

Recipe Nutrition Summary

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

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

10/1/2018 Beer Middle School - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Canned Fruits	.5 cup	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Breaded Chicken Sandwich	1 sandwich	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Cheese Burger	1 each	305.00	5.50g	16.230%	625.00mg	14.00g	28.00g	6.00g		20.55g
Chicken Chef Salad Middle School	1	539.65	6.60g	11.003%	895.91mg	8.42g *	54.12g	9.18g		31.11g
fruited jello	1/2 cup (#8 scoop)	114.49	N/A	N/A	38.42mg *	N/A	29.54g	1.10g *		0.37g *
Green Beans - frozen	1/2 cup	29.14	0.00g	0.000%	0.00mg	0.00g	4.86g	1.94g		0.97g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
HS Ham & Cheese Sub	1	357.92	7.51g	18.888%	1183.30mg	15.59g	31.70g	4.58g		26.43g
Italian Sub	1	416.45	4.76g *	11.021% *	1400.07mg	18.18g	32.20g	4.58g		33.32g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Middle School Spicy Chicken Sandwich	1 sandwich	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
MS hummus loco	1 hummus plate	358.16	3.00g	7.539%	498.25mg	9.70g	44.21g	5.70g		14.22g
MS Philly Steak & Cheese	1 sandwich	367.57	7.17g	17.557%	802.00mg	12.89g	34.98g	6.23g		28.09g

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

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October 1, 2018 through November 1, 2018

10/1/2018 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>
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%	500.00mg	22.50g	48.00g	5.00g		19.00g
Suncup 100% Fruit Punch Juice Cup, Frozen	1 Juice Cup	60.00	0.00g	0.000%	5.00mg	0.00g	14.00g	0.00g		0.00g
Tuna Salad	1/3 c	326.56	0.00g *	0.005% *	901.88mg	6.02g	40.98g	6.07g		26.25g
Turkey & Cheese Sub	1	331.25	6.01g *	16.333% *	879.96mg	14.09g	30.70g	4.58g		22.76g
Veggie Chef Salad Middle School	1	357.15	3.73g	9.402%	507.91mg	10.23g	39.68g	6.18g		24.40g
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 Pepperoni ParBaked	1 slice	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g
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

10/2/2018 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Canned Fruits	.5 cup	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Breaded Chicken Sandwich	1 sandwich	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Cheese Burger	1 each	305.00	5.50g	16.230%	625.00mg	14.00g	28.00g	6.00g		20.55g

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

Recipe Nutrition Summary

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

10/2/2018 **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	1	539.65	6.60g	11.003%	895.91mg	8.42g *	54.12g	9.18g		31.11g
Corn Frozen	1/2 cup	74.16	N/A	N/A	3.71mg	0.74g	15.57g	1.48g		2.22g
GFS Whole Grain Honey Wheat Dinner Rolls	1 GFS Whole Grain Honey Wheat Dinner Rolls	80.00	0.00g	0.000%	90.00mg	1.00g	13.00g	1.00g		3.00g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
HS Ham & Cheese Sub	1	357.92	7.51g	18.888%	1183.30mg	15.59g	31.70g	4.58g		26.43g
Italian Sub	1	416.45	4.76g *	11.021% *	1400.07mg	18.18g	32.20g	4.58g		33.32g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Middle School Spicy Chicken Sandwich	1 sandwich	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g
Middle School Taco Salad with Chips	1 each	571.04	9.39g	14.799%	1002.38mg	30.36g	59.05g	11.04g		29.27g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
MS hummus loco	1 hummus plate	358.16	3.00g	7.539%	498.25mg	9.70g	44.21g	5.70g		14.22g
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
Popcorn Chicken Bowl	1	552.74	2.53g *	4.119% *	1494.91mg	20.61g	65.37g	3.77g		17.29g
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%	500.00mg	22.50g	48.00g	5.00g		19.00g
Suncup 100% Fruit Punch Juice Cup, Frozen	1 Juice Cup	60.00	0.00g	0.000%	5.00mg	0.00g	14.00g	0.00g		0.00g
Tuna Salad	1/3 c	326.56	0.00g *	0.005% *	901.88mg	6.02g	40.98g	6.07g		26.25g
Turkey & Cheese Sub	1	331.25	6.01g *	16.333% *	879.96mg	14.09g	30.70g	4.58g		22.76g

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

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10/2/2018 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Veggie Chef Salad Middle School	1	357.15	3.73g	9.402%	507.91mg	10.23g	39.68g	6.18g		24.40g
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 Pepperoni ParBaked	1 slice	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g

10/3/2018 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Canned Fruits	.5 cup	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Bosco Sticks - Whole Grain	2 Bosco Sticks - Whole Grain	300.00	5.00g	15.000%	440.00mg	10.00g	34.00g	4.00g		20.00g
Breaded Chicken Sandwich	1 sandwich	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Cheese Burger	1 each	305.00	5.50g	16.230%	625.00mg	14.00g	28.00g	6.00g		20.55g
Chicken Chef Salad Middle School	1	539.65	6.60g	11.003%	895.91mg	8.42g *	54.12g	9.18g		31.11g
Elem Strawberry Parfait	.5 cup	63.00	0.13g	1.786%	15.33mg	0.19g	14.88g	2.20g *		0.88g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
HS Ham & Cheese Sub	1	357.92	7.51g	18.888%	1183.30mg	15.59g	31.70g	4.58g		26.43g
Italian Sub	1	416.45	4.76g *	11.021% *	1400.07mg	18.18g	32.20g	4.58g		33.32g
Middle School BBQ Beef Rib Sandwich	1	330.00	4.00g	10.909%	795.00mg	12.00g	38.00g	7.00g		19.00g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g

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Recipe Nutrition Summary

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

10/3/2018 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Middle School Spicy Chicken Sandwich	1 sandwich	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
MS hummus loco	1 hummus plate	358.16	3.00g	7.539%	498.25mg	9.70g	44.21g	5.70g		14.22g
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
Roasted Broccoli	1/2 cup	61.42	0.46g	6.698%	24.28mg	3.20g	4.86g	1.94g		1.94g
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%	500.00mg	22.50g	48.00g	5.00g		19.00g
Suncup 100% Fruit Punch Juice Cup, Frozen	1 Juice Cup	60.00	0.00g	0.000%	5.00mg	0.00g	14.00g	0.00g		0.00g
Turkey & Cheese Sub	1	331.25	6.01g *	16.333% *	879.96mg	14.09g	30.70g	4.58g		22.76g
Veggie Chef Salad Middle School	1	357.15	3.73g	9.402%	507.91mg	10.23g	39.68g	6.18g		24.40g
Veggie Sub	1	312.45	7.01g	20.196%	1120.33mg	10.08g	36.97g	5.51g		21.23g
White Milk 1%	1 White Milk 1%	110.00	1.50g	12.273%	130.00mg	2.50g	11.00g	0.00g		8.00g
Whole Grain Pepperoni ParBaked	1 slice	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g

10/4/2018 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Canned Fruits	.5 cup	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *

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

Recipe Nutrition Summary

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

10/4/2018 **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
Black Bean Confetti Salad	1/2 cup	132.66	0.33g	2.260%	423.18mg	3.26g	20.97g	6.22g		6.04g
Breaded Chicken Sandwich	1 sandwich	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Cheese Burger	1 each	305.00	5.50g	16.230%	625.00mg	14.00g	28.00g	6.00g		20.55g
Chicken Chef Salad Middle School	1	539.65	6.60g	11.003%	895.91mg	8.42g *	54.12g	9.18g		31.11g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
HS Ham & Cheese Sub	1	357.92	7.51g	18.888%	1183.30mg	15.59g	31.70g	4.58g		26.43g
Italian Sub	1	416.45	4.76g *	11.021% *	1400.07mg	18.18g	32.20g	4.58g		33.32g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Middle School Spicy Chicken Sandwich	1 sandwich	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
MS hummus loco	1 hummus plate	358.16	3.00g	7.539%	498.25mg	9.70g	44.21g	5.70g		14.22g
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
sour cream cup	1 sour cream cup	50.00	3.00g	54.000%	30.00mg	5.20g	2.00g	0.00g		N/A
Soybutter Meal	1	470.00	6.00g	11.489%	500.00mg	22.50g	48.00g	5.00g		19.00g

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

Recipe Nutrition Summary

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

10/4/2018 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>
Tomato Salsa	.5 cup	7.02	0.00g	0.000%	63.15mg	0.00g	0.94g	0.47g		0.00g
Tuna Salad	1/3 c	326.56	0.00g *	0.005% *	901.88mg	6.02g	40.98g	6.07g		26.25g
Turkey & Cheese Sub	1	331.25	6.01g *	16.333% *	879.96mg	14.09g	30.70g	4.58g		22.76g
Veggie Chef Salad Middle School	1	357.15	3.73g	9.402%	507.91mg	10.23g	39.68g	6.18g		24.40g
Walking Taco	1 each	354.96	6.04g	15.309%	617.66mg	21.58g	30.15g	3.65g		16.82g
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 Pepperoni ParBaked	1 slice	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g

10/5/2018 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Canned Fruits	.5 cup	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Breaded Chicken Sandwich	1 sandwich	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Cheese Burger	1 each	305.00	5.50g	16.230%	625.00mg	14.00g	28.00g	6.00g		20.55g
Chicken Chef Salad Middle School	1	539.65	6.60g	11.003%	895.91mg	8.42g *	54.12g	9.18g		31.11g
GFS Far East Vegetable Blend	1/2 cup	20.00	0.00g	0.000%	15.00mg	0.00g	2.50g	1.00g		0.50g
GFS Whole Grain Honey Wheat Dinner Rolls	1 GFS Whole Grain Honey Wheat Dinner Rolls	80.00	0.00g	0.000%	90.00mg	1.00g	13.00g	1.00g		3.00g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g

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

Recipe Nutrition Summary

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

10/5/2018 **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>
HS Ham & Cheese Sub	1	357.92	7.51g	18.888%	1183.30mg	15.59g	31.70g	4.58g		26.43g
Italian Sub	1	416.45	4.76g *	11.021% *	1400.07mg	18.18g	32.20g	4.58g		33.32g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Middle School Spicy Chicken Sandwich	1 sandwich	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
Milk - Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
MINH WG Vegetable Rice	0.5 cup	152.78	0.28g	1.667%	248.98mg	0.00g	30.56g	1.70g		3.40g
MS hummus loco	1 hummus plate	358.16	3.00g	7.539%	498.25mg	9.70g	44.21g	5.70g		14.22g
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%	500.00mg	22.50g	48.00g	5.00g		19.00g
Suncup 100% Fruit Punch Juice Cup, Frozen	1 Juice Cup	60.00	0.00g	0.000%	5.00mg	0.00g	14.00g	0.00g		0.00g
Tuna Salad	1/3 c	326.56	0.00g *	0.005% *	901.88mg	6.02g	40.98g	6.07g		26.25g
Turkey & Cheese Sub	1	331.25	6.01g *	16.333% *	879.96mg	14.09g	30.70g	4.58g		22.76g
Tyson General Tso's Breaded Boneless Chicken	3 oz meat + 1 oz sauce	224.00	2.40g	9.643%	288.00mg	12.00g	10.40g	0.00g		18.40g
Veggie Chef Salad Middle School	1	357.15	3.73g	9.402%	507.91mg	10.23g	39.68g	6.18g		24.40g
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 Pepperoni ParBaked	1 slice	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g
Whole Grain Pollock Sandwich	each	131.78	0.01g	0.068%	126.78mg	2.07g	25.16g	5.02g		5.14g

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

Recipe Nutrition Summary

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

10/5/2018 **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>
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10/8/2018 **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>
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Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Canned Fruits	.5 cup	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Baked Beans	1/2 cup (#8 scoop)	160.19	0.01g *	0.030% *	477.98mg	0.01g *	33.21g	6.32g *		7.24g *
Baked Potato Half	1 Baked Potato Half	69.14	0.00g	0.000%	2.86mg	0.00g	15.43g	1.14g		1.71g
Beef Hot Dog on a W/W Bun	1	366.00	10.00g	24.590%	966.00mg	26.00g	20.00g	4.00g		15.00g
Breaded Chicken Sandwich	1 sandwich	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Cheese Burger	1 each	305.00	5.50g	16.230%	625.00mg	14.00g	28.00g	6.00g		20.55g
Cheese Quesadillas	1	516.41	19.75g	32.680%	778.76mg	31.39g	35.24g	5.04g		22.85g
Chicken Chef Salad Middle School	1	539.65	6.60g	11.003%	895.91mg	8.42g *	54.12g	9.18g		31.11g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
HS Ham & Cheese Sub	1	357.92	7.51g	18.888%	1183.30mg	15.59g	31.70g	4.58g		26.43g
Italian Sub	1	416.45	4.76g *	11.021% *	1400.07mg	18.18g	32.20g	4.58g		33.32g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Middle School Spicy Chicken Sandwich	1 sandwich	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A

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

Recipe Nutrition Summary

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

10/8/2018 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
MS hummus loco	1 hummus plate	358.16	3.00g	7.539%	498.25mg	9.70g	44.21g	5.70g		14.22g
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
sour cream cup	1 sour cream cup	50.00	3.00g	54.000%	30.00mg	5.20g	2.00g	0.00g		N/A
Soybutter Meal	1	470.00	6.00g	11.489%	500.00mg	22.50g	48.00g	5.00g		19.00g
Suncup 100% Fruit Punch Juice Cup, Frozen	1 Juice Cup	60.00	0.00g	0.000%	5.00mg	0.00g	14.00g	0.00g		0.00g
Tomato Salsa	.5 cup	7.02	0.00g	0.000%	63.15mg	0.00g	0.94g	0.47g		0.00g
Tuna Salad	1/3 c	326.56	0.00g *	0.005% *	901.88mg	6.02g	40.98g	6.07g		26.25g
Turkey & Cheese Sub	1	331.25	6.01g *	16.333% *	879.96mg	14.09g	30.70g	4.58g		22.76g
Veggie Chef Salad Middle School	1	357.15	3.73g	9.402%	507.91mg	10.23g	39.68g	6.18g		24.40g
White Milk 1%	1 White Milk 1%	110.00	1.50g	12.273%	130.00mg	2.50g	11.00g	0.00g		8.00g
Whole Grain Chicken Quesadilla	1 Whole Grain Chicken Quesadilla	320.00	2.50g	7.031%	770.00mg	11.00g	38.00g	4.00g		18.00g
Whole Grain Pepperoni ParBaked	1 slice	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g

10/9/2018 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g

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Recipe Nutrition Summary

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

10/9/2018 **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
Breaded Chicken Sandwich	1 sandwich	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Broccoli cuts	.50 cup	17.50	0.00g	0.000%	12.50mg	0.00g	2.50g	1.00g		1.00g
Cheese Burger	1 each	305.00	5.50g	16.230%	625.00mg	14.00g	28.00g	6.00g		20.55g
Chicken Chef Salad Middle School	1	539.65	6.60g	11.003%	895.91mg	8.42g *	54.12g	9.18g		31.11g
Grilled Italian Sub	1	575.90	8.12g *	13.037%	2235.29mg	20.43g	60.85g	8.00g		38.32g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
HS Ham & Cheese Sub	1	357.92	7.51g	18.888%	1183.30mg	15.59g	31.70g	4.58g		26.43g
Italian Sub	1	416.45	4.76g *	11.021% *	1400.07mg	18.18g	32.20g	4.58g		33.32g
Middle School Chicken Nuggets	6 nuggets	315.43	3.29g	9.375%	617.71mg	18.40g	21.03g	3.94g		17.09g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Middle School Spicy Chicken Sandwich	1 sandwich	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g
Middle School Taco Salad with Chips	1 each	571.04	9.39g	14.799%	1002.38mg	30.36g	59.05g	11.04g		29.27g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
MS hummus loco	1 hummus plate	358.16	3.00g	7.539%	498.25mg	9.70g	44.21g	5.70g		14.22g
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%	500.00mg	22.50g	48.00g	5.00g		19.00g

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

Recipe Nutrition Summary

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

10/9/2018 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>
Suncup 100% Fruit Punch Juice Cup, Frozen	1 Juice Cup	60.00	0.00g	0.000%	5.00mg	0.00g	14.00g	0.00g		0.00g
Tuna Salad	1/3 c	326.56	0.00g *	0.005% *	901.88mg	6.02g	40.98g	6.07g		26.25g
Tuna Salad Sandwich	1/2 cup	346.66	0.45g *	1.162% *	528.64mg *	5.12g *	45.97g *	6.19g *		23.79g *
Turkey & Cheese Sub	1	331.25	6.01g *	16.333% *	879.96mg	14.09g	30.70g	4.58g		22.76g
Veggie Chef Salad Middle School	1	357.15	3.73g	9.402%	507.91mg	10.23g	39.68g	6.18g		24.40g
White Milk 1%	1 White Milk 1%	110.00	1.50g	12.273%	130.00mg	2.50g	11.00g	0.00g		8.00g
Whole Grain Bread Stick	1 Whole Grain Bread Stick	80.00	0.00g	0.000%	100.00mg	1.00g	14.00g	1.00g		2.00g
Whole Grain Pepperoni ParBaked	1 slice	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g

10/10/2018 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Canned Fruits	.5 cup	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Bosco Sticks - Whole Grain	2 Bosco Sticks - Whole Grain	300.00	5.00g	15.000%	440.00mg	10.00g	34.00g	4.00g		20.00g
Breaded Chicken Sandwich	1 sandwich	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Carrots & Corn	1/2 cup	33.00 *	0.00g *	0.000% *	0.00mg *	0.00g *	7.80g *	0.82g *		1.20g *
Cheese Burger	1 each	305.00	5.50g	16.230%	625.00mg	14.00g	28.00g	6.00g		20.55g
Chicken Chef Salad Middle School	1	539.65	6.60g	11.003%	895.91mg	8.42g *	54.12g	9.18g		31.11g

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

Recipe Nutrition Summary

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

10/10/2018 **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>
Fiestada	1 Fiestada	360.00	6.00g	15.000%	760.00mg	14.00g	42.00g	5.00g		17.00g
fruited jello	1/2 cup (#8 scoop)	114.49	N/A	N/A	38.42mg *	N/A	29.54g	1.10g *		0.37g *
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
HS Ham & Cheese Sub	1	357.92	7.51g	18.888%	1183.30mg	15.59g	31.70g	4.58g		26.43g
Italian Sub	1	416.45	4.76g *	11.021% *	1400.07mg	18.18g	32.20g	4.58g		33.32g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Middle School Spicy Chicken Sandwich	1 sandwich	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
MS hummus loco	1 hummus plate	358.16	3.00g	7.539%	498.25mg	9.70g	44.21g	5.70g		14.22g
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
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%	500.00mg	22.50g	48.00g	5.00g		19.00g
Suncup 100% Fruit Punch Juice Cup, Frozen	1 Juice Cup	60.00	0.00g	0.000%	5.00mg	0.00g	14.00g	0.00g		0.00g
Tuna Salad	1/3 c	326.56	0.00g *	0.005% *	901.88mg	6.02g	40.98g	6.07g		26.25g
Turkey & Cheese Sub	1	331.25	6.01g *	16.333% *	879.96mg	14.09g	30.70g	4.58g		22.76g
Veggie Chef Salad Middle School	1	357.15	3.73g	9.402%	507.91mg	10.23g	39.68g	6.18g		24.40g
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
October 1, 2018 through November 1, 2018

10/10/2018 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>
Whole Grain Pepperoni ParBaked	1 slice	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g

10/11/2018 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Canned Fruits	.5 cup	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Breaded Chicken Sandwich	1 sandwich	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Cheese Burger	1 each	305.00	5.50g	16.230%	625.00mg	14.00g	28.00g	6.00g		20.55g
Chicken Chef Salad Middle School	1	539.65	6.60g	11.003%	895.91mg	8.42g *	54.12g	9.18g		31.11g
GFS Whole Grain Honey Wheat Dinner Rolls	1 GFS Whole Grain Honey Wheat Dinner Rolls	80.00	0.00g	0.000%	90.00mg	1.00g	13.00g	1.00g		3.00g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
HS Ham & Cheese Sub	1	357.92	7.51g	18.888%	1183.30mg	15.59g	31.70g	4.58g		26.43g
Italian Style Green Beans	1/2 cup	120.24	2.12g	15.864%	260.06mg	7.69g	9.32g	2.05g		3.68g
Italian Sub	1	416.45	4.76g *	11.021% *	1400.07mg	18.18g	32.20g	4.58g		33.32g
Macaroni and Cheese Whole Grain/elbow	6 oz	299.99	N/A	N/A	659.99mg	15.00g	27.00g	2.00g		16.00g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Middle School Spicy Chicken Sandwich	1 sandwich	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A

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

Recipe Nutrition Summary

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

10/11/2018 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
MS hummus loco	1 hummus plate	358.16	3.00g	7.539%	498.25mg	9.70g	44.21g	5.70g		14.22g
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%	500.00mg	22.50g	48.00g	5.00g		19.00g
Suncup 100% Fruit Punch Juice Cup, Frozen	1 Juice Cup	60.00	0.00g	0.000%	5.00mg	0.00g	14.00g	0.00g		0.00g
Tuna Salad	1/3 c	326.56	0.00g *	0.005% *	901.88mg	6.02g	40.98g	6.07g		26.25g
Turkey & Cheese Sub	1	331.25	6.01g *	16.333% *	879.96mg	14.09g	30.70g	4.58g		22.76g
Veggie Chef Salad Middle School	1	357.15	3.73g	9.402%	507.91mg	10.23g	39.68g	6.18g		24.40g
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 Pepperoni ParBaked	1 slice	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g
Whole Grain Rotini Pasta with Meat Sauce	8 oz	310.00	6.00g	17.419%	610.00mg	16.00g	24.00g	4.00g		18.00g

10/15/2018 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Canned Fruits	.5 cup	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g

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

Recipe Nutrition Summary

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

10/15/2018 **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>
Breaded Chicken Sandwich	1 sandwich	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Cheese Burger	1 each	305.00	5.50g	16.230%	625.00mg	14.00g	28.00g	6.00g		20.55g
Chicken Chef Salad Middle School	1	539.65	6.60g	11.003%	895.91mg	8.42g *	54.12g	9.18g		31.11g
chicken tender hot and spicy	4 tenders	350.32	4.04g	10.385%	525.47mg	20.21g	21.56g	4.04g		20.21g
Corn Frozen	1/2 cup	74.16	N/A	N/A	3.71mg	0.74g	15.57g	1.48g		2.22g
Fruited Parfait - side	1/2 cup (#8 scoop)	82.38	0.32g	3.461%	9.49mg *	0.82g	18.49g	2.05g		1.91g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
HS Ham & Cheese Sub	1	357.92	7.51g	18.888%	1183.30mg	15.59g	31.70g	4.58g		26.43g
Italian Sub	1	416.45	4.76g *	11.021% *	1400.07mg	18.18g	32.20g	4.58g		33.32g
M.S. Meatball Sub	1	1059.40	23.40g	19.879%	1980.73mg	56.06g	62.04g	11.89g		80.59g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Middle School Spicy Chicken Sandwich	1 sandwich	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
Milk - Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
MS hummus loco	1 hummus plate	358.16	3.00g	7.539%	498.25mg	9.70g	44.21g	5.70g		14.22g
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%	500.00mg	22.50g	48.00g	5.00g		19.00g
Suncup 100% Fruit Punch Juice Cup, Frozen	1 Juice Cup	60.00	0.00g	0.000%	5.00mg	0.00g	14.00g	0.00g		0.00g

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

Recipe Nutrition Summary

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

10/15/2018 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Tuna Salad	1/3 c	326.56	0.00g *	0.005% *	901.88mg	6.02g	40.98g	6.07g		26.25g
Turkey & Cheese Sub	1	331.25	6.01g *	16.333% *	879.96mg	14.09g	30.70g	4.58g		22.76g
Veggie Chef Salad Middle School	1	357.15	3.73g	9.402%	507.91mg	10.23g	39.68g	6.18g		24.40g
White Milk 1%	1 White Milk 1%	110.00	1.50g	12.273%	130.00mg	2.50g	11.00g	0.00g		8.00g
Whole Grain Bread Stick	1 Whole Grain Bread Stick	80.00	0.00g	0.000%	100.00mg	1.00g	14.00g	1.00g		2.00g
Whole Grain Pepperoni ParBaked	1 slice	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g

10/16/2018 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
2 for 1 Chicken Fajitas	2 fajitas	434.00	11.33g	23.502%	897.67mg	22.57g	30.00g	4.00g		28.60g
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Canned Fruits	.5 cup	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Black Bean Confetti Salad	1/2 cup	132.66	0.33g	2.260%	423.18mg	3.26g	20.97g	6.22g		6.04g
Breaded Chicken Sandwich	1 sandwich	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Cheese Burger	1 each	305.00	5.50g	16.230%	625.00mg	14.00g	28.00g	6.00g		20.55g
Chicken Chef Salad Middle School	1	539.65	6.60g	11.003%	895.91mg	8.42g *	54.12g	9.18g		31.11g
corn dog, chicken mini	6 mini dogs	315.00	3.45g	9.857%	735.00mg	18.30g	27.00g	1.20g		10.20g
Cucumber select	1/2 cup	22.50	0.00g	0.000%	0.00mg	0.00g	4.50g	1.49g		1.50g

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

Recipe Nutrition Summary

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

10/16/2018 **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>
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
HS Ham & Cheese Sub	1	357.92	7.51g	18.888%	1183.30mg	15.59g	31.70g	4.58g		26.43g
Italian Sub	1	416.45	4.76g *	11.021% *	1400.07mg	18.18g	32.20g	4.58g		33.32g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Middle School Spicy Chicken Sandwich	1 sandwich	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g
Middle School Taco Salad with Chips	1 each	571.04	9.39g	14.799%	1002.38mg	30.36g	59.05g	11.04g		29.27g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
MS hummus loco	1 hummus plate	358.16	3.00g	7.539%	498.25mg	9.70g	44.21g	5.70g		14.22g
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
sour cream cup	1 sour cream cup	50.00	3.00g	54.000%	30.00mg	5.20g	2.00g	0.00g		N/A
Soybutter Meal	1	470.00	6.00g	11.489%	500.00mg	22.50g	48.00g	5.00g		19.00g
Suncup 100% Fruit Punch Juice Cup, Frozen	1 Juice Cup	60.00	0.00g	0.000%	5.00mg	0.00g	14.00g	0.00g		0.00g
Tomato Salsa	.5 cup	7.02	0.00g	0.000%	63.15mg	0.00g	0.94g	0.47g		0.00g
Tuna Salad	1/3 c	326.56	0.00g *	0.005% *	901.88mg	6.02g	40.98g	6.07g		26.25g
Turkey & Cheese Sub	1	331.25	6.01g *	16.333% *	879.96mg	14.09g	30.70g	4.58g		22.76g
Veggie Chef Salad Middle School	1	357.15	3.73g	9.402%	507.91mg	10.23g	39.68g	6.18g		24.40g
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
October 1, 2018 through November 1, 2018

10/16/2018 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>
Whole Grain Pepperoni ParBaked	1 slice	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g

10/17/2018 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Canned Fruits	.5 cup	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Bosco Sticks - Whole Grain	2 Bosco Sticks - Whole Grain	300.00	5.00g	15.000%	440.00mg	10.00g	34.00g	4.00g		20.00g
Breaded Chicken Sandwich	1 sandwich	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Cheese Burger	1 each	305.00	5.50g	16.230%	625.00mg	14.00g	28.00g	6.00g		20.55g
Chicken Chef Salad Middle School	1	539.65	6.60g	11.003%	895.91mg	8.42g *	54.12g	9.18g		31.11g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
HS Ham & Cheese Sub	1	357.92	7.51g	18.888%	1183.30mg	15.59g	31.70g	4.58g		26.43g
Italian Sub	1	416.45	4.76g *	11.021% *	1400.07mg	18.18g	32.20g	4.58g		33.32g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Middle School Spicy Chicken Sandwich	1 sandwich	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
MS ham and cheese on pretzel roll	1	350.00	6.00g	15.429%	1290.00mg	11.50g	33.00g	3.00g		27.10g

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

Recipe Nutrition Summary

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

10/17/2018 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
MS hummus loco	1 hummus plate	358.16	3.00g	7.539%	498.25mg	9.70g	44.21g	5.70g		14.22g
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
POTATOES,RAW,SKIN	1 POTATOES,RAW,SKIN	0.29	0.00g	0.403%	0.05mg	0.00g	0.06g	0.01g		0.01g
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%	500.00mg	22.50g	48.00g	5.00g		19.00g
Spiced Apples	1/2 cup	65.95	0.00g	0.000%	6.19mg	0.00g	16.76g	2.06g *		0.00g
Suncup 100% Fruit Punch Juice Cup, Frozen	1 Juice Cup	60.00	0.00g	0.000%	5.00mg	0.00g	14.00g	0.00g		0.00g
Tuna Salad	1/3 c	326.56	0.00g *	0.005% *	901.88mg	6.02g	40.98g	6.07g		26.25g
Turkey & Cheese Sub	1	331.25	6.01g *	16.333% *	879.96mg	14.09g	30.70g	4.58g		22.76g
Veggie Chef Salad Middle School	1	357.15	3.73g	9.402%	507.91mg	10.23g	39.68g	6.18g		24.40g
Veggie Sub	1	312.45	7.01g	20.196%	1120.33mg	10.08g	36.97g	5.51g		21.23g
White Milk 1%	1 White Milk 1%	110.00	1.50g	12.273%	130.00mg	2.50g	11.00g	0.00g		8.00g
Whole Grain Pepperoni ParBaked	1 slice	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g

10/18/2018 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Canned Fruits	.5 cup	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *

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

Recipe Nutrition Summary

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

10/18/2018 **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
Beef Taco Meat and Cheese Nachos	1	511.52	9.51g	16.735%	1063.49mg	25.03g	49.02g	6.01g		25.06g
Breaded Chicken Sandwich	1 sandwich	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Cheese Burger	1 each	305.00	5.50g	16.230%	625.00mg	14.00g	28.00g	6.00g		20.55g
Chef Salad - Chicken	1 each	428.34	2.31g	4.861%	446.84mg	14.16g	52.21g	13.32g		40.14g
ChefSalad - All Veggies	1	199.03	4.08g	18.459%	335.36mg	7.88g	14.11g	4.18g		18.07g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
HS Ham & Cheese Sub	1	357.92	7.51g	18.888%	1183.30mg	15.59g	31.70g	4.58g		26.43g
Italian Sub	1	416.45	4.76g *	11.021% *	1400.07mg	18.18g	32.20g	4.58g		33.32g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Middle School Spicy Chicken Sandwich	1 sandwich	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
MS hummus loco	1 hummus plate	358.16	3.00g	7.539%	498.25mg	9.70g	44.21g	5.70g		14.22g
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
Parmesan Roasted Broccoli and Onions	1/2 cup	53.27	1.00g	16.895%	48.63mg	3.00g	4.09g	0.25g		2.09g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
sour cream cup	1 sour cream cup	50.00	3.00g	54.000%	30.00mg	5.20g	2.00g	0.00g		N/A

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

Recipe Nutrition Summary

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

10/18/2018 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>
Soybutter Meal	1	470.00	6.00g	11.489%	500.00mg	22.50g	48.00g	5.00g		19.00g
Suncup 100% Fruit Punch Juice Cup, Frozen	1 Juice Cup	60.00	0.00g	0.000%	5.00mg	0.00g	14.00g	0.00g		0.00g
Tomato Salsa	.5 cup	7.02	0.00g	0.000%	63.15mg	0.00g	0.94g	0.47g		0.00g
Tuna Salad	1/3 c	326.56	0.00g *	0.005% *	901.88mg	6.02g	40.98g	6.07g		26.25g
Turkey & Cheese Sub	1	331.25	6.01g *	16.333% *	879.96mg	14.09g	30.70g	4.58g		22.76g
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 Pepperoni ParBaked	1 slice	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g

10/19/2018 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted 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
Breaded Chicken Sandwich	1 sandwich	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Carrots frozen	1/2 cup (#8 scoop)	36.68	0.00g	0.000%	58.42mg	1.36g	8.15g	2.72g		1.09g
Cheese Burger	1 each	305.00	5.50g	16.230%	625.00mg	14.00g	28.00g	6.00g		20.55g
Chicken Chef Salad Middle School	1	539.65	6.60g	11.003%	895.91mg	8.42g *	54.12g	9.18g		31.11g
Elem Sweet Potato Pudding	.5 cup	103.68	0.66g	5.746%	104.50mg	1.70g	19.70g	1.36g *		2.37g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
HS Ham & Cheese Sub	1	357.92	7.51g	18.888%	1183.30mg	15.59g	31.70g	4.58g		26.43g
Italian Sub	1	416.45	4.76g *	11.021% *	1400.07mg	18.18g	32.20g	4.58g		33.32g

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

Recipe Nutrition Summary

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

10/19/2018 **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>
M.S.Veggie Specialty Pizza	1 each	350.65	6.00g	15.400%	646.65mg	14.00g	38.55g	5.03g		19.81g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Middle School Spicy Chicken Sandwich	1 sandwich	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
Milk - Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
MS hummus loco	1 hummus plate	358.16	3.00g	7.539%	498.25mg	9.70g	44.21g	5.70g		14.22g
NarDone WW Garlic Cheese Bread	1 Bread	350.00	7.00g	18.000%	450.00mg	18.00g	29.00g	2.00g		22.00g
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%	500.00mg	22.50g	48.00g	5.00g		19.00g
Tuna Salad	1/3 c	326.56	0.00g *	0.005% *	901.88mg	6.02g	40.98g	6.07g		26.25g
Turkey & Cheese Sub	1	331.25	6.01g *	16.333% *	879.96mg	14.09g	30.70g	4.58g		22.76g
Veggie Chef Salad Middle School	1	357.15	3.73g	9.402%	507.91mg	10.23g	39.68g	6.18g		24.40g
White Milk 1%	1 White Milk 1%	110.00	1.50g	12.273%	130.00mg	2.50g	11.00g	0.00g		8.00g
Whole Grain BUffalo Chicken Pizza	1 Whole Grain BUffalo Chicken Pizza	390.00	7.00g	16.154%	750.00mg	19.00g	35.00g	3.00g		20.00g
Whole Grain Pepperoni ParBaked	1 slice	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g
Whole Grain Pollock Sandwich	each	131.78	0.01g	0.068%	126.78mg	2.07g	25.16g	5.02g		5.14g

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

Recipe Nutrition Summary

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

10/22/2018 **Beer Middle School - Lunch**

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Canned Fruits	.5 cup	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Breaded Chicken Sandwich	1 sandwich	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Cheese Burger	1 each	305.00	5.50g	16.230%	625.00mg	14.00g	28.00g	6.00g		20.55g
Chicken Chef Salad Middle School	1	539.65	6.60g	11.003%	895.91mg	8.42g *	54.12g	9.18g		31.11g
fruited jello	1/2 cup (#8 scoop)	114.49	N/A	N/A	38.42mg *	N/A	29.54g	1.10g *		0.37g *
Green Beans - frozen	1/2 cup	29.14	0.00g	0.000%	0.00mg	0.00g	4.86g	1.94g		0.97g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
HS Ham & Cheese Sub	1	357.92	7.51g	18.888%	1183.30mg	15.59g	31.70g	4.58g		26.43g
Italian Sub	1	416.45	4.76g *	11.021% *	1400.07mg	18.18g	32.20g	4.58g		33.32g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Middle School Spicy Chicken Sandwich	1 sandwich	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
MS hummus loco	1 hummus plate	358.16	3.00g	7.539%	498.25mg	9.70g	44.21g	5.70g		14.22g
MS Philly Steak & Cheese	1 sandwich	367.57	7.17g	17.557%	802.00mg	12.89g	34.98g	6.23g		28.09g

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

Recipe Nutrition Summary

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

10/22/2018 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>
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%	500.00mg	22.50g	48.00g	5.00g		19.00g
Suncup 100% Fruit Punch Juice Cup, Frozen	1 Juice Cup	60.00	0.00g	0.000%	5.00mg	0.00g	14.00g	0.00g		0.00g
Tuna Salad	1/3 c	326.56	0.00g *	0.005% *	901.88mg	6.02g	40.98g	6.07g		26.25g
Turkey & Cheese Sub	1	331.25	6.01g *	16.333% *	879.96mg	14.09g	30.70g	4.58g		22.76g
Veggie Chef Salad Middle School	1	357.15	3.73g	9.402%	507.91mg	10.23g	39.68g	6.18g		24.40g
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 Pepperoni ParBaked	1 slice	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g
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

10/23/2018 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Canned Fruits	.5 cup	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Breaded Chicken Sandwich	1 sandwich	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Cheese Burger	1 each	305.00	5.50g	16.230%	625.00mg	14.00g	28.00g	6.00g		20.55g
Chicken Chef Salad Middle School	1	539.65	6.60g	11.003%	895.91mg	8.42g *	54.12g	9.18g		31.11g

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

Recipe Nutrition Summary

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

10/23/2018 **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>
Corn Frozen	1/2 cup	74.16	N/A	N/A	3.71mg	0.74g	15.57g	1.48g		2.22g
GFS Whole Grain Honey Wheat Dinner Rolls	1 GFS Whole Grain Honey Wheat Dinner Rolls	80.00	0.00g	0.000%	90.00mg	1.00g	13.00g	1.00g		3.00g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
HS Ham & Cheese Sub	1	357.92	7.51g	18.888%	1183.30mg	15.59g	31.70g	4.58g		26.43g
Italian Sub	1	416.45	4.76g *	11.021% *	1400.07mg	18.18g	32.20g	4.58g		33.32g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Middle School Spicy Chicken Sandwich	1 sandwich	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g
Middle School Taco Salad with Chips	1 each	571.04	9.39g	14.799%	1002.38mg	30.36g	59.05g	11.04g		29.27g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
Milk - Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
MS hummus loco	1 hummus plate	358.16	3.00g	7.539%	498.25mg	9.70g	44.21g	5.70g		14.22g
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
Popcorn Chicken Bowl	1	552.74	2.53g *	4.119% *	1494.91mg	20.61g	65.37g	3.77g		17.29g
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%	500.00mg	22.50g	48.00g	5.00g		19.00g
Suncup 100% Fruit Punch Juice Cup, Frozen	1 Juice Cup	60.00	0.00g	0.000%	5.00mg	0.00g	14.00g	0.00g		0.00g
Tuna Salad	1/3 c	326.56	0.00g *	0.005% *	901.88mg	6.02g	40.98g	6.07g		26.25g
Turkey & Cheese Sub	1	331.25	6.01g *	16.333% *	879.96mg	14.09g	30.70g	4.58g		22.76g
Veggie Chef Salad Middle School	1	357.15	3.73g	9.402%	507.91mg	10.23g	39.68g	6.18g		24.40g

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

Recipe Nutrition Summary

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

10/23/2018 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
White Milk 1%	1 White Milk 1%	110.00	1.50g	12.273%	130.00mg	2.50g	11.00g	0.00g		8.00g
Whole Grain Pepperoni ParBaked	1 slice	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g

10/24/2018 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Canned Fruits	.5 cup	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Bosco Sticks - Whole Grain	2 Bosco Sticks - Whole Grain	300.00	5.00g	15.000%	440.00mg	10.00g	34.00g	4.00g		20.00g
Breaded Chicken Sandwich	1 sandwich	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Cheese Burger	1 each	305.00	5.50g	16.230%	625.00mg	14.00g	28.00g	6.00g		20.55g
Chicken Chef Salad Middle School	1	539.65	6.60g	11.003%	895.91mg	8.42g *	54.12g	9.18g		31.11g
Elem Strawberry Parfait	.5 cup	63.00	0.13g	1.786%	15.33mg	0.19g	14.88g	2.20g *		0.88g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
HS Ham & Cheese Sub	1	357.92	7.51g	18.888%	1183.30mg	15.59g	31.70g	4.58g		26.43g
Italian Sub	1	416.45	4.76g *	11.021% *	1400.07mg	18.18g	32.20g	4.58g		33.32g
Middle School BBQ Beef Rib Sandwich	1	330.00	4.00g	10.909%	795.00mg	12.00g	38.00g	7.00g		19.00g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Middle School Spicy Chicken Sandwich	1 sandwich	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g

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

Recipe Nutrition Summary

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

10/24/2018 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
Milk - Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
MS hummus loco	1 hummus plate	358.16	3.00g	7.539%	498.25mg	9.70g	44.21g	5.70g		14.22g
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
Roasted Broccoli	1/2 cup	61.42	0.46g	6.698%	24.28mg	3.20g	4.86g	1.94g		1.94g
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%	500.00mg	22.50g	48.00g	5.00g		19.00g
Suncup 100% Fruit Punch Juice Cup, Frozen	1 Juice Cup	60.00	0.00g	0.000%	5.00mg	0.00g	14.00g	0.00g		0.00g
Turkey & Cheese Sub	1	331.25	6.01g *	16.333% *	879.96mg	14.09g	30.70g	4.58g		22.76g
Veggie Chef Salad Middle School	1	357.15	3.73g	9.402%	507.91mg	10.23g	39.68g	6.18g		24.40g
Veggie Sub	1	312.45	7.01g	20.196%	1120.33mg	10.08g	36.97g	5.51g		21.23g
White Milk 1%	1 White Milk 1%	110.00	1.50g	12.273%	130.00mg	2.50g	11.00g	0.00g		8.00g
Whole Grain Pepperoni ParBaked	1 slice	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g

10/25/2018 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
2 for 1 Reduced Beef Tacos (MISD)	2	409.84 *	11.00g	24.149%	690.76mg	19.39g	38.86g	7.29g		25.38g
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Canned Fruits	.5 cup	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *

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

Recipe Nutrition Summary

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

10/25/2018 **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
Breaded Chicken Sandwich	1 sandwich	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Cheese Burger	1 each	305.00	5.50g	16.230%	625.00mg	14.00g	28.00g	6.00g		20.55g
Chicken Chef Salad Middle School	1	539.65	6.60g	11.003%	895.91mg	8.42g *	54.12g	9.18g		31.11g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
HS Ham & Cheese Sub	1	357.92	7.51g	18.888%	1183.30mg	15.59g	31.70g	4.58g		26.43g
Italian Sub	1	416.45	4.76g *	11.021% *	1400.07mg	18.18g	32.20g	4.58g		33.32g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Middle School Spicy Chicken Sandwich	1 sandwich	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
MS hummus loco	1 hummus plate	358.16	3.00g	7.539%	498.25mg	9.70g	44.21g	5.70g		14.22g
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
Refried Beans Canned	1/2 cup (#8Scoop)	87.71	0.97g	10.000%	477.51mg	1.95g	15.59g	3.90g		5.85g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
sour cream cup	1 sour cream cup	50.00	3.00g	54.000%	30.00mg	5.20g	2.00g	0.00g		N/A
Soybutter Meal	1	470.00	6.00g	11.489%	500.00mg	22.50g	48.00g	5.00g		19.00g

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

Recipe Nutrition Summary

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

10/25/2018 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>
Tomato Salsa	.5 cup	7.02	0.00g	0.000%	63.15mg	0.00g	0.94g	0.47g		0.00g
Tuna Salad	1/3 c	326.56	0.00g *	0.005% *	901.88mg	6.02g	40.98g	6.07g		26.25g
Turkey & Cheese Sub	1	331.25	6.01g *	16.333% *	879.96mg	14.09g	30.70g	4.58g		22.76g
Veggie Chef Salad Middle School	1	357.15	3.73g	9.402%	507.91mg	10.23g	39.68g	6.18g		24.40g
White Milk 1%	1 White Milk 1%	110.00	1.50g	12.273%	130.00mg	2.50g	11.00g	0.00g		8.00g
Whole Grain Hot and Spicy Boneless Chicken Wings	5 each	237.50	2.50g	9.474%	487.50mg	10.00g	15.00g	1.25g		21.25g
Whole Grain Pepperoni ParBaked	1 slice	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g

10/29/2018 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Canned Fruits	.5 cup	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Baked Beans	1/2 cup (#8 scoop)	160.19	0.01g *	0.030% *	477.98mg	0.01g *	33.21g	6.32g *		7.24g *
Baked Potato Half	1 Baked Potato Half	69.14	0.00g	0.000%	2.86mg	0.00g	15.43g	1.14g		1.71g
Beef Hot Dog on a W/W Bun	1	366.00	10.00g	24.590%	966.00mg	26.00g	20.00g	4.00g		15.00g
Breaded Chicken Sandwich	1 sandwich	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Cheese Burger	1 each	305.00	5.50g	16.230%	625.00mg	14.00g	28.00g	6.00g		20.55g
Cheese Quesadillas	1	516.41	19.75g	32.680%	778.76mg	31.39g	35.24g	5.04g		22.85g

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

Recipe Nutrition Summary

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

10/29/2018 **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	1	539.65	6.60g	11.003%	895.91mg	8.42g *	54.12g	9.18g		31.11g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
HS Ham & Cheese Sub	1	357.92	7.51g	18.888%	1183.30mg	15.59g	31.70g	4.58g		26.43g
Italian Sub	1	416.45	4.76g *	11.021% *	1400.07mg	18.18g	32.20g	4.58g		33.32g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Middle School Spicy Chicken Sandwich	1 sandwich	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
MS hummus loco	1 hummus plate	358.16	3.00g	7.539%	498.25mg	9.70g	44.21g	5.70g		14.22g
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
sour cream cup	1 sour cream cup	50.00	3.00g	54.000%	30.00mg	5.20g	2.00g	0.00g		N/A
Soybutter Meal	1	470.00	6.00g	11.489%	500.00mg	22.50g	48.00g	5.00g		19.00g
Suncup 100% Fruit Punch Juice Cup, Frozen	1 Juice Cup	60.00	0.00g	0.000%	5.00mg	0.00g	14.00g	0.00g		0.00g
Tomato Salsa	.5 cup	7.02	0.00g	0.000%	63.15mg	0.00g	0.94g	0.47g		0.00g
Tuna Salad	1/3 c	326.56	0.00g *	0.005% *	901.88mg	6.02g	40.98g	6.07g		26.25g
Turkey & Cheese Sub	1	331.25	6.01g *	16.333% *	879.96mg	14.09g	30.70g	4.58g		22.76g
Veggie Chef Salad Middle School	1	357.15	3.73g	9.402%	507.91mg	10.23g	39.68g	6.18g		24.40g
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
October 1, 2018 through November 1, 2018

10/29/2018 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>
Whole Grain Chicken Quesadilla	1 Whole Grain Chicken Quesadilla	320.00	2.50g	7.031%	770.00mg	11.00g	38.00g	4.00g		18.00g
Whole Grain Pepperoni ParBaked	1 slice	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g

10/30/2018 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Breaded Chicken Sandwich	1 sandwich	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Broccoli cuts	.50 cup	17.50	0.00g	0.000%	12.50mg	0.00g	2.50g	1.00g		1.00g
Cheese Burger	1 each	305.00	5.50g	16.230%	625.00mg	14.00g	28.00g	6.00g		20.55g
Chicken Chef Salad Middle School	1	539.65	6.60g	11.003%	895.91mg	8.42g *	54.12g	9.18g		31.11g
Grilled Italian Sub	1	575.90	8.12g *	13.037%	2235.29mg	20.43g	60.85g	8.00g		38.32g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
HS Ham & Cheese Sub	1	357.92	7.51g	18.888%	1183.30mg	15.59g	31.70g	4.58g		26.43g
Italian Sub	1	416.45	4.76g *	11.021% *	1400.07mg	18.18g	32.20g	4.58g		33.32g
Middle School Chicken Nuggets	6 nuggets	315.43	3.29g	9.375%	617.71mg	18.40g	21.03g	3.94g		17.09g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Middle School Spicy Chicken Sandwich	1 sandwich	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g
Middle School Taco Salad with Chips	1 each	571.04	9.39g	14.799%	1002.38mg	30.36g	59.05g	11.04g		29.27g

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

Recipe Nutrition Summary

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

10/30/2018 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
Milk - Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
MS hummus loco	1 hummus plate	358.16	3.00g	7.539%	498.25mg	9.70g	44.21g	5.70g		14.22g
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%	500.00mg	22.50g	48.00g	5.00g		19.00g
Suncup 100% Fruit Punch Juice Cup, Frozen	1 Juice Cup	60.00	0.00g	0.000%	5.00mg	0.00g	14.00g	0.00g		0.00g
Tuna Salad	1/3 c	326.56	0.00g *	0.005% *	901.88mg	6.02g	40.98g	6.07g		26.25g
Tuna Salad Sandwich	1/2 cup	346.66	0.45g *	1.162% *	528.64mg *	5.12g *	45.97g *	6.19g *		23.79g *
Turkey & Cheese Sub	1	331.25	6.01g *	16.333% *	879.96mg	14.09g	30.70g	4.58g		22.76g
Veggie Chef Salad Middle School	1	357.15	3.73g	9.402%	507.91mg	10.23g	39.68g	6.18g		24.40g
White Milk 1%	1 White Milk 1%	110.00	1.50g	12.273%	130.00mg	2.50g	11.00g	0.00g		8.00g
Whole Grain Bread Stick	1 Whole Grain Bread Stick	80.00	0.00g	0.000%	100.00mg	1.00g	14.00g	1.00g		2.00g
Whole Grain Pepperoni ParBaked	1 slice	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g

10/31/2018 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Canned Fruits	.5 cup	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *

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

Recipe Nutrition Summary

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

10/31/2018 **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
Bosco Sticks - Whole Grain	2 Bosco Sticks - Whole Grain	300.00	5.00g	15.000%	440.00mg	10.00g	34.00g	4.00g		20.00g
Breaded Chicken Sandwich	1 sandwich	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Carrots & Corn	1/2 cup	33.00 *	0.00g *	0.000% *	0.00mg *	0.00g *	7.80g *	0.82g *		1.20g *
Cheese Burger	1 each	305.00	5.50g	16.230%	625.00mg	14.00g	28.00g	6.00g		20.55g
Chicken Chef Salad Middle School	1	539.65	6.60g	11.003%	895.91mg	8.42g *	54.12g	9.18g		31.11g
Fiestada	1 Fiestada	360.00	6.00g	15.000%	760.00mg	14.00g	42.00g	5.00g		17.00g
fruited jello	1/2 cup (#8 scoop)	114.49	N/A	N/A	38.42mg *	N/A	29.54g	1.10g *		0.37g *
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
HS Ham & Cheese Sub	1	357.92	7.51g	18.888%	1183.30mg	15.59g	31.70g	4.58g		26.43g
Italian Sub	1	416.45	4.76g *	11.021% *	1400.07mg	18.18g	32.20g	4.58g		33.32g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Middle School Spicy Chicken Sandwich	1 sandwich	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
MS hummus loco	1 hummus plate	358.16	3.00g	7.539%	498.25mg	9.70g	44.21g	5.70g		14.22g
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
sauce, marinara	1 sauce, marinara	60.00	0.00g	0.000%	490.00mg	2.00g	9.00g	2.00g		2.00g

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

Recipe Nutrition Summary

for Warren Consolidated Schools
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10/31/2018 **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>
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%	500.00mg	22.50g	48.00g	5.00g		19.00g
Suncup 100% Fruit Punch Juice Cup, Frozen	1 Juice Cup	60.00	0.00g	0.000%	5.00mg	0.00g	14.00g	0.00g		0.00g
Tuna Salad	1/3 c	326.56	0.00g *	0.005% *	901.88mg	6.02g	40.98g	6.07g		26.25g
Turkey & Cheese Sub	1	331.25	6.01g *	16.333% *	879.96mg	14.09g	30.70g	4.58g		22.76g
Veggie Chef Salad Middle School	1	357.15	3.73g	9.402%	507.91mg	10.23g	39.68g	6.18g		24.40g
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 Pepperoni ParBaked	1 slice	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g

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