for Warren Consolidated Schools June 1, 2018 through June 22, 2018

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

6/1/2018 Beer Middle School - Lunch

0/1/2010 Deel Mildale Oction	Lunch			Calories from						
	Serving Size	Calories	Saturated Fat	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
Brown Rice	.5	40.80	0.00g *	0.000% *	1.71mg *	0.36g	8.64g	0.48g		0.96g
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
Creamy Cole Slaw	1/2 cup #8 scoop	42.94	0.00g	0.000%	75.27mg	2.16g	5.61g	1.09g		0.50g
Egg Salad	1/3 cup - #12 scoop	381.39	3.00g *	7.084% *	568.50mg	15.04g	43.23g	6.08g		18.04g
fruited jello	1/2 cup (#8 scoop)	114.49	N/A	N/A	38.42mg *	N/A	29.54g	1.10g *		0.37g *
GFS Far East Vegetable Blend	1/2 cup	20.00	0.00g	0.000%	15.00mg	0.00g	2.50g	1.00g		0.50g
Grape Juice	1 juice, grape 100% fresh	60.00	0.00g	0.000%	0.00mg	0.00g	16.00g	0.00g		0.00g
Hambuger 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 Hard Boiled Egg Meal	1	316.00	3.27g	9.319%	167.51mg	10.63g	32.08g	2.38g		14.22g
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"

for Warren Consolidated Schools June 1, 2018 through June 22, 2018

6/1/2018 Beer Middle School - Lunch

of 1/2010 Beef Middle Oction	- Lunch			Calories from						
	Serving Size	Calories	Saturated Fat	Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
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
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
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
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
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
Whole Grain Pollock Sandwich	each	131.78	0.01g	0.068%	126.78mg	2.07g	25.16g	5.02g		5.14g
6/4/2018 Beer Middle School	- Lunch			Calories from						
	Serving Size	Calories	Saturated Fat	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

for Warren Consolidated Schools June 1, 2018 through June 22, 2018

6/4/2018 Beer Middle School - Lunch

0/4/2010 Beel Mildule School	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
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
broccoli salad	.50 cup	192.74	0.01g	0.042%	130.12mg	4.16g	37.46g	1.94g		1.72g
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
Egg Salad	1/3 cup - #12 scoop	381.39	3.00g *	7.084% *	568.50mg	15.04g	43.23g	6.08g		18.04g
Grilled Italian Sub	1	575.90	8.12g *	13.037%	2235.29mg	20.43g	60.85g	8.00g		38.32g
Hambuger 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 Hard Boiled Egg Meal	1	316.00	3.27g	9.319%	167.51mg	10.63g	32.08g	2.38g		14.22g
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

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

for Warren Consolidated Schools June 1, 2018 through June 22, 2018

6/4/2018 Beer Middle School - Lunch

0/4/2010 Deel imidale ochoor		Calariaa	Catumata d Fat	Calories from	0	F-4	Camba	Dietem, Eiben	0	Duntain
	Serving Size	Calories	Saturated Fat	Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
MS hummus loco	1 hummus plate	358.16	3.00g	7.539%	498.25mg	9.70g	44.21g	5.70g		14.22g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
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		2.68
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		19.00
Tomato Salsa	.5 cup	7.02	0.00g	0.000%	63.15mg	0.00g	0.94g	0.47g		0.00
Tuna Salad	1/3 c	326.56	0.00g *	0.005% *	901.88mg	6.02g	40.98g	6.07g		26.25
Turkey & Cheese Sub	1	331.25	6.01g *	16.333% *	879.96mg	14.09g	30.70g	4.58g		22.76
Veggie Chef Salad Middle School	1	357.15	3.73g	9.402%	507.91mg	10.23g	39.68g	6.18g		24.40
Veggie Sub	1	312.45	7.01g	20.196%	1120.33mg	10.08g	36.97g	5.51g		21.23
White Milk 1%	1 White Milk 1%	110.00	1.50g	12.273%	130.00mg	2.50g	11.00g	0.00g		8.00
Whole Grain Chicken Quesadilla	1 Whole Grain Chicken Quesadilla	320.00	2.50g	7.031%	770.00mg	11.00g	38.00g	4.00g		18.00
Whole Grain Pepperoni ParBaked		395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50

6/5/2018 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 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

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

for Warren Consolidated Schools June 1, 2018 through June 22, 2018

6/5/2018 Beer Middle School - Lunch

0/3/2010 Beel Middle 3CHOOL		Calarias	Caturated Fat	Calories from	O = di	Fe4	Cardaa	Dietem: Fiber	C	Duntain
	Serving Size	Calories	Saturated Fat	Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
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
Cracker, graham	1 cracker, graham	90.00	0.00g	0.000%	130.00mg	2.10g	16.00g	1.10g		1.10g
Egg Salad	1/3 cup - #12 scoop	381.39	3.00g *	7.084% *	568.50mg	15.04g	43.23g	6.08g		18.04g
Grape Juice	1 juice, grape 100% fresh	60.00	0.00g	0.000%	0.00mg	0.00g	16.00g	0.00g		0.00g
Hambuger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
Hot Dog on a Bun	1	376.00	10.00g	23.936%	916.00mg	27.00g	22.00g	4.00g		16.00g
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 Hard Boiled Egg Meal	1	316.00	3.27g	9.319%	167.51mg	10.63g	32.08g	2.38g		14.22g
Middle School Ovenable Fries	0.5 cup	100.89	1.01g	9.000%	242.13mg	3.53g	17.15g	2.02g		2.02g
Middle School Parfait with Banana Bread	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	33.36g	56.05g	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

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

for Warren Consolidated Schools June 1, 2018 through June 22, 2018

6/5/2018 Beer Middle School - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
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
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
Vegetarian Beans Canned	1/2 cup (#8Scoop)	145.08	0.00g	0.000%	553.69mg	0.00g	29.70g	6.11g		7.12g *
Veggie Chef Salad Middle School	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 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

6/6/2018 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

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

for Warren Consolidated Schools June 1, 2018 through June 22, 2018

6/6/2018 Beer Middle School - Lunch

0/0/2010 Beel Mildule School	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
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		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
Egg Salad	1/3 cup - #12 scoop	381.39	3.00g *	7.084% *	568.50mg	15.04g	43.23g	6.08g		18.04g
GFS Whole Grain Honey Wheat Dinner Rolls		80.00	0.00g	0.000%	90.00mg	1.00g	13.00g	1.00g		3.00g
Grape Juice	Wheat Dinner Rolls 1 juice, grape 100% fresh	60.00	0.00g	0.000%	0.00mg	0.00g	16.00g	0.00g		0.00g
Hambuger 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 Hard Boiled Egg Meal	1	316.00	3.27g	9.319%	167.51mg	10.63g	32.08g	2.38g		14.22g
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
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
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
Peas Frozen	1/2 cup (#8 scoop)	71.35	0.00g	0.000%	101.93mg	0.00g	12.23g	3.67g		5.40g
						·-				·

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

for Warren Consolidated Schools June 1, 2018 through June 22, 2018

6/6/2018 Beer Middle School - Lunch

	Compiner Sine	Calarias	Seturated Est	Calories from	Cadium	Fot.	Carba	Dietem Eiber	Cumana	Dratain
	Serving Size	Calories	Saturated Fat	Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
Pickled Beets	.5 cup	54.99	0.00g *	0.022% *	245.82mg *	0.00g *	12.00g *	1.04g *		1.02g *
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
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 Breaded Mini Chicken Corn Dogs	6 Mini Chicken Corn Dogs	270.00	4.00g	13.333%	420.00mg	12.00g	30.00g	5.00g		11.00g
Whole Grain Pepperoni ParBaked	1 slice	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g

6/7/2018 Beer Middle School - Lunch

6///2018 Beer Middle School -	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

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

for Warren Consolidated Schools June 1, 2018 through June 22, 2018

6/7/2018 Beer Middle School - Lunch

6///2018 Beer Middle School	- Lunch			Calories from						
	Serving Size	Calories	Saturated Fat	Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
Chicken Chef Salad Middle School	1	539.65	6.60g	11.003%	895.91mg	8.42g *	54.12g	9.18g		31.11g
Egg Salad	1/3 cup - #12 scoop	381.39	3.00g *	7.084% *	568.50mg	15.04g	43.23g	6.08g		18.04g
Elem Pumpkin Pudding	.5 cup	87.85	0.37g	3.800%	155.09mg	0.62g	16.68g	0.95g		2.45g
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
Grape Juice	1 juice, grape 100% fresh	60.00	0.00g	0.000%	0.00mg	0.00g	16.00g	0.00g		0.00g
Hambuger 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
Middle School Hard Boiled Egg Meal	1	316.00	3.27g	9.319%	167.51mg	10.63g	32.08g	2.38g		14.22g
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
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
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

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

for Warren Consolidated Schools June 1, 2018 through June 22, 2018

6/7/2018 Beer Middle School - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
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
WCS made Chicken Alfredo with Italian Cheese Sauce regular rotini	1 cup	278.33	6.33g	20.479%	554.73mg	11.33g	24.00g	1.12g		20.32g
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

6/8/2018 Beer Middle School - Lunch

				Calories from						
	Serving Size	Calories	Saturated Fat	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 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
Egg Salad	1/3 cup - #12 scoop	381.39	3.00g *	7.084% *	568.50mg	15.04g	43.23g	6.08g		18.04g
Elem Strawberry Parfait	.5 cup	63.00	0.13g	1.786%	15.33mg	0.19g	14.88g	2.20g *		0.88g

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

for Warren Consolidated Schools June 1, 2018 through June 22, 2018

6/8/2018 Beer Middle School - Lunch

6/8/2018 Beer Middle School	- Lunch			Calories from						
	Serving Size	Calories	Saturated Fat	Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
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
Grape Juice	1 juice, grape 100% fresh	60.00	0.00g	0.000%	0.00mg	0.00g	16.00g	0.00g		0.00g
Hambuger 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.Veggie Specialty Pizza	1 each	350.65	6.00g	15.400%	646.65mg	14.00g	38.55g	5.03g		19.81
Middle School Hard Boiled Egg Meal	1	316.00	3.27g	9.319%	167.51mg	10.63g	32.08g	2.38g		14.22
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57
Middle School Spicy Chicken Sandwich	1 sandwich	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.000
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		8.00
MS hummus loco	1 hummus plate	358.16	3.00g	7.539%	498.25mg	9.70g	44.21g	5.70g		14.22
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00
Par Baked Pizza Big Daddy's Middle School	1 slice	360.00	8.00g	20.000%	490.00mg	16.00g	35.00g	4.00g		18.00
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68
Soybutter Meal	1	470.00	6.00g	11.489%	500.00mg	22.50g	48.00g	5.00g		19.00
Tuna Salad	1/3 c	326.56	0.00g *	0.005% *	901.88mg	6.02g	40.98g	6.07g		26.25
Turkey & Cheese Sub	1	331.25	6.01g *	16.333% *	879.96mg	14.09g	30.70g	4.58g		22.76
Veggie Chef Salad Middle School	1	357.15	3.73g	9.402%	507.91mg	10.23g	39.68g	6.18g		24.40

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

for Warren Consolidated Schools June 1, 2018 through June 22, 2018

6/8/2018 Beer Middle School - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
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 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

6/11/2018 Beer Middle School - Lunch

				Calories from						
	Serving Size	Calories	Saturated Fat	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
Egg Salad	1/3 cup - #12 scoop	381.39	3.00g *	7.084% *	568.50mg	15.04g	43.23g	6.08g		18.04g
Grape Juice	1 juice, grape 100% fresh	60.00	0.00g	0.000%	0.00mg	0.00g	16.00g	0.00g		0.00g
Hambuger 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"

for Warren Consolidated Schools June 1, 2018 through June 22, 2018

6/11/2018 Beer Middle School - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
Middle School Hard Boiled Egg Meal	1	316.00	3.27g	9.319%	167.51mg	10.63g	32.08g	2.38g		14.22g
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
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
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
Vegetarian Beans Canned	1/2 cup (#8Scoop)	145.08	0.00g	0.000%	553.69mg	0.00g	29.70g	6.11g		7.12g *
Veggie Chef Salad Middle School	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

for Warren Consolidated Schools June 1, 2018 through June 22, 2018

6/12/2018 Beer Middle School - Lunch

6/12/2018 Beer Middle School	- Luncn			Calories from						
	Serving Size	Calories	Saturated Fat	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
Egg Salad	1/3 cup - #12 scoop	381.39	3.00g *	7.084% *	568.50mg	15.04g	43.23g	6.08g		18.04g
Grape Juice	1 juice, grape 100% fresh	60.00	0.00g	0.000%	0.00mg	0.00g	16.00g	0.00g		0.00g
Hambuger 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 Hard Boiled Egg Meal	1	316.00	3.27g	9.319%	167.51mg	10.63g	32.08g	2.38g		14.22g
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

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

for Warren Consolidated Schools June 1, 2018 through June 22, 2018

6/12/2018 Beer Middle School - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
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
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

6/13/2018 Beer Middle School - Lunch

0/13/2010 Beel Middle School	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

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

for Warren Consolidated Schools June 1, 2018 through June 22, 2018

6/13/2018 Beer Middle School - Lunch

Coming Size	Calarias	Saturated Fat	Calories from	Sadium	Eat	Carbo	Diotom/ Eibor	Cugara	Protein
								Sugars	-
1/3 cup - #12 scoop	381.39	3.00g *	7.084% *	568.50mg	15.04g	43.23g	6.08g		18.04g
1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
1	357.92	7.51g	18.888%	1183.30mg	15.59g	31.70g	4.58g		26.43g
1	416.45	4.76g *	11.021% *	1400.07mg	18.18g	32.20g	4.58g		33.32g
1	316.00	3.27g	9.319%	167.51mg	10.63g	32.08g	2.38g		14.22g
1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
1 sandwich	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g
1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
1 hummus plate	358.16	3.00g	7.539%	498.25mg	9.70g	44.21g	5.70g		14.22g
1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
1 slice	360.00	8.00g	20.000%	490.00mg	16.00g	35.00g	4.00g		18.00g
1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
1	470.00	6.00g	11.489%	500.00mg	22.50g	48.00g	5.00g		19.00g
1/3 c	326.56	0.00g *	0.005% *	901.88mg	6.02g	40.98g	6.07g		26.25g
1	331.25	6.01g *	16.333% *	879.96mg	14.09g	30.70g	4.58g		22.76g
1	357.15	3.73g	9.402%	507.91mg	10.23g	39.68g	6.18g		24.40g
1	312.45	7.01g	20.196%	1120.33mg	10.08g	36.97g	5.51g		21.23g
1 White Milk 1%	110.00	1.50g	12.273%	130.00mg	2.50g	11.00g	0.00g		8.00g
	1 each 1 each	1/3 cup - #12 scoop 381.39 1 each 270.00 1 357.92 1 416.45 1 316.00 1 759.34 1 sandwich 330.00 1 Fat Free Milk 90.00 1 Trumoo Choc Milk 120.00 1 hummus plate 358.16 1 juice, orange 100% fresh 61.00 1 slice 360.00 1 38.23 1 470.00 1/3 c 326.56 1 331.25 1 357.15	1/3 cup - #12 scoop 381.39 3.00g * 1 each 270.00 4.00g 1 357.92 7.51g 1 416.45 4.76g * 1 316.00 3.27g 1 759.34 4.06g 1 sandwich 330.00 2.50g 1 Fat Free Milk 90.00 0.00g 1 Trumoo Choc Milk 120.00 0.00g 1 hummus plate 358.16 3.00g 1 juice, orange 100% fresh 61.00 0.00g 1 slice 360.00 8.00g 1 38.23 0.00g 1 470.00 6.00g 1/3 c 326.56 0.00g * 1 31.25 6.01g * 1 357.15 3.73g	1/3 cup - #12 scoop 381.39 3.00g * 7.084% * 1 each 270.00 4.00g 13.333% 1 357.92 7.51g 18.888% 1 416.45 4.76g * 11.021% * 1 316.00 3.27g 9.319% 1 759.34 4.06g 4.809% 1 sandwich 330.00 2.50g 6.818% 1 Fat Free Milk 90.00 0.00g 0.000% 1 Trumoo Choc Milk 120.00 0.00g 0.000% 1 hummus plate 358.16 3.00g 7.539% 1 juice, orange 100% fresh 61.00 0.00g 0.000% 1 slice 360.00 8.00g 20.000% 1 38.23 0.00g 0.000% 1 470.00 6.00g 11.489% 1/3 c 326.56 0.00g * 0.005% * 1 331.25 6.01g * 16.333% * 1 357.15 3.73g 9.402% 1 312.45 7.01g 20.196%	1/3 cup - #12 scoop 381.39 3.00g * 7.084% * 568.50mg 1 each 270.00 4.00g 13.333% 415.00mg 1 357.92 7.51g 18.888% 1183.30mg 1 416.45 4.76g * 11.021% * 1400.07mg 1 316.00 3.27g 9.319% 167.51mg 1 759.34 4.06g 4.809% 542.25mg 1 sandwich 330.00 2.50g 6.818% 585.00mg 1 Fat Free Milk 90.00 0.00g 0.000% 130.00mg 1 Trumoo Choc Milk 120.00 0.00g 0.000% 180.00mg 1 hummus plate 358.16 3.00g 7.539% 498.25mg 1 juice, orange 100% fresh 61.00 0.00g 0.000% 0.00mg 1 slice 360.00 8.00g 20.000% 490.00mg 1 slice 360.00 8.00g 11.489% 500.00mg 1 38.23 0.00g 0.000% 55.26mg 1 470.00 6.00g 11.489% 500.00mg 1 331.25 6.01g * 16.333% * 879.96mg 1 331.25 6.01g * 16.333% * 879.96mg 1 312.45 7.01g 20.196% 1120.33mg	1/3 cup - #12 scoop 381.39 3.00g * 7.084% * 568.50mg 15.04g 1 each 270.00 4.00g 13.333% 415.00mg 12.00g 1 357.92 7.51g 18.888% 1183.30mg 15.59g 1 416.45 4.76g * 11.021% * 1400.07mg 18.18g 1 316.00 3.27g 9.319% 167.51mg 10.63g 1 759.34 4.06g 4.809% 542.25mg 21.14g 1 sandwich 330.00 2.50g 6.818% 585.00mg 13.00g 1 Fat Free Milk 90.00 0.00g 0.000% 130.00mg 0.00g 1 Trumoo Choc Milk 120.00 0.00g 0.000% 180.00mg 0.00g 1 thummus plate 358.16 3.00g 7.539% 498.25mg 9.70g 1 juice, orange 100% fresh 61.00 0.00g 0.000% 0.00mg 0.00g 1 slice 360.00 8.00g 20.000% 490.00mg 16.00g 1 slice 360.00 6.00g 11.489% 500.00mg 22.50g 1 331.25 6.01g * 16.333% 879.96mg 14.09g 1 357.15 3.73g 9.402% 507.91mg 10.23g	1/3 cup - #12 scoop 381.39 3.00g * 7.084% * 568.50mg 15.04g 43.23g 1 each 270.00 4.00g 13.333% 415.00mg 12.00g 27.00g 1 ach 357.92 7.51g 18.888% 1183.30mg 15.59g 31.70g 1 416.45 4.76g * 11.021% * 1400.07mg 18.18g 32.20g 1 31.00g 37.00g 37.0	1/3 cup - #12 scoop 381.39 3.00g * 7.084% * 568.50mg 15.04g 43.23g 6.08g 1 each 270.00 4.00g 13.333% 415.00mg 12.00g 27.00g 6.00g 1 each 270.00 4.00g 13.333% 415.00mg 12.00g 27.00g 6.00g 1 ach 357.92 7.51g 18.888% 1183.30mg 15.59g 31.70g 4.58g 1 416.45 4.76g * 11.021% * 1400.07mg 18.18g 32.20g 4.58g 1 316.00 3.27g 9.319% 167.51mg 10.63g 32.08g 2.38g 1 759.34 4.06g 4.809% 542.25mg 21.14g 129.81g 6.90g * 1 sandwich 330.00 2.50g 6.818% 585.00mg 13.00g 37.00g 6.00g 1 Fat Free Milk 90.00 0.00g 0.000% 130.00mg 0.00g 13.00g 0.00g 1 Trumoo Choc Milk 120.00 0.00g 0.000% 180.00mg 0.00g 13.00g 0.00g 1 hummus plate 358.16 3.00g 7.539% 498.25mg 9.70g 44.21g 5.70g 1 juice, orange 100% fresh 61.00 0.00g 0.000% 490.00mg 16.00g 35.00g 4.00g 1 silice 360.00 8.00g 0.000% 490.00mg 16.00g 35.00g 4.00g 1 silice 360.00 8.00g 0.000% 55.26mg 0.00g 8.66g 2.66g 1 470.00 6.00g 11.489% 500.00mg 22.50g 48.00g 5.00g 13.3 c 32.856 0.00g * 0.005% * 901.88mg 6.02g 40.98g 6.07g 1 3.3 c 32.856 0.00g * 0.005% * 901.88mg 6.02g 40.98g 6.07g 1.3 c 32.856 0.00g * 0.005% * 901.88mg 6.02g 40.98g 6.07g 1.3 c 32.556 0.00g * 0.005% * 901.88mg 6.02g 40.98g 6.07g 1.3 c 32.556 0.00g * 0.005% * 901.88mg 6.02g 40.98g 6.07g 1.3 c 32.556 0.00g * 0.005% * 901.88mg 6.02g 40.98g 6.07g 1.3 c 32.556 0.00g * 0.005% * 901.88mg 6.02g 40.98g 6.18g 1.3 c 357.15 3.73g 9.402% 507.91mg 10.23g 39.68g 6.18g 1.3 c 357.15 3.73g 9.402% 507.91mg 10.23g 39.68g 6.18g 1.3 c 357.15 3.73g 9.402% 507.91mg 10.23g 39.68g 6.18g 1.3 c 357.15 3.73g 9.402% 507.91mg 10.23g 39.68g 6.18g 1.3 c 357.15 3.73g 9.402% 507.91mg 10.23g 39.68g 6.18g 1.3 c 357.15 3.73g 9.402% 507.91mg 10.23g 39.68g 6.18g 1.3 c 357.15 3.73g 9.402% 507.91mg 10.23g 39.68g 6.18g 1.3 c 357.15 3.73g 9.402% 507.91mg 10.23g 39.68g 6.18g 1.3 c 357.15 3.73g 9.402% 507.91mg 10.23g 39.68g 6.18g 1.3 c 357.15 3.73g 9.402% 507.91mg 10.23g 39.69g 6.18g 1.3 c 357.15 3.73g 9.402% 507.91mg 10.23g 39.69g 6.18g 1.3 c 357.15 3.73g 9.402% 507.91mg 10.23g 39.69g 5.51g 1.3 c 357.25 3.73g 9.402% 507.91mg 10.23g 39.69g 5.51g 1.3 c 357.25 3.73g 30.0	113 cup - #12 scoop 381.39 3.00g * 7.084% * 568.50mg 15.04g 43.23g 6.08g 1 each 270.00 4.00g 13.333% 415.00mg 12.00g 27.00g 6.00g 1 asch 270.00 4.00g 13.333% 415.00mg 15.59g 31.70g 4.58g 1 357.92 7.51g 18.888% 1183.30mg 15.59g 31.70g 4.58g 1 4.66g * 11.021% * 1400.07mg 18.18g 32.20g 4.58g 1 31.00 3.27g 9.319% 167.51mg 10.63g 32.08g 2.38g 1 316.00 3.27g 9.319% 167.51mg 10.63g 32.08g 2.38g 1 36.00g * 4.06g 4.809% 542.25mg 21.14g 129.81g 6.90g * 1 sandwich 330.00 2.50g 6.818% 585.00mg 13.00g 37.00g 6.00g 1 fat Free Milk 90.00 0.00g 0.000% 130.00mg 0.00g 13.00g 0.00g 1 17 rumoo Choc Milk 120.00 0.00g 0.000% 180.00mg 0.00g 13.00g 0.00g 1 1 hummus plate 358.16 3.00g 7.539% 498.25mg 9.70g 44.21g 5.70g 1 slice 360.00 8.00g 20.000% 490.00mg 16.00g 35.00g 4.00g 1 slice 360.00 8.00g 20.000% 490.00mg 16.00g 35.00g 4.00g 1 slice 360.00 8.00g 20.000% 490.00mg 16.00g 35.00g 4.00g 1 38.23 0.00g 0.000 * 55.26mg 0.00g 8.06g 2.66g 1 38.25 6.01g * 14.89% 500.00mg 22.50g 48.00g 5.00g 1 3.31.25 6.01g * 16.333% 879.96mg 14.09g 30.70g 4.58g 1 3.31.25 6.01g * 16.333% 879.96mg 14.09g 30.70g 4.58g 1 3.373g 9.402% 597.91mg 10.23g 39.68g 6.18g 1 357.15 3.73g 9.402% 597.91mg 10.23g 39.68g 6.18g 1 3.32.45 7.01g 20.196% 1120.33mg 10.08g 36.97g 5.51g

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

for Warren Consolidated Schools June 1, 2018 through June 22, 2018

6/13/2018 Beer Middle School - Lunch

0/10/2010 Beel Middle School	Luncii			Calories from							
	Serving Size	Calories	Saturated Fat	Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein	
Whole Grain Pepperoni ParBaked	1 slice	395.00	9.00g	20.506%	605.00mg	19.25g	35.00g	4.00g		19.50g	