

Recipe Nutrition Summary

for Warren Consolidated Schools
February 1, 2019 through February 28, 2019

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

2/1/2019 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
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
fat free chocolate prairie farm	1 fat free chocolate prairie farm	110.00	N/A	N/A	180.00mg	N/A	20.00g	N/A		8.00g
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
Grilled Cheese	1	432.00	10.00g	20.833%	986.00mg	21.20g	44.00g	4.00g		18.20g
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
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

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

Recipe Nutrition Summary

for Warren Consolidated Schools

February 1, 2019 through February 28, 2019

2/1/2019 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>
SOUP, TOMATO, CONDENSED	1 cup	180.00	0.99g	4.960%	1460.00mg	1.98g	37.99g	3.99g		3.99g
Soybutter Meal	1	470.00	6.00g	11.489%	570.00mg	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
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

2/4/2019 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	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
fat free chocolate prairie farm	1 fat free chocolate prairie farm	110.00	N/A	N/A	180.00mg	N/A	20.00g	N/A		8.00g

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

Recipe Nutrition Summary

for Warren Consolidated Schools

February 1, 2019 through February 28, 2019

2/4/2019 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>
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
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
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	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
MS hummus loco	1 hummus plate	521.65	4.02g	6.944%	875.74mg	16.67g	64.56g	11.60g		18.32g
MS Philly Steak & Cheese	1 sandwich	367.57	7.17g	17.557%	802.00mg	12.89g	34.98g	6.23g		28.09g
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
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
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 Bean Salad	1/4 cup	74.68	0.31g	3.707%	172.89mg	1.97g	10.86g	2.67g		3.89g
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

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Recipe Nutrition Summary

for Warren Consolidated Schools
February 1, 2019 through February 28, 2019

2/5/2019 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
Asian Vegetable Blend	1 Asian Vegetable Blend	12.50	N/A	N/A	5.00mg	0.00g	N/A	0.50g		0.50g
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
fat free chocolate prairie farm	1 fat free chocolate prairie farm	110.00	N/A	N/A	180.00mg	N/A	20.00g	N/A		8.00g
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
Fortune Cookie	1 Fortune Cookie	11.67	N/A	N/A	0.00mg	0.00g	2.67g	0.00g		0.17g
General Tso Chx	4 oz in weight	224.00	2.40g	9.643%	288.00mg	12.00g	10.40g	0.00g		18.40g
Golden Tiger WG Vegetable Egg Roll	1 each	140.00	0.50g	3.214%	290.00mg	6.00g	20.00g	3.00g		4.00g
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
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
Mandarin Oranges - canned	.5 cup	90.00	0.00g	0.000%	10.00mg	0.00g	20.00g	0.00g		1.00g

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Recipe Nutrition Summary

for Warren Consolidated Schools

February 1, 2019 through February 28, 2019

2/5/2019 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 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
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	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
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
Whole Grain Pepperoni ParBaked	1 slice	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g

2/6/2019 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	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	300.00	5.00g	15.000%	440.00mg	10.00g	34.00g	4.00g		20.00g

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Recipe Nutrition Summary

for Warren Consolidated Schools
February 1, 2019 through February 28, 2019

2/6/2019 **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>
	Grain									
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
fat free chocolate prairie farm	1 fat free chocolate prairie farm	110.00	N/A	N/A	180.00mg	N/A	20.00g	N/A		8.00g
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
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
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
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
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
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"

Recipe Nutrition Summary

for Warren Consolidated Schools
February 1, 2019 through February 28, 2019

2/6/2019 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Tuna Salad Sandwich	1/2 cup	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
Veggie Sub	1	312.45	7.01g	20.196%	1120.33mg	10.08g	36.97g	5.51g		21.23g
Whole Grain Pepperoni ParBaked	1 slice	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g

2/7/2019 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
2 for 1 Reduced Beef Tacos (MISD)	2	409.84 *	11.00g	24.149%	690.76mg	19.39g	38.86g	7.29g		25.38g
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 Potato Half	1 Baked Potato Half	69.14	0.00g	0.000%	2.86mg	0.00g	15.43g	1.14g		1.71g
Breaded Chicken Sandwich	1 sandwich	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Buffalo style glazed chicken drumsticks	1 Buffalo style glazed chicken drumsticks	170.00	2.50g	13.235%	300.00mg	10.00g	4.00g	0.00g		17.00g
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
fat free chocolate prairie farm	1 fat free chocolate prairie farm	110.00	N/A	N/A	180.00mg	N/A	20.00g	N/A		8.00g

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

Recipe Nutrition Summary

for Warren Consolidated Schools

February 1, 2019 through February 28, 2019

2/7/2019 **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>
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
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
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	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
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
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%	570.00mg	22.50g	48.00g	5.00g		19.00g
Tomato Salsa	.5 cup	7.02	0.00g	0.000%	63.15mg	0.00g	0.94g	0.47g		0.00g
Tuna Salad Sandwich	1/2 cup	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
Veggie Sub	1	312.45	7.01g	20.196%	1120.33mg	10.08g	36.97g	5.51g		21.23g

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

Recipe Nutrition Summary

for Warren Consolidated Schools
February 1, 2019 through February 28, 2019

2/7/2019 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

2/8/2019 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	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
au gratin potato casserole	5.6 oz	120.00	N/A	N/A	270.00mg	1.00g	25.00g	N/A		2.00g
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
fat free chocolate prairie farm	1 fat free chocolate prairie farm	110.00	N/A	N/A	180.00mg	N/A	20.00g	N/A		8.00g
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
Fish w/Cheese Sandwich on a Bun	1	395.95	1.00g	2.273%	549.95mg	13.34g	52.40g	7.00g		19.00g
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
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g

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

Recipe Nutrition Summary

for Warren Consolidated Schools
February 1, 2019 through February 28, 2019

2/8/2019 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 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
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
Peas and Carrots	.5 cup	68.73	0.00g	0.000%	102.14mg	0.89g	13.01g	4.08g		4.09g
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
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
Veggie Sub	1	312.45	7.01g	20.196%	1120.33mg	10.08g	36.97g	5.51g		21.23g
WCS Chicken Parmesan	1 each	310.22	4.35g	12.620%	869.75mg	3.44g *	20.49g	3.00g		18.29g
Whole Grain Pepperoni ParBaked	1 slice	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g

2/11/2019 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	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

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

Recipe Nutrition Summary

for Warren Consolidated Schools
February 1, 2019 through February 28, 2019

2/11/2019 **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
bean, vegetarian	1/2 cup	130.00	0.00g	0.000%	473.00mg	0.00g	26.00g	6.00g		7.00g
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
Broccoli Cuts - Frozen	1/2 cup (#8 scoop)	39.66	0.00g	0.000%	28.33mg	0.00g	5.67g	2.27g		2.27g
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
fat free chocolate prairie farm	1 fat free chocolate prairie farm	110.00	N/A	N/A	180.00mg	N/A	20.00g	N/A		8.00g
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
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
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	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
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

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

Recipe Nutrition Summary

for Warren Consolidated Schools
February 1, 2019 through February 28, 2019

2/11/2019 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>
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%	570.00mg	22.50g	48.00g	5.00g		19.00g
Tomato Salsa	.5 cup	7.02	0.00g	0.000%	63.15mg	0.00g	0.94g	0.47g		0.00g
Tuna Salad	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
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

2/12/2019 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	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
Cherry Tomato Salad	.5	47.98	0.45g	8.391%	7.67mg	3.24g	4.42g	0.83g *		0.85g
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

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

Recipe Nutrition Summary

for Warren Consolidated Schools
February 1, 2019 through February 28, 2019

2/12/2019 **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>
fat free chocolate prairie farm	1 fat free chocolate prairie farm	110.00	N/A	N/A	180.00mg	N/A	20.00g	N/A		8.00g
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
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
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	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
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
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%	570.00mg	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
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"

Recipe Nutrition Summary

for Warren Consolidated Schools
February 1, 2019 through February 28, 2019

2/12/2019 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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2/13/2019 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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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
Applesauce Mousse	1/2 cup	82.52	0.94g *	10.306% *	37.39mg	1.05g *	18.70g	1.86g		0.29g *
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
Chicken Tortila Soup with White Cheese Sauce	8 oz	308.42	8.07g	23.541%	1004.69mg	15.38g	17.59g	3.16g		27.11g
Crispy Edamame	1/2 cup	206.70	4.33g	18.875%	265.15mg	14.27g	6.80g	7.00g		16.67g
fat free chocolate prairie farm	1 fat free chocolate prairie farm	110.00	N/A	N/A	180.00mg	N/A	20.00g	N/A		8.00g
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
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
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g

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

Recipe Nutrition Summary

for Warren Consolidated Schools
February 1, 2019 through February 28, 2019

2/13/2019 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 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
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
sauce, marinara	1 sauce, marinara	60.00	0.00g	0.000%	490.00mg	2.00g	9.00g	2.00g		2.00g
Shearer's Yellow Corn Tortilla Chips	1 bag	270.00	1.50g	5.000%	220.00mg	11.00g	40.00g	4.00g		4.00g
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
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
Veggie Sub	1	312.45	7.01g	20.196%	1120.33mg	10.08g	36.97g	5.51g		21.23g
Whole Grain Pepperoni ParBaked	1 slice	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g

2/14/2019 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	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

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

Recipe Nutrition Summary

for Warren Consolidated Schools
February 1, 2019 through February 28, 2019

2/14/2019 **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
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
fat free chocolate prairie farm	1 fat free chocolate prairie farm	110.00	N/A	N/A	180.00mg	N/A	20.00g	N/A		8.00g
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
GFS Valentine Sugar Cookie Dough, Frozen, 1.33 Ounce	1 cookie	177.50	4.00g	20.282%	75.00mg	8.00g	25.00g	0.00g		2.00g
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
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	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
Mixed Vegetables Frozen	1/2 cup (#8 scoop)	88.20	0.00g	0.000%	31.50mg	0.00g	15.12g	3.78g		2.52g
MS hummus loco	1 hummus plate	521.65	4.02g	6.944%	875.74mg	16.67g	64.56g	11.60g		18.32g
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

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

Recipe Nutrition Summary

for Warren Consolidated Schools
February 1, 2019 through February 28, 2019

2/14/2019 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%	570.00mg	22.50g	48.00g	5.00g		19.00g
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
Veggie Sub	1	312.45	7.01g	20.196%	1120.33mg	10.08g	36.97g	5.51g		21.23g
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

2/25/2019 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	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
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
Elem Sweet Potato Pudding	.5 cup	104.90	0.78g	6.709%	105.88mg	1.44g	19.74g	0.76g *		2.55g

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

Recipe Nutrition Summary

for Warren Consolidated Schools
February 1, 2019 through February 28, 2019

2/25/2019 **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>
fat free chocolate prairie farm	1 fat free chocolate prairie farm	110.00	N/A	N/A	180.00mg	N/A	20.00g	N/A		8.00g
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
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
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
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
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
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
Whole Grain Bread Stick_Aunt Millie's	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

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

Recipe Nutrition Summary

for Warren Consolidated Schools

February 1, 2019 through February 28, 2019

2/26/2019 **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
2 for 1 Chicken Fajitas	2 fajitas	434.00	11.33g	23.502%	897.67mg	22.57g	30.00g	4.00g		28.60g
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
corn dog, chicken mini	6 mini dogs	315.00	3.45g	9.857%	735.00mg	18.30g	27.00g	1.20g		10.20g
Edamame, shelled soybeans	1 Edamame, shelled soybeans	120.00	1.00g	7.500%	10.00mg	5.10g	6.80g	7.00g		11.00g
Elem Tomato and Cucumber Salad	.5 cup	85.63	2.18g	22.900%	222.96mg	4.95g	6.43g	1.05g		4.50g
fat free chocolate prairie farm	1 fat free chocolate prairie farm	110.00	N/A	N/A	180.00mg	N/A	20.00g	N/A		8.00g
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
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
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	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g

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

Recipe Nutrition Summary

for Warren Consolidated Schools
February 1, 2019 through February 28, 2019

2/26/2019 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
Middle School Taco Salad with Chips	1 each	571.04	9.39g	14.799%	1002.38mg	30.36g	59.05g	11.04g		29.27g
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
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%	570.00mg	22.50g	48.00g	5.00g		19.00g
Tomato Salsa	.5 cup	7.02	0.00g	0.000%	63.15mg	0.00g	0.94g	0.47g		0.00g
Tuna Salad	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
Whole Grain Pepperoni ParBaked	1 slice	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g

2/27/2019 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
Apple Crisp	1/2 cup	360.53	0.51g *	1.275% *	221.36mg *	16.49g *	51.88g *	4.67g *		2.99g *
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
February 1, 2019 through February 28, 2019

2/27/2019 **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
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
fat free chocolate prairie farm	1 fat free chocolate prairie farm	110.00	N/A	N/A	180.00mg	N/A	20.00g	N/A		8.00g
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
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
Lunch Juices	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	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
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
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
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"

Recipe Nutrition Summary

for Warren Consolidated Schools
February 1, 2019 through February 28, 2019

2/27/2019 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
Veggie Sub	1	312.45	7.01g	20.196%	1120.33mg	10.08g	36.97g	5.51g		21.23g
Whole Grain Pepperoni ParBaked	1 slice	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g

2/28/2019 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
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
fat free chocolate prairie farm	1 fat free chocolate prairie farm	110.00	N/A	N/A	180.00mg	N/A	20.00g	N/A		8.00g
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
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
February 1, 2019 through February 28, 2019

2/28/2019 **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
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	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
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
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%	570.00mg	22.50g	48.00g	5.00g		19.00g
Tomato Salsa	.5 cup	7.02	0.00g	0.000%	63.15mg	0.00g	0.94g	0.47g		0.00g
Tuna Salad	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	369.00	6.47g	15.783%	690.89mg	18.66g	33.24g	5.08g		19.63g
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"