

Recipe Nutrition Summary

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

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

11/1/2017 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 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 juice	1/2 cup	60.33	0.00g	0.000%	3.33mg	0.00g	14.33g	0.00g		0.00g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
BROCCOLI,RAW	1/2 cup	12.00	0.00g	0.000%	12.00mg	0.00g	2.00g	0.00g		1.00g
Despicable Me Honey Graham Crackers	1 pkt Graham	140.00	1.50g	9.643%	110.00mg	4.50g	22.00g	2.00g		2.00g
Elementary Taco Salad Bar	1 Salad	429.60	4.96g	10.397%	786.09mg	20.69g	48.04g	8.69g		19.69g
fruited jello	1/2 cup (#8 scoop)	123.38	0.00g	0.000%	53.44mg	0.00g	31.75g	2.40g		0.00g
Johnny Marzetti_USDA beef Crumble	1	378.82	10.07g	23.922%	527.17mg	17.84g	32.28g	6.67g		17.73g
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

11/2/2017 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>
3 Grain Harvest Roll	roll	88.25	0.40g	4.347%	145.59mg	2.02g	14.77g	1.36g		2.81g
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

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

Recipe Nutrition Summary

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11/2/2017 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 juice	1/2 cup	60.33	0.00g	0.000%	3.33mg	0.00g	14.33g	0.00g		0.00g
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	253.81	2.76g	9.783%	375.20mg	14.35g	15.45g	2.21g		15.45g
Elementary Turkey Salad Bar	1 Salad	381.30	4.28g	10.094%	1301.22mg	12.94g	41.17g	5.02g		25.34g
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
raisin	1 raisin	113.00	0.00g	0.000%	4.18mg	0.00g	30.00g	1.50g		1.10g
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 Whole Grain Cheddar Goldfish Crackers	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g

11/3/2017 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 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 juice	1/2 cup	60.33	0.00g	0.000%	3.33mg	0.00g	14.33g	0.00g		0.00g
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	336.05	3.88g	10.381%	820.53mg	12.72g	36.12g	7.02g		25.52g
Fiestada	1 Fiestada	360.00	6.00g	15.000%	760.00mg	14.00g	42.00g	5.00g		17.00g
Green Beans Canned	1	33.99	0.00g	0.000%	412.73mg	0.00g	4.86g	0.00g		0.00g

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Recipe Nutrition Summary

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11/3/2017 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>
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
Peach Yogurt Prafait	.5 cup	93.00	0.13g	1.210%	19.13mg	0.19g	22.88g	2.00g *		1.88g
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 Whole Grain Cheddar Goldfish Crackers	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g

11/6/2017 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 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 juice	1/2 cup	60.33	0.00g	0.000%	3.33mg	0.00g	14.33g	0.00g		0.00g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
cheese, sliced yellow	1 slice	53.00	2.50g	42.453%	146.50mg	4.50g	0.50g	0.00g		3.00g
Elem Salad Bar with Yogurt & Cheese Stick	1 Salad	380.05	5.28g	12.495%	1064.73mg	13.02g	51.12g	7.02g		20.12g
Hamburger Patty	1 Hamburger Patty	120.00	3.50g	26.250%	120.00mg	8.00g	1.00g	1.00g		13.00g
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
Mixed Fruit	1/2 cup (#8Scoop)	67.57	0.00g	0.000%	7.51mg	0.00g	17.89g	1.19g		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
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g

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11/6/2017 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>
Sweet Potato Fries	oven baked .5	186.67	0.00g	0.000%	173.33mg	5.33g	32.00g	4.00g		1.07g
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 Whole Grain Cheddar Goldfish Crackers	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

11/8/2017 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>
3 Grain Harvest Roll	roll	88.25	0.40g	4.347%	145.59mg	2.02g	14.77g	1.36g		2.81g
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 juice	1/2 cup	60.33	0.00g	0.000%	3.33mg	0.00g	14.33g	0.00g		0.00g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Copy of Roasted Broccoli	1/2 cup	54.90	0.46g	7.494%	10.57mg	3.20g	5.28g	3.17g		3.17g
Elementary Taco Salad Bar	1 Salad	429.60	4.96g	10.397%	786.09mg	20.69g	48.04g	8.69g		19.69g
fruited jello	1/2 cup (#8 scoop)	123.38	0.00g	0.000%	53.44mg	0.00g	31.75g	2.40g		0.00g
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
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	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, 2017 through December 1, 2017

11/8/2017 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>
Crackers										

11/9/2017 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 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 juice	1/2 cup	60.33	0.00g	0.000%	3.33mg	0.00g	14.33g	0.00g		0.00g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Chicken nuggets	1 serving of 5	240.00	2.50g	9.375%	470.00mg	14.00g	16.00g	3.00g		13.00g
Elem Pumpkin Pudding	.5 cup	87.85	0.37g	3.800%	155.09mg	0.62g	16.68g	0.95g		2.45g
Elementary Turkey Salad Bar	1 Salad	381.30	4.28g	10.094%	1301.22mg	12.94g	41.17g	5.02g		25.34g
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
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 Cheddar Goldfish Crackers	1 Whole Grain Cheddar Goldfish Crackers	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g
Whole Grain Goldfish Graham	1 Whole Grain Goldfish Graham	120.00	1.00g	7.500%	70.00mg	4.00g	19.00g	1.00g		2.00g

11/13/2017 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 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

11/13/2017 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 Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
Assorted juice	1/2 cup	60.33	0.00g	0.000%	3.33mg	0.00g	14.33g	0.00g		0.00g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Elem Salad Bar with Yogurt & Cheese Stick	1 Salad	380.05	5.28g	12.495%	1064.73mg	13.02g	51.12g	7.02g		20.12g
Meat & Cheese Nachos	1	461.61	7.39g	14.413%	862.81mg	24.73g	44.39g	5.89g		21.62g
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	62.00	0.00g	0.000%	4.00mg	0.00g	16.00g	2.00g		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
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
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 Cheddar Goldfish Crackers	1 Whole Grain Cheddar Goldfish Crackers	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g

11/14/2017 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 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 juice	1/2 cup	60.33	0.00g	0.000%	3.33mg	0.00g	14.33g	0.00g		0.00g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Elementary Hummus & Greek Salad Bar	1 Salad	359.31	3.77g	9.443%	787.88mg	11.58g	48.07g	5.98g		8.99g

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11/14/2017 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>
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
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
Roasted Broccoli	1/2 cup	54.90	0.46g	7.494%	10.57mg	3.20g	5.28g	3.17g		3.17g
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 Whole Grain Cheddar Goldfish Crackers	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

11/15/2017 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>
3 Grain Harvest Roll	roll	88.25	0.40g	4.347%	145.59mg	2.02g	14.77g	1.36g		2.81g
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 juice	1/2 cup	60.33	0.00g	0.000%	3.33mg	0.00g	14.33g	0.00g		0.00g
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	429.60	4.96g	10.397%	786.09mg	20.69g	48.04g	8.69g		19.69g
Foothill Farms Brown Gravy Mix	0.25 cup	20.67	0.00g	0.000%	333.11mg	0.00g	4.13g	0.00g		0.00g
Harvest Cookie	1 Harvest Cookie	160.00	5.00g	28.125%	85.00mg	9.00g	17.00g	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

11/15/2017 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>
Mashed Potatoes	1/2 cup	73.69	0.10g	1.221%	16.96mg	0.72g	15.35g	1.22g		1.45g
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	2.5	176.00	2.40g	12.273%	773.42mg	6.80g	4.00g	0.00g		24.80g
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	1/2 cup	65.95	0.00g	0.000%	6.19mg	0.00g	16.76g	2.06g *		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

11/16/2017 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 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 juice	1/2 cup	60.33	0.00g	0.000%	3.33mg	0.00g	14.33g	0.00g		0.00g
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	381.30	4.28g	10.094%	1301.22mg	12.94g	41.17g	5.02g		25.34g
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
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

* = 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 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
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
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 Whole Grain Cheddar Goldfish Crackers	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g

11/17/2017 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 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 juice	1/2 cup	60.33	0.00g	0.000%	3.33mg	0.00g	14.33g	0.00g		0.00g
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	336.05	3.88g	10.381%	820.53mg	12.72g	36.12g	7.02g		25.52g
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	29.00g	3.00g		15.00g
Green Beans Canned	1	33.99	0.00g	0.000%	412.73mg	0.00g	4.86g	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
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

* = 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 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>
Whole Grain Cheddar Goldfish Crackers	1 Whole Grain Cheddar Goldfish Crackers	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g

11/20/2017 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 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 juice	1/2 cup	60.33	0.00g	0.000%	3.33mg	0.00g	14.33g	0.00g		0.00g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
J&J Turkey Pretzel	1 J&J Turkey Pretzel	140.00	0.00g	0.000%	150.00mg	0.50g	30.00g	3.00g		5.00g
Jenni O Sweet BBQ turkey breast stick	1 stick	40.00	0.00g	0.000%	200.00mg	1.00g	0.00g	0.00g		8.00g
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 Carrots and Parsnips	1/2 cup	74.41	0.61g	7.364%	38.09mg	4.38g	8.63g	2.75g		0.70g
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/Kiwi Sidekick Slushie	1 Strawberry/Kiwi Sidekick Slushie	80.00	0.00g	0.000%	45.00mg	0.00g	20.00g	0.00g		0.00g
Ultimate Cheddar Cheese Sauce	3 oz	130.07	6.00g	41.538%	550.31mg	9.01g	4.00g	0.00g		8.00g
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 Whole Grain Cheddar Goldfish Crackers	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g

11/27/2017 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 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

11/27/2017 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 Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
Assorted juice	1/2 cup	60.33	0.00g	0.000%	3.33mg	0.00g	14.33g	0.00g		0.00g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
BROCCOLI,RAW	1/2 cup	12.00	0.00g	0.000%	12.00mg	0.00g	2.00g	0.00g		1.00g
Elem Salad Bar with Yogurt & Cheese Stick	1 Salad	380.05	5.28g	12.495%	1064.73mg	13.02g	51.12g	7.02g		20.12g
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
Mini Maple Pancakes	1 Mini Maple Pancakes	220.00	0.50g	2.045%	130.00mg	6.00g	39.00g	3.00g		4.00g
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
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
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 Whole Grain Cheddar Goldfish Crackers	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g

11/28/2017 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 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 juice	1/2 cup	60.33	0.00g	0.000%	3.33mg	0.00g	14.33g	0.00g		0.00g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Chickpea & Tomato Salad	1/2 cup	122.11	0.70g	5.152%	229.92mg	5.61g	12.10g	2.48g		3.05g
Elementary Hummus & Greek Salad Bar	1 Salad	359.31	3.77g	9.443%	787.88mg	11.58g	48.07g	5.98g		8.99g

* = 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 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>
LiveSmart Whole Grain Stuffed Cheese Stick	2 sticks	310.00	7.00g	20.323%	590.00mg	13.00g	31.00g	3.00g		18.00g
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
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
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 Whole Grain Cheddar Goldfish Crackers	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g

11/29/2017 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 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 juice	1/2 cup	60.33	0.00g	0.000%	3.33mg	0.00g	14.33g	0.00g		0.00g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Despicable Me Honey Graham Crackers	1 pkt Graham	140.00	1.50g	9.643%	110.00mg	4.50g	22.00g	2.00g		2.00g
Elementary Taco Salad Bar	1 Salad	429.60	4.96g	10.397%	786.09mg	20.69g	48.04g	8.69g		19.69g
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
Shepherd Pie_USDA Beef Crumble	8 ounces	236.02 *	4.28g *	16.327% *	275.05mg *	8.83g *	24.48g *	4.71g *		15.18g *

* = 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 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
Strawberry Mango Juice Slushie Cup	1 Slushie Cup	90.00	0.00g	0.000%	35.00mg	0.00g	22.00g	0.00g		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

11/30/2017 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>
3 Grain Harvest Roll	roll	88.25	0.40g	4.347%	145.59mg	2.02g	14.77g	1.36g		2.81g
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 juice	1/2 cup	60.33	0.00g	0.000%	3.33mg	0.00g	14.33g	0.00g		0.00g
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	253.81	2.76g	9.783%	375.20mg	14.35g	15.45g	2.21g		15.45g
Elementary Turkey Salad Bar	1 Salad	381.30	4.28g	10.094%	1301.22mg	12.94g	41.17g	5.02g		25.34g
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
raisin	1 raisin	113.00	0.00g	0.000%	4.18mg	0.00g	30.00g	1.50g		1.10g
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 Whole Grain Cheddar	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, 2017 through December 1, 2017

11/30/2017 **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>
Goldfish Crackers										

12/1/2017 **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 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 juice	1/2 cup	60.33	0.00g	0.000%	3.33mg	0.00g	14.33g	0.00g		0.00g
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	336.05	3.88g	10.381%	820.53mg	12.72g	36.12g	7.02g		25.52g
Fiestada	1 Fiestada	360.00	6.00g	15.000%	760.00mg	14.00g	42.00g	5.00g		17.00g
Green Beans Canned	1	33.99	0.00g	0.000%	412.73mg	0.00g	4.86g	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
Peach Yogurt Prafait	.5 cup	93.00	0.13g	1.210%	19.13mg	0.19g	22.88g	2.00g *		1.88g
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 Whole Grain Cheddar Goldfish Crackers	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"