

Recipe Nutrition Summary

for Warren Consolidated Schools
September 11, 2017 through September 15, 2017

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

9/11/2017 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
Elem Salad Bar with Yogurt & Cheese Stick	1 Salad	390.05	5.28g	12.175%	1069.73mg	13.02g	53.12g	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

9/12/2017 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

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

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9/12/2017 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 Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Cherry Tomato Salad	.5	44.33	0.45g	9.082%	6.14mg	3.24g	3.56g	0.66g *		0.67g
Elementary Hummus & Greek Salad Bar	1 Salad	324.31	3.77g	10.463%	785.49mg	11.58g	41.57g	5.76g		8.77g
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Peaches Diced Canned	.50 cup	68.00	0.00g	0.000%	6.00mg	0.00g	18.00g	2.00g		1.00g
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
WCS Made WG Bun	1 each	104.05	0.85g	7.818%	312.84mg	3.96g	14.69g	1.02g		2.62g
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

9/13/2017 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 *
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 Grilled Cheese on WCS Made Whole WHeat Bread	1	311.33	6.14g	17.580%	1164.00mg	13.12g	30.73g	3.17g		18.97g
Elementary Taco Salad Bar	1 Salad	429.60	4.96g	10.397%	786.09mg	20.69g	48.04g	8.69g		19.69g

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Recipe Nutrition Summary

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9/13/2017 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>
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
peas, green	1/2 cup (#8 scoop)	52.24	0.00g	0.000%	74.63mg	0.00g	8.96g	2.69g		3.96g
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 Soup 2014	1cup	59.56	0.22g	3.260%	98.54mg	0.37g	12.99g	2.85g *		2.28g *
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

9/14/2017 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
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 Bagei 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
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g

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

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9/14/2017 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>
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	80.00	0.00g	0.000%	65.00mg	0.00g	16.00g	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

9/15/2017 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>
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
Corn Frozen	1/2 cup (#8 scoop)	65.40	0.00g	0.000%	0.00mg	0.00g	15.46g	1.63g		2.38g
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
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"