

Recipe Nutrition Summary

for Warren Consolidated Schools
September 12, 2016 through September 17, 2016

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

9/12/2016 Beer Middle School - Breakfast

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
Apple Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
Bacon Scramble Breakfast Pizza	1 Bacon Scramble Breakfast Pizza	220.00	3.50g	14.318%	320.00mg	9.00g	24.00g	2.00g		10.00g
Bagel stix	1 bagel stix, plain cream cheese	190.00	3.00g	14.211%	180.00mg	5.00g	29.00g	3.00g		6.00g
Banana Chocolate Benefit Bar	1 Banana Chocolate Breakfast Bar	280.00	3.00g	9.643%	220.00mg	8.00g	48.00g	3.00g		5.00g
Breakfast Round Ubr	1 round breakfast ubr	250.00	2.00g	7.200%	220.00mg	6.00g	45.00g	6.00g		5.00g
Cereal, cheerios bowl	1 cereal, cheerios bowl	100.00	0.50g	4.500%	140.00mg	2.00g	20.00g	3.00g		3.00g
cereal, Chocolate Frosted Mini Wheat	1 cereal, Chocolate Frosted Mini Wheat	100.00	0.00g	0.000%	N/A	1.00g	23.00g	3.00g		3.00g
Cereal, cinnamon toast R/S bowl	1 cereal, cinnamon toast R/S bowl	110.00	0.50g	4.091%	160.00mg	3.00g	22.00g	3.00g		1.00g
Cereal, frosted flakes R/S bowl	1 cereal, frosted flakes R/S bowl	100.00	0.00g	0.000%	160.00mg	0.00g	24.00g	2.00g		2.00g
Cereal, trix R/S bowl	1 cereal, trix R/S bowl	110.00	0.00g	0.000%	140.00mg	1.00g	24.00g	1.00g		1.00g
Cocoa Puffs Cereal Bar	1 Cocoa Puffs Cereal Bar	150.00	0.50g	3.000%	110.00mg	3.00g	30.00g	3.00g		3.00g
Cream Cheese, Light	1 cheese, cream light	60.00	4.00g	60.000%	95.00mg	5.00g	1.00g	0.00g		2.00g
Double Chocolate Oatmeal Bar	1 Double Chocolate Oatmeal Bar	150.00	1.00g	6.000%	115.00mg	5.00g	24.00g	3.00g		2.00g
Golden Grahams Cereal Bar	1 Golden Grahams Cereal Bar	150.00	0.50g	3.000%	110.00mg	3.00g	30.00g	3.00g		2.00g
Grape Juice	1 juice, grape 100% fresh	60.00	0.00g	0.000%	0.00mg	0.00g	16.00g	0.00g		0.00g
Lenders White Whole Grain 2 oz Bagel IW	1 Lenders White Whole Grain 2 oz Bagel IW	140.00	0.00g	0.000%	180.00mg	1.00g	29.00g	4.00g		6.00g
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"

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	<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
Mini Maple Pancakes	1 Mini Maple Pancakes	230.00	1.00g	3.913%	270.00mg	7.00g	40.00g	3.00g		5.00g
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	N/A	9.00g	47.00g	3.00g		N/A
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Pop-Tart Hot Fudge WG	1	370.00	2.00g	4.865%	390.00mg	6.00g	76.00g	6.00g		5.00g
Strawberry Yogurt Cup	1 Strawberry Yogurt Cup	80.00	0.00g	0.000%	65.00mg	0.00g	16.00g	0.00g		4.00g
Super Bakery Banana Bread	1 Super Bakery Banana Bread	280.00	2.00g	6.429%	220.00mg	10.00g	44.00g	2.00g		5.00g
Trix Cereal Bar	1	380.60	1.60g	3.783%	271.00mg	8.00g	74.40g	6.50g		6.30g
Whole Grain Banana Muffin	1 Whole Grain Banana Muffin	170.00	1.00g	5.294%	150.00mg	5.00g	28.00g	0.00g		3.00g
Whole Grain Blueberry Muffin	1 Whole Grain Blueberry Muffin	200.00	1.50g	6.750%	140.00mg	7.00g	32.00g	2.00g		2.00g
Whole Grain Cinnamon Bun Stick	1 Whole Grain Cinnamon Bun Stick	150.00	1.00g	6.000%	115.00mg	2.50g	30.00g	3.00g		4.00g
Whole Grain Double Chocolate Muffin	1 Whole Grain Double Chocolate Muffin	180.00	1.50g	7.500%	120.00mg	6.00g	28.00g	2.00g		2.00g
WW Cinnamon Pop-Tart	1 WW Cinnamon Pop-Tart	360.00	2.00g	5.000%	360.00mg	6.00g	74.00g	6.00g		4.00g
WW Strawberry Pop-Tart	1 WW Strawberry Pop-Tart	360.00	2.00g	5.000%	360.00mg	5.00g	76.00g	6.00g		4.00g
Yogurt Danimals Blended Strawberry-Banana Flavor NonFat	1 Yogurt Danimals Blended Strawberry-Banana Flavor	80.00	0.00g	0.000%	65.00mg	0.00g	16.00g	0.00g		4.00g

9/13/2016 Beer Middle School - Breakfast

	<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 Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g

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

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9/13/2016 **Beer Middle School - Breakfast**

	<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 Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
Bagel stix	1 bagel stix, plain cream cheese	190.00	3.00g	14.211%	180.00mg	5.00g	29.00g	3.00g		6.00g
Banana Chocolate Benefit Bar	1 Banana Chocolate Breakfast Bar	280.00	3.00g	9.643%	220.00mg	8.00g	48.00g	3.00g		5.00g
Bosco Apple-Stuffed Breadsticks	1 Bosco Apple-Stuffed Breadsticks	190.00	0.50g	2.368%	170.00mg	2.50g	38.00g	3.00g		5.00g
Breakfast Round Ubr	1 round breakfast ubr	250.00	2.00g	7.200%	220.00mg	6.00g	45.00g	6.00g		5.00g
Cereal, cheerios bowl	1 cereal, cheerios bowl	100.00	0.50g	4.500%	140.00mg	2.00g	20.00g	3.00g		3.00g
cereal, Chocolate Frosted Mini Wheat	1 cereal, Chocolate Frosted Mini Wheat	100.00	0.00g	0.000%	N/A	1.00g	23.00g	3.00g		3.00g
Cereal, cinnamon toast R/S bowl	1 cereal, cinnamon toast R/S bowl	110.00	0.50g	4.091%	160.00mg	3.00g	22.00g	3.00g		1.00g
Cereal, frosted flakes R/S bowl	1 cereal, frosted flakes R/S bowl	100.00	0.00g	0.000%	160.00mg	0.00g	24.00g	2.00g		2.00g
Cereal, raisin bran bowl	1 cereal, raisin bran bowl	110.00	0.00g	0.000%	125.00mg	0.50g	27.00g	4.00g		3.00g
Cereal, trix R/S bowl	1 cereal, trix R/S bowl	110.00	0.00g	0.000%	140.00mg	1.00g	24.00g	1.00g		1.00g
Cocoa Puffs Cereal Bar	1 Cocoa Puffs Cereal Bar	150.00	0.50g	3.000%	110.00mg	3.00g	30.00g	3.00g		3.00g
Cream Cheese, Light	1 cheese, cream light	60.00	4.00g	60.000%	95.00mg	5.00g	1.00g	0.00g		2.00g
Double Chocolate Oatmeal Bar	1 Double Chocolate Oatmeal Bar	150.00	1.00g	6.000%	115.00mg	5.00g	24.00g	3.00g		2.00g
Golden Grahams Cereal Bar	1 Golden Grahams Cereal Bar	150.00	0.50g	3.000%	110.00mg	3.00g	30.00g	3.00g		2.00g
Grape Juice	1 juice, grape 100% fresh	60.00	0.00g	0.000%	0.00mg	0.00g	16.00g	0.00g		0.00g
Lenders White Whole Grain 2 oz Bagel IW	1 Lenders White Whole Grain 2 oz Bagel IW	140.00	0.00g	0.000%	180.00mg	1.00g	29.00g	4.00g		6.00g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A

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	<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
Mini Waffles	1 Mini Waffles	210.00	1.00g	4.286%	170.00mg	6.00g	38.00g	3.00g		4.00g
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	N/A	9.00g	47.00g	3.00g		N/A
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Pop-Tart Hot Fudge WG	1	370.00	2.00g	4.865%	390.00mg	6.00g	76.00g	6.00g		5.00g
Strawberry Yogurt Cup	1 Strawberry Yogurt Cup	80.00	0.00g	0.000%	65.00mg	0.00g	16.00g	0.00g		4.00g
Super Bakery Banana Bread	1 Super Bakery Banana Bread	280.00	2.00g	6.429%	220.00mg	10.00g	44.00g	2.00g		5.00g
Trix Cereal Bar	1	380.60	1.60g	3.783%	271.00mg	8.00g	74.40g	6.50g		6.30g
Whole Grain Banana Muffin	1 Whole Grain Banana Muffin	170.00	1.00g	5.294%	150.00mg	5.00g	28.00g	0.00g		3.00g
Whole Grain Blueberry Muffin	1 Whole Grain Blueberry Muffin	200.00	1.50g	6.750%	140.00mg	7.00g	32.00g	2.00g		2.00g
Whole Grain Cinnamon Bun Stick	1 Whole Grain Cinnamon Bun Stick	150.00	1.00g	6.000%	115.00mg	2.50g	30.00g	3.00g		4.00g
Whole Grainn Double Chocolate Muffin	1 Whole Grainn Double Chocolate Muffin	180.00	1.50g	7.500%	120.00mg	6.00g	28.00g	2.00g		2.00g
WW Cinnamon Pop-Tart	1 WW Cinnamon Pop-Tart	360.00	2.00g	5.000%	360.00mg	6.00g	74.00g	6.00g		4.00g
WW Strawberry Pop-Tart	1 WW Strawberry Pop-Tart	360.00	2.00g	5.000%	360.00mg	5.00g	76.00g	6.00g		4.00g
Yogurt Danimals Blended Strawberry-Banana Flavor NonFat	1 Yogurt Danimals Blended Strawberry-Banana Flavor	80.00	0.00g	0.000%	65.00mg	0.00g	16.00g	0.00g		4.00g

9/14/2016 Beer Middle School - Breakfast

	<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 Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g

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9/14/2016 **Beer Middle School - Breakfast**

	<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 Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
Bagel Egg and Cheese Breakfast Sandwich	1	261.00	3.50g	12.069%	436.50mg	11.50g	30.50g	4.00g		12.00g
Bagel stix	1 bagel stix, plain cream cheese	190.00	3.00g	14.211%	180.00mg	5.00g	29.00g	3.00g		6.00g
Banana Chocolate Benefit Bar	1 Banana Chocolate Breakfast Bar	280.00	3.00g	9.643%	220.00mg	8.00g	48.00g	3.00g		5.00g
Breakfast Round Ubr	1 round breakfast ubr	250.00	2.00g	7.200%	220.00mg	6.00g	45.00g	6.00g		5.00g
Cereal, cheerios bowl	1 cereal, cheerios bowl	100.00	0.50g	4.500%	140.00mg	2.00g	20.00g	3.00g		3.00g
cereal, Chocolate Frosted Mini Wheat	1 cereal, Chocolate Frosted Mini Wheat	100.00	0.00g	0.000%	N/A	1.00g	23.00g	3.00g		3.00g
Cereal, cinnamon toast R/S bowl	1 cereal, cinnamon toast R/S bowl	110.00	0.50g	4.091%	160.00mg	3.00g	22.00g	3.00g		1.00g
Cereal, frosted flakes R/S bowl	1 cereal, frosted flakes R/S bowl	100.00	0.00g	0.000%	160.00mg	0.00g	24.00g	2.00g		2.00g
Cereal, raisin bran bowl	1 cereal, raisin bran bowl	110.00	0.00g	0.000%	125.00mg	0.50g	27.00g	4.00g		3.00g
Cereal, trix R/S bowl	1 cereal, trix R/S bowl	110.00	0.00g	0.000%	140.00mg	1.00g	24.00g	1.00g		1.00g
Cocoa Puffs Cereal Bar	1 Cocoa Puffs Cereal Bar	150.00	0.50g	3.000%	110.00mg	3.00g	30.00g	3.00g		3.00g
Cream Cheese, Light	1 cheese, cream light	60.00	4.00g	60.000%	95.00mg	5.00g	1.00g	0.00g		2.00g
Double Chocolate Oatmeal Bar	1 Double Chocolate Oatmeal Bar	150.00	1.00g	6.000%	115.00mg	5.00g	24.00g	3.00g		2.00g
Golden Grahams Cereal Bar	1 Golden Grahams Cereal Bar	150.00	0.50g	3.000%	110.00mg	3.00g	30.00g	3.00g		2.00g
Grape Juice	1 juice, grape 100% fresh	60.00	0.00g	0.000%	0.00mg	0.00g	16.00g	0.00g		0.00g
Ham & Cheese Bagel Breakfast Sandwich	1	260.04	3.62g	12.520%	812.53mg	8.29g	30.62g	4.00g		17.38g
Lenders White Whole Grain 2 oz Bagel IW	1 Lenders White Whole Grain 2 oz Bagel IW	140.00	0.00g	0.000%	180.00mg	1.00g	29.00g	4.00g		6.00g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A

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9/14/2016 Beer Middle School - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	N/A	9.00g	47.00g	3.00g		N/A
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Pop-Tart Hot Fudge WG	1	370.00	2.00g	4.865%	390.00mg	6.00g	76.00g	6.00g		5.00g
Strawberry Yogurt Cup	1 Strawberry Yogurt Cup	80.00	0.00g	0.000%	65.00mg	0.00g	16.00g	0.00g		4.00g
Super Bakery Banana Bread	1 Super Bakery Banana Bread	280.00	2.00g	6.429%	220.00mg	10.00g	44.00g	2.00g		5.00g
Trix Cereal Bar	1	380.60	1.60g	3.783%	271.00mg	8.00g	74.40g	6.50g		6.30g
Whole Grain Banana Muffin	1 Whole Grain Banana Muffin	170.00	1.00g	5.294%	150.00mg	5.00g	28.00g	0.00g		3.00g
Whole Grain Blueberry Muffin	1 Whole Grain Blueberry Muffin	200.00	1.50g	6.750%	140.00mg	7.00g	32.00g	2.00g		2.00g
Whole Grain Cinnamon Bun Stick	1 Whole Grain Cinnamon Bun Stick	150.00	1.00g	6.000%	115.00mg	2.50g	30.00g	3.00g		4.00g
Whole Grainn Double Chocolate Muffin	1 Whole Grainn Double Chocolate Muffin	180.00	1.50g	7.500%	120.00mg	6.00g	28.00g	2.00g		2.00g
WW Cinnamon Pop-Tart	1 WW Cinnamon Pop-Tart	360.00	2.00g	5.000%	360.00mg	6.00g	74.00g	6.00g		4.00g
WW Strawberry Pop-Tart	1 WW Strawberry Pop-Tart	360.00	2.00g	5.000%	360.00mg	5.00g	76.00g	6.00g		4.00g
Yogurt Danimals Blended Strawberry-Banana Flavor NonFat	1 Yogurt Danimals Blended Strawberry-Banana Flavor	80.00	0.00g	0.000%	65.00mg	0.00g	16.00g	0.00g		4.00g

9/15/2016 Beer Middle School - Breakfast

	<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 Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g

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Bagel stix	1 bagel stix, plain cream cheese	190.00	3.00g	14.211%	180.00mg	5.00g	29.00g	3.00g		6.00g
Banana Chocolate Benefit Bar	1 Banana Chocolate Breakfast Bar	280.00	3.00g	9.643%	220.00mg	8.00g	48.00g	3.00g		5.00g
Breakfast Round Ubr	1 round breakfast ubr	250.00	2.00g	7.200%	220.00mg	6.00g	45.00g	6.00g		5.00g
Cereal, cheerios bowl	1 cereal, cheerios bowl	100.00	0.50g	4.500%	140.00mg	2.00g	20.00g	3.00g		3.00g
cereal, Chocolate Frosted Mini Wheat	1 cereal, Chocolate Frosted Mini Wheat	100.00	0.00g	0.000%	N/A	1.00g	23.00g	3.00g		3.00g
Cereal, cinnamon toast R/S bowl	1 cereal, cinnamon toast R/S bowl	110.00	0.50g	4.091%	160.00mg	3.00g	22.00g	3.00g		1.00g
Cereal, frosted flakes R/S bowl	1 cereal, frosted flakes R/S bowl	100.00	0.00g	0.000%	160.00mg	0.00g	24.00g	2.00g		2.00g
Cereal, raisin bran bowl	1 cereal, raisin bran bowl	110.00	0.00g	0.000%	125.00mg	0.50g	27.00g	4.00g		3.00g
Cereal, trix R/S bowl	1 cereal, trix R/S bowl	110.00	0.00g	0.000%	140.00mg	1.00g	24.00g	1.00g		1.00g
Cocoa Puffs Cereal Bar	1 Cocoa Puffs Cereal Bar	150.00	0.50g	3.000%	110.00mg	3.00g	30.00g	3.00g		3.00g
Cream Cheese, Light	1 cheese, cream light	60.00	4.00g	60.000%	95.00mg	5.00g	1.00g	0.00g		2.00g
Double Chocolate Oatmeal Bar	1 Double Chocolate Oatmeal Bar	150.00	1.00g	6.000%	115.00mg	5.00g	24.00g	3.00g		2.00g
Golden Grahams Cereal Bar	1 Golden Grahams Cereal Bar	150.00	0.50g	3.000%	110.00mg	3.00g	30.00g	3.00g		2.00g
Grape Juice	1 juice, grape 100% fresh	60.00	0.00g	0.000%	0.00mg	0.00g	16.00g	0.00g		0.00g
Lenders White Whole Grain 2 oz Bagel IW	1 Lenders White Whole Grain 2 oz Bagel IW	140.00	0.00g	0.000%	180.00mg	1.00g	29.00g	4.00g		6.00g
Max Egg & Turkey Bacon Sandwiches	1 Max Egg & Turkey Bacon Sandwiches	210.00	2.50g	10.714%	360.00mg	8.00g	25.00g	2.00g		9.00g
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
Mini Maple Pancakes	1 Mini Maple Pancakes	230.00	1.00g	3.913%	270.00mg	7.00g	40.00g	3.00g		5.00g

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

Recipe Nutrition Summary

for Warren Consolidated Schools
September 12, 2016 through September 17, 2016

9/15/2016 Beer Middle School - Breakfast

	<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>
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	N/A	9.00g	47.00g	3.00g		N/A
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Pop-Tart Hot Fudge WG	1	370.00	2.00g	4.865%	390.00mg	6.00g	76.00g	6.00g		5.00g
Strawberry Yogurt Cup	1 Strawberry Yogurt Cup	80.00	0.00g	0.000%	65.00mg	0.00g	16.00g	0.00g		4.00g
Super Bakery Banana Bread	1 Super Bakery Banana Bread	280.00	2.00g	6.429%	220.00mg	10.00g	44.00g	2.00g		5.00g
Trix Cereal Bar	1	380.60	1.60g	3.783%	271.00mg	8.00g	74.40g	6.50g		6.30g
Whole Grain Banana Muffin	1 Whole Grain Banana Muffin	170.00	1.00g	5.294%	150.00mg	5.00g	28.00g	0.00g		3.00g
Whole Grain Blueberry Muffin	1 Whole Grain Blueberry Muffin	200.00	1.50g	6.750%	140.00mg	7.00g	32.00g	2.00g		2.00g
Whole Grain Cinnamon Bun Stick	1 Whole Grain Cinnamon Bun Stick	150.00	1.00g	6.000%	115.00mg	2.50g	30.00g	3.00g		4.00g
Whole Grain Double Chocolate Muffin	1 Whole Grain Double Chocolate Muffin	180.00	1.50g	7.500%	120.00mg	6.00g	28.00g	2.00g		2.00g
WW Cinnamon Pop-Tart	1 WW Cinnamon Pop-Tart	360.00	2.00g	5.000%	360.00mg	6.00g	74.00g	6.00g		4.00g
WW Strawberry Pop-Tart	1 WW Strawberry Pop-Tart	360.00	2.00g	5.000%	360.00mg	5.00g	76.00g	6.00g		4.00g
Yogurt Danimals Blended Strawberry-Banana Flavor NonFat	1 Yogurt Danimals Blended Strawberry-Banana Flavor	80.00	0.00g	0.000%	65.00mg	0.00g	16.00g	0.00g		4.00g

9/16/2016 Beer Middle School - Breakfast

	<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 Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g

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

Recipe Nutrition Summary

for Warren Consolidated Schools
September 12, 2016 through September 17, 2016

9/16/2016 **Beer Middle School - Breakfast**

	<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>
Bagel stix	1 bagel stix, plain cream cheese	190.00	3.00g	14.211%	180.00mg	5.00g	29.00g	3.00g		6.00g
Banana Chocolate Benefit Bar	1 Banana Chocolate Breakfast Bar	280.00	3.00g	9.643%	220.00mg	8.00g	48.00g	3.00g		5.00g
Breakfast Round Ubr	1 round breakfast ubr	250.00	2.00g	7.200%	220.00mg	6.00g	45.00g	6.00g		5.00g
Cereal, cheerios bowl	1 cereal, cheerios bowl	100.00	0.50g	4.500%	140.00mg	2.00g	20.00g	3.00g		3.00g
cereal, Chocolate Frosted Mini Wheat	1 cereal, Chocolate Frosted Mini Wheat	100.00	0.00g	0.000%	N/A	1.00g	23.00g	3.00g		3.00g
Cereal, cinnamon toast R/S bowl	1 cereal, cinnamon toast R/S bowl	110.00	0.50g	4.091%	160.00mg	3.00g	22.00g	3.00g		1.00g
Cereal, frosted flakes R/S bowl	1 cereal, frosted flakes R/S bowl	100.00	0.00g	0.000%	160.00mg	0.00g	24.00g	2.00g		2.00g
Cereal, raisin bran bowl	1 cereal, raisin bran bowl	110.00	0.00g	0.000%	125.00mg	0.50g	27.00g	4.00g		3.00g
Cereal, trix R/S bowl	1 cereal, trix R/S bowl	110.00	0.00g	0.000%	140.00mg	1.00g	24.00g	1.00g		1.00g
Cocoa Puffs Cereal Bar	1 Cocoa Puffs Cereal Bar	150.00	0.50g	3.000%	110.00mg	3.00g	30.00g	3.00g		3.00g
Cream Cheese, Light	1 cheese, cream light	60.00	4.00g	60.000%	95.00mg	5.00g	1.00g	0.00g		2.00g
Double Chocolate Oatmeal Bar	1 Double Chocolate Oatmeal Bar	150.00	1.00g	6.000%	115.00mg	5.00g	24.00g	3.00g		2.00g
Eggo Chocolate Chip French Toast	1 Eggo Chocolate Chip French Toast	210.00	1.50g	6.429%	260.00mg	6.00g	35.00g	4.00g		5.00g
Golden Grahams Cereal Bar	1 Golden Grahams Cereal Bar	150.00	0.50g	3.000%	110.00mg	3.00g	30.00g	3.00g		2.00g
Grape Juice	1 juice, grape 100% fresh	60.00	0.00g	0.000%	0.00mg	0.00g	16.00g	0.00g		0.00g
Lenders White Whole Grain 2 oz Bagel IW	1 Lenders White Whole Grain 2 oz Bagel iW	140.00	0.00g	0.000%	180.00mg	1.00g	29.00g	4.00g		6.00g
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
Mini Whole Grain Turkey Pancake Wraps	4 each	239.97	3.33g	12.500%	373.28mg	12.00g	20.00g	4.00g		8.00g

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

Recipe Nutrition Summary

for Warren Consolidated Schools
September 12, 2016 through September 17, 2016

9/16/2016 **Beer Middle School - Breakfast**

	<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>
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	N/A	9.00g	47.00g	3.00g		N/A
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Pop-Tart Hot Fudge WG	1	370.00	2.00g	4.865%	390.00mg	6.00g	76.00g	6.00g		5.00g
Strawberry Yogurt Cup	1 Strawberry Yogurt Cup	80.00	0.00g	0.000%	65.00mg	0.00g	16.00g	0.00g		4.00g
Super Bakery Banana Bread	1 Super Bakery Banana Bread	280.00	2.00g	6.429%	220.00mg	10.00g	44.00g	2.00g		5.00g
Trix Cereal Bar	1	380.60	1.60g	3.783%	271.00mg	8.00g	74.40g	6.50g		6.30g
Whole Grain Banana Muffin	1 Whole Grain Banana Muffin	170.00	1.00g	5.294%	150.00mg	5.00g	28.00g	0.00g		3.00g
Whole Grain Blueberry Muffin	1 Whole Grain Blueberry Muffin	200.00	1.50g	6.750%	140.00mg	7.00g	32.00g	2.00g		2.00g
Whole Grain Cinnamon Bun Stick	1 Whole Grain Cinnamon Bun Stick	150.00	1.00g	6.000%	115.00mg	2.50g	30.00g	3.00g		4.00g
Whole Grainn Double Chocolate Muffin	1 Whole Grainn Double Chocolate Muffin	180.00	1.50g	7.500%	120.00mg	6.00g	28.00g	2.00g		2.00g
WW Cinnamon Pop-Tart	1 WW Cinnamon Pop-Tart	360.00	2.00g	5.000%	360.00mg	6.00g	74.00g	6.00g		4.00g
WW Strawberry Pop-Tart	1 WW Strawberry Pop-Tart	360.00	2.00g	5.000%	360.00mg	5.00g	76.00g	6.00g		4.00g
Yogurt Danimals Blended Strawberry-Banana Flavor NonFat	1 Yogurt Danimals Blended Strawberry-Banana Flavor	80.00	0.00g	0.000%	65.00mg	0.00g	16.00g	0.00g		4.00g

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