

# Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2022 through June 17, 2022

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

## 6/1/2022 Beer Middle School - Lunch

|   | Serving Size                         | Calories | Saturated Fat | Calories from Saturated Fat (%) | Sodium    | Fat     | Carbs   | Dietary Fiber | Sugars | Protein |
|---|--------------------------------------|----------|---------------|---------------------------------|-----------|---------|---------|---------------|--------|---------|
| 1% lowfat white milk prairie farms              | 1 1% lowfat white milk prairie farms | 100.00   | N/A           | N/A                             | 120.00mg  | 2.50g   | 11.00g  | N/A           |        | 8.00g   |
| Assorted Canned Fruits                          | .5 cup                               | 59.30    | 0.00g         | 0.000%                          | 6.80mg    | 0.00g   | 15.62g  | 1.78g         |        | 0.22g   |
| Assorted Condiment-SCC                          | 1 oz                                 | 21.75    | 0.10g *       | 3.953% *                        | 297.56mg  | 0.61g   | 4.08g   | 0.39g *       |        | 0.21g * |
| Assorted fresh fruit                            | .5 cup                               | 41.83    | 0.02g         | 0.504%                          | 4.01mg    | 0.21g   | 10.62g  | 1.48g         |        | 0.59g   |
| Assorted Vegetables                             | .50 cup                              | 24.77    | 0.00g         | 0.000%                          | 45.86mg   | 0.00g   | 5.26g   | 1.87g         |        | 1.13g   |
| Borden Fat Free Chocolate Milk                  | 1 Carton                             | 120.00   | 0.00g         | 0.000%                          | 190.00mg  | 0.00g   | 20.00g  | 0.00g         |        | 9.00g   |
| 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  |
| Carrots & Corn                                  | 1/2 cup                              | 33.00 *  | 0.00g *       | 0.000% *                        | 0.00mg *  | 0.00g * | 7.80g * | 0.82g *       |        | 1.20g * |
| Chicken Chef Salad Middle School 2022 w/ 1 roll | 1                                    | 569.65   | 7.61g         | 12.030%                         | 845.91mg  | 9.92g * | 52.12g  | 12.18g        |        | 32.11g  |
| fruited jello                                   | 1/2 cup (#8 scoop)                   | 114.49   | N/A           | N/A                             | 38.42mg * | N/A     | 29.54g  | 1.10g *       |        | 0.37g * |
| Lunch juice                                     | 1/2 cup                              | 60.00    | 0.00g         | 0.000%                          | 7.50mg    | 0.00g   | 13.50g  | 0.00g         |        | 0.00g   |
| 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                       | 521.65   | 4.02g         | 6.944%                          | 875.74mg  | 16.67g  | 64.56g  | 11.60g        |        | 18.32g  |
| sauce, marinara                                 | 1 sauce, marinara                    | 60.00    | 0.00g         | 0.000%                          | 490.00mg  | 2.00g   | 9.00g   | 2.00g         |        | 2.00g   |
| Side Salad                                      | 1                                    | 38.23    | 0.00g         | 0.000%                          | 55.26mg   | 0.00g   | 8.06g   | 2.66g         |        | 2.68g   |
| Soybutter Meal                                  | 1                                    | 470.00   | 6.00g         | 11.489%                         | 570.00mg  | 22.50g  | 48.00g  | 5.00g         |        | 19.00g  |

## 6/2/2022 Beer Middle School - Lunch

|                                    | Serving Size                         | Calories | Saturated Fat | Calories from Saturated Fat (%) | Sodium   | Fat   | Carbs  | Dietary Fiber | Sugars | Protein |
|------------------------------------|--------------------------------------|----------|---------------|---------------------------------|----------|-------|--------|---------------|--------|---------|
| 1% lowfat white milk prairie farms | 1 1% lowfat white milk prairie farms | 100.00   | N/A           | N/A                             | 120.00mg | 2.50g | 11.00g | N/A           |        | 8.00g   |

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

# Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2022 through June 17, 2022

## 6/2/2022 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> |
|---|-------------------------------------|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| 51% WW Knickerbocker Dinner Roll                  | 1 Dinner Roll                       | 190.00          | 1.00g                | 4.737%                                 | 130.00mg      | 3.50g      | 24.00g       | 5.00g                |               | 7.00g          |
| Assorted Canned Fruits                            | .5 cup                              | 59.30           | 0.00g                | 0.000%                                 | 6.80mg        | 0.00g      | 15.62g       | 1.78g                |               | 0.22g          |
| Assorted Condiment-SCC                            | 1 oz                                | 21.75           | 0.10g *              | 3.953% *                               | 297.56mg      | 0.61g      | 4.08g        | 0.39g *              |               | 0.21g *        |
| Assorted fresh fruit                              | .5 cup                              | 41.83           | 0.02g                | 0.504%                                 | 4.01mg        | 0.21g      | 10.62g       | 1.48g                |               | 0.59g          |
| Assorted Vegetables                               | .50 cup                             | 24.77           | 0.00g                | 0.000%                                 | 45.86mg       | 0.00g      | 5.26g        | 1.87g                |               | 1.13g          |
| Borden Fat Free Chocolate Milk                    | 1 Carton                            | 120.00          | 0.00g                | 0.000%                                 | 190.00mg      | 0.00g      | 20.00g       | 0.00g                |               | 9.00g          |
| 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         |
| Cheese Quesadillas                                | 1                                   | 513.96          | 19.75g               | 32.835%                                | 693.22mg      | 31.39g     | 34.75g       | 4.16g                |               | 22.85g         |
| fat free white milk prairie farms                 | 1 fat free white milk prairie farms | 80.00           | N/A                  | N/A                                    | 120.00mg      | N/A        | 11.00g       | N/A                  |               | 8.00g          |
| Grilled Italian Sub                               | 1                                   | 425.90          | 7.12g *              | 15.515%                                | 2035.29mg     | 18.43g     | 32.85g       | 4.00g                |               | 32.32g         |
| Lunch juice                                       | 1/2 cup                             | 60.00           | 0.00g                | 0.000%                                 | 7.50mg        | 0.00g      | 13.50g       | 0.00g                |               | 0.00g          |
| Marinara Sauce                                    | 4 oz                                | 54.43           | 0.00g                | 0.000%                                 | 444.52mg      | 1.81g      | 8.16g        | 1.81g                |               | 1.81g          |
| Middle School Parfait with Banana Bread & Granola | 1                                   | 759.34          | 4.06g                | 4.809%                                 | 542.25mg      | 21.14g     | 129.81g      | 6.90g *              |               | 17.57g         |
| Side Salad  | 1                                   | 38.23           | 0.00g                | 0.000%                                 | 55.26mg       | 0.00g      | 8.06g        | 2.66g                |               | 2.68g          |
| Turkey & Cheese Sub 2022 w/ knickerbock Sub Bun   | 1                                   | 381.25          | 5.51g *              | 13.011% *                              | 819.96mg      | 14.59g     | 25.70g       | 4.58g                |               | 23.76g         |
| Veggie Chef Salad Middle School - 2022 w/ 1 roll  | 1                                   | 387.15          | 4.75g                | 11.038%                                | 457.91mg      | 11.73g     | 37.68g       | 9.18g                |               | 25.40g         |

## 6/3/2022 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> |
|------------------------------------|--------------------------------------|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| 1% lowfat white milk prairie farms | 1 1% lowfat white milk prairie farms | 100.00          | N/A                  | N/A                                    | 120.00mg      | 2.50g      | 11.00g       | N/A                  |               | 8.00g          |
| Assorted Canned Fruits             | .5 cup                               | 59.30           | 0.00g                | 0.000%                                 | 6.80mg        | 0.00g      | 15.62g       | 1.78g                |               | 0.22g          |

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

# Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2022 through June 17, 2022

6/3/2022 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 fresh fruit                                 | .5 cup                              | 41.83           | 0.02g                | 0.504%                                 | 4.01mg        | 0.21g      | 10.62g       | 1.48g                |               | 0.59g          |
| Assorted Vegetables                                  | .50 cup                             | 24.77           | 0.00g                | 0.000%                                 | 45.86mg       | 0.00g      | 5.26g        | 1.87g                |               | 1.13g          |
| bean, vegetarian                                     | 1 /2 cup                            | 130.00          | 0.00g                | 0.000%                                 | 473.00mg      | 0.00g      | 26.00g       | 6.00g                |               | 7.00g          |
| Borden Fat Free Chocolate Milk                       | 1 Carton                            | 120.00          | 0.00g                | 0.000%                                 | 190.00mg      | 0.00g      | 20.00g       | 0.00g                |               | 9.00g          |
| Chicken Chef Salad Middle School 2022 w/ 1 roll      | 1                                   | 569.65          | 7.61g                | 12.030%                                | 845.91mg      | 9.92g *    | 52.12g       | 12.18g               |               | 32.11g         |
| HS Fish Sandwich                                     | 1                                   | 320.00          | 1.00g                | 2.813%                                 | 355.00mg      | 9.00g      | 41.00g       | 6.00g                |               | 21.00g         |
| Lunch juice  | 1/2 cup                             | 60.00           | 0.00g                | 0.000%                                 | 7.50mg        | 0.00g      | 13.50g       | 0.00g                |               | 0.00g          |
| Morning Star Spicy Black Bean Burger                 | 1 Burger                            | 290.00          | 1.00g                | 3.103%                                 | 535.00mg      | 9.00g      | 40.00g       | 10.00g               |               | 19.00g         |
| MS Chicken Parm Sandwich                             | 1                                   | 201.54          | 3.11g                | 13.903%                                | 642.59mg      | 6.40g      | 24.22g       | 3.56g                |               | 12.03g         |
| MS hummus loco                                       | 1 hummus plate                      | 521.65          | 4.02g                | 6.944%                                 | 875.74mg      | 16.67g     | 64.56g       | 11.60g               |               | 18.32g         |
| Orange Juice   | 1 juice, orange 100% fresh          | 61.00           | 0.00g                | 0.000%                                 | 0.00mg        | 0.00g      | 14.00g       | 0.00g                |               | 0.00g          |
| Side Salad   | 1                                   | 38.23           | 0.00g                | 0.000%                                 | 55.26mg       | 0.00g      | 8.06g        | 2.66g                |               | 2.68g          |
| Soybutter Meal                                       | 1                                   | 470.00          | 6.00g                | 11.489%                                | 570.00mg      | 22.50g     | 48.00g       | 5.00g                |               | 19.00g         |
| tomato, cherry                                       | 1                                   | 21.00           | 0.00g                | 0.000%                                 | 8.80mg        | 0.00g      | 4.90g        | 0.98g                |               | 1.00g          |
| Tony's Cheese French Bread Pizza, 50/50 Cheese Blend | 1 Pizza                             | 290.00          | 4.00g                | 12.414%                                | 440.00mg      | 11.00g     | 33.00g       | 0.00g                |               | 17.00g         |
| 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         |

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# Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2022 through June 17, 2022

## 6/6/2022 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> |
|---|--------------------------------------|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| 1% lowfat white milk prairie farms              | 1 1% lowfat white milk prairie farms | 100.00          | N/A                  | N/A                                    | 120.00mg      | 2.50g      | 11.00g       | N/A                  |               | 8.00g          |
| 51% WW Knickerbocker Dinner Roll                | 1 Dinner Roll                        | 190.00          | 1.00g                | 4.737%                                 | 130.00mg      | 3.50g      | 24.00g       | 5.00g                |               | 7.00g          |
| Assorted Canned Fruits                          | .5 cup                               | 59.30           | 0.00g                | 0.000%                                 | 6.80mg        | 0.00g      | 15.62g       | 1.78g                |               | 0.22g          |
| Assorted Condiment-SCC                          | 1 oz                                 | 21.75           | 0.10g *              | 3.953% *                               | 297.56mg      | 0.61g      | 4.08g        | 0.39g *              |               | 0.21g *        |
| Assorted fresh fruit                            | .5 cup                               | 41.83           | 0.02g                | 0.504%                                 | 4.01mg        | 0.21g      | 10.62g       | 1.48g                |               | 0.59g          |
| Assorted Vegetables                             | .50 cup                              | 24.77           | 0.00g                | 0.000%                                 | 45.86mg       | 0.00g      | 5.26g        | 1.87g                |               | 1.13g          |
| Borden Fat Free Chocolate Milk                  | 1 Carton                             | 120.00          | 0.00g                | 0.000%                                 | 190.00mg      | 0.00g      | 20.00g       | 0.00g                |               | 9.00g          |
| Carrots frozen                                  | 1/2 cup (#8 scoop)                   | 36.68           | 0.00g                | 0.000%                                 | 58.42mg       | 1.36g      | 8.15g        | 2.72g                |               | 1.09g          |
| Chicken Chef Salad Middle School 2022 w/ 1 roll | 1                                    | 569.65          | 7.61g                | 12.030%                                | 845.91mg      | 9.92g *    | 52.12g       | 12.18g               |               | 32.11g         |
| fat free white milk prairie farms               | 1 fat free white milk prairie farms  | 80.00           | N/A                  | N/A                                    | 120.00mg      | N/A        | 11.00g       | N/A                  |               | 8.00g          |
| Lunch juice                                     | 1/2 cup                              | 60.00           | 0.00g                | 0.000%                                 | 7.50mg        | 0.00g      | 13.50g       | 0.00g                |               | 0.00g          |
| Macaroni and Cheese Whole Grain/elbow           | 6 oz                                 | 299.99          | N/A                  | N/A                                    | 659.99mg      | 15.00g     | 27.00g       | 2.00g                |               | 16.00g         |
| MS hummus loco                                  | 1 hummus plate                       | 521.65          | 4.02g                | 6.944%                                 | 875.74mg      | 16.67g     | 64.56g       | 11.60g               |               | 18.32g         |
| Par Baked Pizza Big Daddy's Middle School       | 1 slice                              | 360.00          | 8.00g                | 20.000%                                | 490.00mg      | 16.00g     | 35.00g       | 4.00g                |               | 18.00g         |
| Side Salad                                      | 1                                    | 38.23           | 0.00g                | 0.000%                                 | 55.26mg       | 0.00g      | 8.06g        | 2.66g                |               | 2.68g          |
| Soybutter Meal                                  | 1                                    | 470.00          | 6.00g                | 11.489%                                | 570.00mg      | 22.50g     | 48.00g       | 5.00g                |               | 19.00g         |

## 6/7/2022 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> |
|------------------------------------|--------------------------------------|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| 1% lowfat white milk prairie farms | 1 1% lowfat white milk prairie farms | 100.00          | N/A                  | N/A                                    | 120.00mg      | 2.50g      | 11.00g       | N/A                  |               | 8.00g          |
| Assorted Canned Fruits             | .5 cup                               | 59.30           | 0.00g                | 0.000%                                 | 6.80mg        | 0.00g      | 15.62g       | 1.78g                |               | 0.22g          |

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

# Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2022 through June 17, 2022

## 6/7/2022 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 fresh fruit                              | .5 cup                              | 41.83           | 0.02g                | 0.504%                                 | 4.01mg        | 0.21g      | 10.62g       | 1.48g                |               | 0.59g          |
| Assorted Vegetables                               | .50 cup                             | 24.77           | 0.00g                | 0.000%                                 | 45.86mg       | 0.00g      | 5.26g        | 1.87g                |               | 1.13g          |
| Borden Fat Free Chocolate Milk                    | 1 Carton                            | 120.00          | 0.00g                | 0.000%                                 | 190.00mg      | 0.00g      | 20.00g       | 0.00g                |               | 9.00g          |
| broccoli salad                                    | .50 cup                             | 192.74          | 0.01g                | 0.042%                                 | 130.12mg      | 4.16g      | 37.46g       | 1.94g                |               | 1.72g          |
| fat free white milk prairie farms                 | 1 fat free white milk prairie farms | 80.00           | N/A                  | N/A                                    | 120.00mg      | N/A        | 11.00g       | N/A                  |               | 8.00g          |
| Grilled Italian Sub                               | 1                                   | 425.90          | 7.12g *              | 15.515% *                              | 2035.29mg     | 18.43g     | 32.85g       | 4.00g                |               | 32.32g         |
| Lunch juice                                       | 1/2 cup                             | 60.00           | 0.00g                | 0.000%                                 | 7.50mg        | 0.00g      | 13.50g       | 0.00g                |               | 0.00g          |
| Middle School Parfait with Banana Bread & Granola | 1                                   | 759.34          | 4.06g                | 4.809%                                 | 542.25mg      | 21.14g     | 129.81g      | 6.90g *              |               | 17.57g         |
| Side Salad  | 1                                   | 38.23           | 0.00g                | 0.000%                                 | 55.26mg       | 0.00g      | 8.06g        | 2.66g                |               | 2.68g          |
| SuperPretzel Pre-Baked Whole Wheat Soft Pretzels  | 1 Pretzel                           | 150.00          | 0.00g                | 0.000%                                 | 140.00mg      | 1.00g      | 30.00g       | 3.00g                |               | 5.00g          |
| Turkey & Cheese Sub 2022 w/ knickerbock Sub Bun   | 1                                   | 381.25          | 5.51g *              | 13.011% *                              | 819.96mg      | 14.59g     | 25.70g       | 4.58g                |               | 23.76g         |
| Ultimate Cheddar Cheese Sauce_6oz                 | 6 oz                                | 260.15          | 12.01g               | 41.538%                                | 1100.63mg     | 18.01g     | 8.00g        | 0.00g                |               | 16.01g         |
| Veggie Chef Salad Middle School - 2022 w/ 1 roll  | 1                                   | 387.15          | 4.75g                | 11.038%                                | 457.91mg      | 11.73g     | 37.68g       | 9.18g                |               | 25.40g         |

## 6/8/2022 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> |
|------------------------------------|--------------------------------------|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| 1% lowfat white milk prairie farms | 1 1% lowfat white milk prairie farms | 100.00          | N/A                  | N/A                                    | 120.00mg      | 2.50g      | 11.00g       | N/A                  |               | 8.00g          |
| Assorted Canned Fruits             | .5 cup                               | 59.30           | 0.00g                | 0.000%                                 | 6.80mg        | 0.00g      | 15.62g       | 1.78g                |               | 0.22g          |
| 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"

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for Warren Consolidated Schools

June 1, 2022 through June 17, 2022

## 6/8/2022 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 fresh fruit                             | .5 cup                       | 41.83           | 0.02g                | 0.504%                                 | 4.01mg        | 0.21g      | 10.62g       | 1.48g                |               | 0.59g          |
| Assorted Vegetables                              | .50 cup                      | 24.77           | 0.00g                | 0.000%                                 | 45.86mg       | 0.00g      | 5.26g        | 1.87g                |               | 1.13g          |
| Borden Fat Free Chocolate Milk                   | 1 Carton                     | 120.00          | 0.00g                | 0.000%                                 | 190.00mg      | 0.00g      | 20.00g       | 0.00g                |               | 9.00g          |
| 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         |
| Hamburger Patty                                  | 1 Hamburger Patty            | 120.00          | 3.50g                | 26.250%                                | 120.00mg      | 8.00g      | 1.00g        | 1.00g                |               | 13.00g         |
| Knickerbocker Whole Grain 4" Hamburger Bun       | 1 Hamburger Bun              | 190.00          | 0.00g                | 0.000%                                 | 100.00mg      | 1.00g      | 31.00g       | 4.00g                |               | 7.00g          |
| Lunch juice                                      | 1/2 cup                      | 60.00           | 0.00g                | 0.000%                                 | 7.50mg        | 0.00g      | 13.50g       | 0.00g                |               | 0.00g          |
| MS hummus loco                                   | 1 hummus plate               | 521.65          | 4.02g                | 6.944%                                 | 875.74mg      | 16.67g     | 64.56g       | 11.60g               |               | 18.32g         |
| sauce, marinara                                  | 1 sauce, marinara            | 60.00           | 0.00g                | 0.000%                                 | 490.00mg      | 2.00g      | 9.00g        | 2.00g                |               | 2.00g          |
| Side Salad                                       | 1                            | 38.23           | 0.00g                | 0.000%                                 | 55.26mg       | 0.00g      | 8.06g        | 2.66g                |               | 2.68g          |
| Soybutter Meal                                   | 1                            | 470.00          | 6.00g                | 11.489%                                | 570.00mg      | 22.50g     | 48.00g       | 5.00g                |               | 19.00g         |
| Vegetarian Beans Canned                          | 1/2 cup ( #8Scoop)           | 145.08          | 0.00g                | 0.000%                                 | 553.69mg      | 0.00g      | 29.70g       | 6.11g                |               | 7.12g *        |
| Veggie Chef Salad Middle School - 2022 w/ 1 roll | 1                            | 387.15          | 4.75g                | 11.038%                                | 457.91mg      | 11.73g     | 37.68g       | 9.18g                |               | 25.40g         |

## 6/9/2022 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> |
|------------------------------------|--------------------------------------|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| 1% lowfat white milk prairie farms | 1 1% lowfat white milk prairie farms | 100.00          | N/A                  | N/A                                    | 120.00mg      | 2.50g      | 11.00g       | N/A                  |               | 8.00g          |
| 51% WW Knickerbocker Dinner Roll   | 1 Dinner Roll                        | 190.00          | 1.00g                | 4.737%                                 | 130.00mg      | 3.50g      | 24.00g       | 5.00g                |               | 7.00g          |
| Assorted Canned Fruits             | .5 cup                               | 59.30           | 0.00g                | 0.000%                                 | 6.80mg        | 0.00g      | 15.62g       | 1.78g                |               | 0.22g          |
| Assorted Condiment-SCC             | 1 oz                                 | 21.75           | 0.10g *              | 3.953% *                               | 297.56mg      | 0.61g      | 4.08g        | 0.39g *              |               | 0.21g *        |
| Assorted fresh fruit               | .5 cup                               | 41.83           | 0.02g                | 0.504%                                 | 4.01mg        | 0.21g      | 10.62g       | 1.48g                |               | 0.59g          |

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

# Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2022 through June 17, 2022

## 6/9/2022 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 Vegetables                               | .50 cup                             | 24.77           | 0.00g                | 0.000%                                 | 45.86mg       | 0.00g      | 5.26g        | 1.87g                |               | 1.13g          |
| Baked potato Half                                 | potato half                         | 69.14           | 0.00g                | 0.000%                                 | 2.86mg        | 0.00g      | 15.43g       | 1.14g                |               | 1.71g          |
| Borden Fat Free Chocolate Milk                    | 1 Carton                            | 120.00          | 0.00g                | 0.000%                                 | 190.00mg      | 0.00g      | 20.00g       | 0.00g                |               | 9.00g          |
| cheese ravioli with marinara sauce                | 3 each                              | 253.85          | 0.00g *              | 0.000% *                               | 1073.08mg     | 5.46g      | 34.08g       | 3.46g                |               | 17.46g         |
| Chicken nuggets                                   | 1 serving of 5                      | 240.00          | 2.50g                | 9.375%                                 | 470.00mg      | 14.00g     | 16.00g       | 3.00g                |               | 13.00g         |
| fat free white milk prairie farms                 | 1 fat free white milk prairie farms | 80.00           | N/A                  | N/A                                    | 120.00mg      | N/A        | 11.00g       | N/A                  |               | 8.00g          |
| Lunch juice                                       | 1/2 cup                             | 60.00           | 0.00g                | 0.000%                                 | 7.50mg        | 0.00g      | 13.50g       | 0.00g                |               | 0.00g          |
| Middle School Parfait with Banana Bread & Granola | 1                                   | 759.34          | 4.06g                | 4.809%                                 | 542.25mg      | 21.14g     | 129.81g      | 6.90g *              |               | 17.57g         |
| Side Salad  | 1                                   | 38.23           | 0.00g                | 0.000%                                 | 55.26mg       | 0.00g      | 8.06g        | 2.66g                |               | 2.68g          |
| Turkey & Cheese Sub 2022 w/ knickerbock Sub Bun   | 1                                   | 381.25          | 5.51g *              | 13.011% *                              | 819.96mg      | 14.59g     | 25.70g       | 4.58g                |               | 23.76g         |
| Veggie Chef Salad Middle School - 2022 w/ 1 roll  | 1                                   | 387.15          | 4.75g                | 11.038%                                | 457.91mg      | 11.73g     | 37.68g       | 9.18g                |               | 25.40g         |

## 6/10/2022 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> |
|------------------------------------|--------------------------------------|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| 1% lowfat white milk prairie farms | 1 1% lowfat white milk prairie farms | 100.00          | N/A                  | N/A                                    | 120.00mg      | 2.50g      | 11.00g       | N/A                  |               | 8.00g          |
| Assorted Canned Fruits             | .5 cup                               | 59.30           | 0.00g                | 0.000%                                 | 6.80mg        | 0.00g      | 15.62g       | 1.78g                |               | 0.22g          |
| Assorted Condiment-SCC             | 1 oz                                 | 21.75           | 0.10g *              | 3.953% *                               | 297.56mg      | 0.61g      | 4.08g        | 0.39g *              |               | 0.21g *        |
| Assorted fresh fruit               | .5 cup                               | 41.83           | 0.02g                | 0.504%                                 | 4.01mg        | 0.21g      | 10.62g       | 1.48g                |               | 0.59g          |
| Assorted Vegetables                | .50 cup                              | 24.77           | 0.00g                | 0.000%                                 | 45.86mg       | 0.00g      | 5.26g        | 1.87g                |               | 1.13g          |
| Borden Fat Free Chocolate Milk     | 1 Carton                             | 120.00          | 0.00g                | 0.000%                                 | 190.00mg      | 0.00g      | 20.00g       | 0.00g                |               | 9.00g          |

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

# Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2022 through June 17, 2022

## 6/10/2022 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 Chef Salad Middle School 2022 w/ 1 roll              | 1  | 569.65          | 7.61g                | 12.030%                                | 845.91mg      | 9.92g *    | 52.12g       | 12.18g               |               | 32.11g         |
| Egg and Cheese omelette                                      | 1  | 210.00          | 6.00g                | 25.714%                                | 500.00mg      | 17.00g     | 3.00g        | 0.00g                |               | 12.00g         |
| fat free white milk prairie farms                            | 1 fat free white milk prairie farms                | 80.00           | N/A                  | N/A                                    | 120.00mg      | N/A        | 11.00g       | N/A                  |               | 8.00g          |
| Knickerbocker Whole Grain 4" Hamburger Bun                   | 1 Hamburger Bun                                    | 190.00          | 0.00g                | 0.000%                                 | 100.00mg      | 1.00g      | 31.00g       | 4.00g                |               | 7.00g          |
| Lunch juice  | 1/2 cup  | 60.00           | 0.00g                | 0.000%                                 | 7.50mg        | 0.00g      | 13.50g       | 0.00g                |               | 0.00g          |
| MS hummus loco   | 1 hummus plate                                     | 521.65          | 4.02g                | 6.944%                                 | 875.74mg      | 16.67g     | 64.56g       | 11.60g               |               | 18.32g         |
| Orange Juice   | 1 juice, orange 100% fresh                         | 61.00           | 0.00g                | 0.000%                                 | 0.00mg        | 0.00g      | 14.00g       | 0.00g                |               | 0.00g          |
| Papetti's Whole Grain Cinnamon French Toast, with Glaze, Fro | 2 Papetti's Whole Grain Cinnamon French Toast, wit | 400.00          | 4.00g                | 9.000%                                 | 560.00mg      | 16.00g     | 52.00g       | 4.00g                |               | 14.00g         |
| Side Salad   | 1  | 38.23           | 0.00g                | 0.000%                                 | 55.26mg       | 0.00g      | 8.06g        | 2.66g                |               | 2.68g          |
| Soybutter Meal   | 1  | 470.00          | 6.00g                | 11.489%                                | 570.00mg      | 22.50g     | 48.00g       | 5.00g                |               | 19.00g         |
| tomato, cherry   | 1  | 21.00           | 0.00g                | 0.000%                                 | 8.80mg        | 0.00g      | 4.90g        | 0.98g                |               | 1.00g          |
| Whole Grain Breaded Chicken Patty                            | 1 each   | 240.00          | 2.50g                | 9.375%                                 | 460.00mg      | N/A        | 15.00g       | 3.00g                |               | 14.00g         |

## 6/13/2022 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> |
|------------------------------------|--------------------------------------|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| 1% lowfat white milk prairie farms | 1 1% lowfat white milk prairie farms | 100.00          | N/A                  | N/A                                    | 120.00mg      | 2.50g      | 11.00g       | N/A                  |               | 8.00g          |
| Assorted Canned Fruits             | .5 cup                               | 59.30           | 0.00g                | 0.000%                                 | 6.80mg        | 0.00g      | 15.62g       | 1.78g                |               | 0.22g          |
| Assorted Condiment-SCC             | 1 oz                                 | 21.75           | 0.10g *              | 3.953% *                               | 297.56mg      | 0.61g      | 4.08g        | 0.39g *              |               | 0.21g *        |
| Assorted fresh fruit               | .5 cup                               | 41.83           | 0.02g                | 0.504%                                 | 4.01mg        | 0.21g      | 10.62g       | 1.48g                |               | 0.59g          |
| Assorted Vegetables                | .50 cup                              | 24.77           | 0.00g                | 0.000%                                 | 45.86mg       | 0.00g      | 5.26g        | 1.87g                |               | 1.13g          |
| Borden Fat Free Chocolate Milk     | 1 Carton                             | 120.00          | 0.00g                | 0.000%                                 | 190.00mg      | 0.00g      | 20.00g       | 0.00g                |               | 9.00g          |

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

# Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2022 through June 17, 2022

## 6/13/2022 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 Chef Salad Middle School 2022 w/ 1 roll | 1  | 569.65          | 7.61g                | 12.030%                                | 845.91mg      | 9.92g *    | 52.12g       | 12.18g               |               | 32.11g         |
| chicken, patty hot and spicy whole grain        | 1 chicken, patty hot and spicy whole grain | 270.00          | 3.00g                | 10.000%                                | 400.00mg      | 15.00g     | 17.00g       | 3.00g                |               | 15.00g         |
| fat free white milk prairie farms               | 1 fat free white milk prairie farms        | 80.00           | N/A                  | N/A                                    | 120.00mg      | N/A        | 11.00g       | N/A                  |               | 8.00g          |
| Green Beans - frozen                            | 1/2 cup                                    | 29.14           | 0.00g                | 0.000%                                 | 0.00mg        | 0.00g      | 4.86g        | 1.94g                |               | 0.97g          |
| Knickerbocker Whole Grain 4" Hamburger Bun      | 1 Hamburger Bun                            | 190.00          | 0.00g                | 0.000%                                 | 100.00mg      | 1.00g      | 31.00g       | 4.00g                |               | 7.00g          |
| Lunch juice                                     | 1/2 cup                                    | 60.00           | 0.00g                | 0.000%                                 | 7.50mg        | 0.00g      | 13.50g       | 0.00g                |               | 0.00g          |
| MS hummus loco                                  | 1 hummus plate                             | 521.65          | 4.02g                | 6.944%                                 | 875.74mg      | 16.67g     | 64.56g       | 11.60g               |               | 18.32g         |
| Par Baked Pizza Big Daddy's Middle School       | 1 slice                                    | 360.00          | 8.00g                | 20.000%                                | 490.00mg      | 16.00g     | 35.00g       | 4.00g                |               | 18.00g         |
| Side Salad                                      | 1  | 38.23           | 0.00g                | 0.000%                                 | 55.26mg       | 0.00g      | 8.06g        | 2.66g                |               | 2.68g          |
| Soybutter Meal                                  | 1  | 470.00          | 6.00g                | 11.489%                                | 570.00mg      | 22.50g     | 48.00g       | 5.00g                |               | 19.00g         |
| Whole Grain Breaded Chicken Patty               | 1 each                                     | 240.00          | 2.50g                | 9.375%                                 | 460.00mg      | N/A        | 15.00g       | 3.00g                |               | 14.00g         |

## 6/14/2022 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> |
|------------------------------------|--------------------------------------|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| 1% lowfat white milk prairie farms | 1 1% lowfat white milk prairie farms | 100.00          | N/A                  | N/A                                    | 120.00mg      | 2.50g      | 11.00g       | N/A                  |               | 8.00g          |
| Assorted Canned Fruits             | .5 cup                               | 59.30           | 0.00g                | 0.000%                                 | 6.80mg        | 0.00g      | 15.62g       | 1.78g                |               | 0.22g          |
| Assorted Condiment-SCC             | 1 oz                                 | 21.75           | 0.10g *              | 3.953% *                               | 297.56mg      | 0.61g      | 4.08g        | 0.39g *              |               | 0.21g *        |
| Assorted fresh fruit               | .5 cup                               | 41.83           | 0.02g                | 0.504%                                 | 4.01mg        | 0.21g      | 10.62g       | 1.48g                |               | 0.59g          |
| Assorted Vegetables                | .50 cup                              | 24.77           | 0.00g                | 0.000%                                 | 45.86mg       | 0.00g      | 5.26g        | 1.87g                |               | 1.13g          |
| Borden Fat Free Chocolate Milk     | 1 Carton                             | 120.00          | 0.00g                | 0.000%                                 | 190.00mg      | 0.00g      | 20.00g       | 0.00g                |               | 9.00g          |

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

# Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2022 through June 17, 2022

## 6/14/2022 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> |
|---|-------------------------------------|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| Farm RICH Breaded Mozzarella Cheese Sticks, Reduced Fat | 6 each                              | 310.00          | 3.50g                | 10.161%                                | 560.00mg      | 11.00g     | 33.00g       | 3.00g                |               | 19.00g         |
| fat free white milk prairie farms                       | 1 fat free white milk prairie farms | 80.00           | N/A                  | N/A                                    | 120.00mg      | N/A        | 11.00g       | N/A                  |               | 8.00g          |
| franks, beef  | 1 franks, beef                      | 276.00          | 10.00g               | 32.609%                                | 796.00mg      | 25.00g     | 1.00g        | 0.00g                |               | 11.00g         |
| Knickerbocker Whole Grain Hotdog Bun                    | 1 Hotdog Bun                        | 180.00          | 0.00g                | 0.000%                                 | 190.00mg      | 1.00g      | 31.00g       | 4.00g                |               | 6.00g          |
| Lunch juice   | 1/2 cup                             | 60.00           | 0.00g                | 0.000%                                 | 7.50mg        | 0.00g      | 13.50g       | 0.00g                |               | 0.00g          |
| Marinara Sauce  | 4 oz                                | 54.43           | 0.00g                | 0.000%                                 | 444.52mg      | 1.81g      | 8.16g        | 1.81g                |               | 1.81g          |
| Middle School Ovenable Fries                            | 0.5 cup                             | 100.89          | 1.01g                | 9.000%                                 | 242.13mg      | 3.53g      | 17.15g       | 2.02g                |               | 2.02g          |
| Middle School Parfait with Banana Bread & Granola       | 1                                   | 759.34          | 4.06g                | 4.809%                                 | 542.25mg      | 21.14g     | 129.81g      | 6.90g *              |               | 17.57g         |
| Side Salad  | 1                                   | 38.23           | 0.00g                | 0.000%                                 | 55.26mg       | 0.00g      | 8.06g        | 2.66g                |               | 2.68g          |
| Turkey & Cheese Sub 2022 w/ knickerbock Sub Bun         | 1                                   | 381.25          | 5.51g *              | 13.011% *                              | 819.96mg      | 14.59g     | 25.70g       | 4.58g                |               | 23.76g         |
| Veggie Chef Salad Middle School - 2022 w/ 1 roll        | 1                                   | 387.15          | 4.75g                | 11.038%                                | 457.91mg      | 11.73g     | 37.68g       | 9.18g                |               | 25.40g         |

## 6/15/2022 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> |
|------------------------------------|--------------------------------------|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| 1% lowfat white milk prairie farms | 1 1% lowfat white milk prairie farms | 100.00          | N/A                  | N/A                                    | 120.00mg      | 2.50g      | 11.00g       | N/A                  |               | 8.00g          |
| Assorted Canned Fruits             | .5 cup                               | 59.30           | 0.00g                | 0.000%                                 | 6.80mg        | 0.00g      | 15.62g       | 1.78g                |               | 0.22g          |
| Assorted Condiment-SCC             | 1 oz                                 | 21.75           | 0.10g *              | 3.953% *                               | 297.56mg      | 0.61g      | 4.08g        | 0.39g *              |               | 0.21g *        |
| Assorted fresh fruit               | .5 cup                               | 41.83           | 0.02g                | 0.504%                                 | 4.01mg        | 0.21g      | 10.62g       | 1.48g                |               | 0.59g          |
| Assorted Vegetables                | .50 cup                              | 24.77           | 0.00g                | 0.000%                                 | 45.86mg       | 0.00g      | 5.26g        | 1.87g                |               | 1.13g          |
| BBQ Diced Chicken                  | 3 oz                                 | 205.56          | 0.94g                | 4.112%                                 | 677.56mg      | 3.76g      | 19.74g       | 0.00g                |               | 24.42g         |
| Borden Fat Free Chocolate Milk     | 1 Carton                             | 120.00          | 0.00g                | 0.000%                                 | 190.00mg      | 0.00g      | 20.00g       | 0.00g                |               | 9.00g          |

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

# Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2022 through June 17, 2022

6/15/2022 **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> |
|---|------------------------------|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| 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         |
| Chicken Chef Salad Middle School 2022 w/ 1 roll | 1                            | 569.65          | 7.61g                | 12.030%                                | 845.91mg      | 9.92g *    | 52.12g       | 12.18g               |               | 32.11g         |
| Knickerbocker Whole Grain 4" Hamburger Bun      | 1 Hamburger Bun              | 190.00          | 0.00g                | 0.000%                                 | 100.00mg      | 1.00g      | 31.00g       | 4.00g                |               | 7.00g          |
| Lunch juice                                     | 1/2 cup                      | 60.00           | 0.00g                | 0.000%                                 | 7.50mg        | 0.00g      | 13.50g       | 0.00g                |               | 0.00g          |
| MS hummus loco                                  | 1 hummus plate               | 521.65          | 4.02g                | 6.944%                                 | 875.74mg      | 16.67g     | 64.56g       | 11.60g               |               | 18.32g         |
| sauce, marinara                                 | 1 sauce, marinara            | 60.00           | 0.00g                | 0.000%                                 | 490.00mg      | 2.00g      | 9.00g        | 2.00g                |               | 2.00g          |
| Side Salad                                      | 1                            | 38.23           | 0.00g                | 0.000%                                 | 55.26mg       | 0.00g      | 8.06g        | 2.66g                |               | 2.68g          |
| Soybutter Meal                                  | 1                            | 470.00          | 6.00g                | 11.489%                                | 570.00mg      | 22.50g     | 48.00g       | 5.00g                |               | 19.00g         |

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