frozen	1/2 cup (#8 scoop)	65.40	0.00g	0.000%	0.00mg	0.00g	15.46g	1.63g		2.38g
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  
November 1, 2017 through December 1, 2017

11/27/2017 **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>
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
Middle School Side Salad	1	43.52	0.00g	0.000%	58.78mg	0.00g	9.34g	2.90g		2.92g
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
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
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
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	159.16	0.45g *	2.532% *	209.89mg *	3.24g *	8.47g *	0.56g *		18.16g *
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

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 1, 2017 through December 1, 2017

11/28/2017 **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 Daddy Primo Four Cheese Pizza	1 Big Daddy Primo Four Cheese Pizza	370.00	7.00g	17.027%	500.00mg	15.00g	36.00g	3.00g		21.00g
Big daddys primo pepperoni pizza	1	405.00	8.00g	17.778%	615.00mg	18.25g	36.00g	3.00g		22.50g
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
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	445.75	6.48g	13.093%	742.40mg	11.96g	46.03g	9.71g		33.41g
Elem Tomato and Cucumber Salad	.5 cup	85.63	2.18g	22.900%	222.96mg	4.95g	6.43g	1.05g		4.50g
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
Mexican Rice Bowl	1	390.28	3.94g	9.080%	976.95mg	15.64g	45.40g	5.50g		27.28g
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	43.52	0.00g	0.000%	58.78mg	0.00g	9.34g	2.90g		2.92g
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  
November 1, 2017 through December 1, 2017

## 11/28/2017 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 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
Refried Beans Canned	1/2 cup ( #8Scoop)	86.11	0.96g	10.000%	468.83mg	1.91g	15.31g	3.83g		5.74g
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	159.16	0.45g *	2.532% *	209.89mg *	3.24g *	8.47g *	0.56g *		18.16g *
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

## 11/29/2017 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 Daddy Primo Four Cheese Pizza	1 Big Daddy Primo Four	370.00	7.00g	17.027%	500.00mg	15.00g	36.00g	3.00g		21.00g

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



# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 1, 2017 through December 1, 2017

11/29/2017 **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 Pizza										
Big daddys primo pepperoni pizza	1	405.00	8.00g	17.778%	615.00mg	18.25g	36.00g	3.00g		22.50g
Black Bean Confetti Salad	1/2 cup	132.66	0.33g	2.260%	423.18mg	3.26g	20.97g	6.22g		6.04g
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	445.75	6.48g	13.093%	742.40mg	11.96g	46.03g	9.71g		33.41g
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 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. #6 scoop heaping	300.00	8.10g	24.300%	758.00mg	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	43.52	0.00g	0.000%	58.78mg	0.00g	9.34g	2.90g		2.92g
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

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 1, 2017 through December 1, 2017

## 11/29/2017 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>
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
Pickled Beets	.5 cup	111.11	0.00g	0.000%	345.17mg	0.00g	25.25g	2.00g		0.02g *
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	159.16	0.45g *	2.532% *	209.89mg *	3.24g *	8.47g *	0.56g *		18.16g *
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

## 11/30/2017 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 Daddy Primo Four Cheese Pizza	1 Big Daddy Primo Four Cheese Pizza	370.00	7.00g	17.027%	500.00mg	15.00g	36.00g	3.00g		21.00g
Big daddys primo pepperoni pizza	1	405.00	8.00g	17.778%	615.00mg	18.25g	36.00g	3.00g		22.50g
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
Chef Salad - Chicken	1 each	428.34	2.31g	4.861%	446.84mg	14.16g	52.21g	13.32g		40.14g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 1, 2017 through December 1, 2017

11/30/2017 **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>
ChefSalad - All Veggies	1	445.75	6.48g	13.093%	742.40mg	11.96g	46.03g	9.71g		33.41g
Corn Frozen	1/2 cup (#8 scoop)	65.40	0.00g	0.000%	0.00mg	0.00g	15.46g	1.63g		2.38g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
High School Chicken Bowl-mashed potatoes	1	613.10	2.93g	4.307%	1212.24mg	21.10g	77.02g	4.45g		24.43g
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	43.52	0.00g	0.000%	58.78mg	0.00g	9.34g	2.90g		2.92g
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 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
Parmesan Roasted Broccoli and Onions	1/2 cup	53.27	1.00g	16.895%	48.63mg	3.00g	4.09g	0.25g		2.09g
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	159.16	0.45g *	2.532% *	209.89mg *	3.24g *	8.47g *	0.56g *		18.16g *
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  
November 1, 2017 through December 1, 2017

## 11/30/2017 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

## 12/1/2017 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
Big Daddy Primo Four Cheese Pizza	1 Big Daddy Primo Four Cheese Pizza	370.00	7.00g	17.027%	500.00mg	15.00g	36.00g	3.00g		21.00g
Big daddys primo pepperoni pizza	1	405.00	8.00g	17.778%	615.00mg	18.25g	36.00g	3.00g		22.50g
Breaded Chicken Sandwich	1	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Carrots frozen	1/2 cup (#8 scoop)	36.68	0.00g	0.000%	58.42mg	1.36g	8.15g	2.72g		1.09g
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	445.75	6.48g	13.093%	742.40mg	11.96g	46.03g	9.71g		33.41g
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
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

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 1, 2017 through December 1, 2017

12/1/2017 **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	43.52	0.00g	0.000%	58.78mg	0.00g	9.34g	2.90g		2.92g
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
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	159.16	0.45g *	2.532% *	209.89mg *	3.24g *	8.47g *	0.56g *		18.16g *
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 Pollock Sandwich	each	166.78	1.51g	8.148%	336.78mg	4.07g	26.16g	5.02g		8.69g

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