

# Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2017 through June 21, 2017

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

## 6/1/2017 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
Big Daddy Primo Four Cheese Pizza	1 Big Daddy Primo Four Cheese Pizza	370.00	7.00g	17.027%	500.00mg	15.00g	36.00g	3.00g		21.00g
Big daddys primo pepperoni pizza	1	405.00	8.00g	17.778%	615.00mg	18.25g	36.00g	3.00g		22.50g
Breaded Chicken Sandwich	1	380.00	2.50g	5.921%	640.00mg	2.00g *	42.00g	9.00g		20.00g
Cheese Burger	1 each	315.00	5.50g	15.714%	680.00mg	14.00g	30.00g	7.00g		21.55g
Chef Salad - Chicken	1 each	428.34	2.31g	4.861%	446.84mg	14.16g	54.21g	13.32g		40.14g
ChefSalad - All Veggies	1	445.75	6.48g	13.093%	742.40mg	11.96g	48.03g	9.71g		33.41g
Fiestada	1 Fiestada	360.00	6.00g	15.000%	760.00mg	14.00g	42.00g	5.00g		17.00g
Fish w/Cheese Sandwich on a Bun	1	455.95	2.00g	3.948%	749.95mg	17.34g	57.40g	6.00g		20.00g
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	14.00g	1.00g		3.00g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
Hummus, Cheese Stick, Loco Bread	1	320.00	3.00g	8.438%	449.57mg	9.70g	35.00g	3.07g		12.90g
M.S. Ham & Cheese Sub Sandwich	1	330.26	5.69g	15.498%	1352.65mg	10.27g	33.67g	4.63g		26.17g
M.S. Turkey & Cheese Sub Sandwich	1	307.02	4.01g	11.758%	1491.59mg	6.93g	34.68g	4.94g		28.34g
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	1 Ovenable Fries	236.25	0.00g	0.000%	47.25mg	9.45g	35.44g	2.36g		2.36g

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

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## 6/1/2017 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 Side Salad	1	43.52	0.00g	0.000%	58.78mg	0.00g	9.34g	2.90g		2.92g
Middle School Spicy Chicken Sandwich	1	340.00	2.50g	6.618%	640.00mg	13.00g	39.00g	7.00g		21.00g
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
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Soybutter Meal	1	470.00	6.00g	11.489%	485.00mg	22.50g	47.00g	5.00g		19.00g
Sweet Potato with Marshmallow Top	1/2 cup	128.56	0.00g	0.000%	46.02mg	0.88g	29.36g	2.65g		0.88g
Tuna Salad Sandwich	1/2 cup	159.16	0.45g *	2.532% *	209.89mg *	3.24g *	8.47g *	0.56g *		18.16g *
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	13.00g	0.00g		8.00g
Whole Grain Hot and Spicy Boneless Chicken Wings	5 each	237.50	2.50g	9.474%	487.50mg	10.00g	15.00g	1.25g		21.25g

## 6/2/2017 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Baked Potato Half	1 Baked Potato Half	69.14	0.00g	0.000%	2.86mg	0.00g	15.43g	1.14g		1.71g

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## 6/2/2017 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>
Big Daddy Primo Four Cheese Pizza	1 Big Daddy Primo Four Cheese Pizza	370.00	7.00g	17.027%	500.00mg	15.00g	36.00g	3.00g		21.00g
Big daddys primo pepperoni pizza	1	405.00	8.00g	17.778%	615.00mg	18.25g	36.00g	3.00g		22.50g
Big daddys primo veggie pizza	1	375.90	7.01g	16.774%	502.60mg	15.04g	37.29g	3.41g		21.33g
Breaded Chicken Sandwich	1	380.00	2.50g	5.921%	640.00mg	2.00g *	42.00g	9.00g		20.00g
Cheese Burger	1 each	315.00	5.50g	15.714%	680.00mg	14.00g	30.00g	7.00g		21.55g
Chef Salad - Chicken	1 each	428.34	2.31g	4.861%	446.84mg	14.16g	54.21g	13.32g		40.14g
ChefSalad - All Veggies	1	445.75	6.48g	13.093%	742.40mg	11.96g	48.03g	9.71g		33.41g
Creamy Cole Slaw	1/2 cup #8 scoop	65.50	0.00g	0.000%	74.57mg	2.16g	12.81g	0.98g		0.43g
fruited jello	1/2 cup (#8 scoop)	123.38	0.00g	0.000%	53.44mg	0.00g	31.75g	2.40g		0.00g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
Hummus, Cheese Stick, Loco Bread	1	320.00	3.00g	8.438%	449.57mg	9.70g	35.00g	3.07g		12.90g
M.S. Ham & Cheese Sub Sandwich	1	330.26	5.69g	15.498%	1352.65mg	10.27g	33.67g	4.63g		26.17g
M.S. Meatball Sub	1	423.43	7.50g	15.941%	1066.52mg	16.31g	42.16g	7.91g		28.91g
M.S. Turkey & Cheese Sub Sandwich	1	307.02	4.01g	11.758%	1491.59mg	6.93g	34.68g	4.94g		28.34g
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 Side Salad	1	43.52	0.00g	0.000%	58.78mg	0.00g	9.34g	2.90g		2.92g
Middle School Spicy Chicken Sandwich	1	340.00	2.50g	6.618%	640.00mg	13.00g	39.00g	7.00g		21.00g
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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## 6/2/2017 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Soybutter Meal	1	470.00	6.00g	11.489%	485.00mg	22.50g	47.00g	5.00g		19.00g
Tuna Salad Sandwich	1/2 cup	159.16	0.45g *	2.532% *	209.89mg *	3.24g *	8.47g *	0.56g *		18.16g *
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	13.00g	0.00g		8.00g
Whole Grain Pollock Sandwich	each	166.78	1.51g	8.148%	336.78mg	4.07g	26.16g	5.02g		8.69g

## 6/5/2017 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Bakeable Oven Roasted Crinkle Cut Fries	1 Bakeable Oven Roasted Crinkle Cut Fries	110.00	0.00g	0.000%	200.00mg	1.00g	23.00g	2.00g		2.00g
Big Daddy Primo Four Cheese Pizza	1 Big Daddy Primo Four Cheese Pizza	370.00	7.00g	17.027%	500.00mg	15.00g	36.00g	3.00g		21.00g
Big daddys primo pepperoni pizza	1	405.00	8.00g	17.778%	615.00mg	18.25g	36.00g	3.00g		22.50g
Breaded Chicken Sandwich	1	380.00	2.50g	5.921%	640.00mg	2.00g *	42.00g	9.00g		20.00g
Cheese Burger	1 each	315.00	5.50g	15.714%	680.00mg	14.00g	30.00g	7.00g		21.55g
Cheese Quesadillas	1	516.41	19.75g	32.680%	778.76mg	31.39g	35.24g	5.04g		22.85g
Chef Salad - Chicken	1 each	428.34	2.31g	4.861%	446.84mg	14.16g	54.21g	13.32g		40.14g

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

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## 6/5/2017 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>
ChefSalad - All Veggies	1	445.75	6.48g	13.093%	742.40mg	11.96g	48.03g	9.71g		33.41g
Hamburger 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
M.S. Ham & Cheese Sub Sandwich	1	330.26	5.69g	15.498%	1352.65mg	10.27g	33.67g	4.63g		26.17g
M.S. Turkey & Cheese Sub Sandwich	1	307.02	4.01g	11.758%	1491.59mg	6.93g	34.68g	4.94g		28.34g
Middle School BBQ Beef Rib Sandwich	1	340.00	4.00g	10.588%	850.00mg	12.00g	40.00g	8.00g		20.00g
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 Side Salad	1	43.52	0.00g	0.000%	58.78mg	0.00g	9.34g	2.90g		2.92g
Middle School Spicy Chicken Sandwich	1	340.00	2.50g	6.618%	640.00mg	13.00g	39.00g	7.00g		21.00g
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	331.20	3.01g	8.172%	474.53mg	9.74g	37.64g	4.00g		13.10g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
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%	485.00mg	22.50g	47.00g	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	159.16	0.45g *	2.532% *	209.89mg *	3.24g *	8.47g *	0.56g *		18.16g *
Vegetarian Beans Canned	1/2 cup ( #8Scoop)	145.08	0.00g	0.000%	553.69mg	0.00g	29.70g	6.11g		7.12g *

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## 6/5/2017 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Veggie 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	13.00g	0.00g		8.00g
Whole Grain Chicken Quesadilla	1 Whole Grain Chicken Quesadilla	320.00	2.50g	7.031%	770.00mg	11.00g	38.00g	4.00g		18.00g

## 6/6/2017 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Big Daddy Primo Four Cheese Pizza	1 Big Daddy Primo Four Cheese Pizza	370.00	7.00g	17.027%	500.00mg	15.00g	36.00g	3.00g		21.00g
Big daddys primo pepperoni pizza	1	405.00	8.00g	17.778%	615.00mg	18.25g	36.00g	3.00g		22.50g
Breaded Chicken Sandwich	1	380.00	2.50g	5.921%	640.00mg	2.00g *	42.00g	9.00g		20.00g
Broccoli Cuts - Frozen	1/2 cup (#8 scoop)	32.05	0.00g	0.000%	12.33mg	0.00g	6.16g	3.70g		3.70g
Cheese Burger	1 each	315.00	5.50g	15.714%	680.00mg	14.00g	30.00g	7.00g		21.55g
Chef Salad - Chicken	1 each	428.34	2.31g	4.861%	446.84mg	14.16g	54.21g	13.32g		40.14g
ChefSalad - All Veggies	1	445.75	6.48g	13.093%	742.40mg	11.96g	48.03g	9.71g		33.41g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
Italian Sub	1	430.61	7.13g *	15.369%	1965.16mg	18.51g	34.14g	4.63g		32.05g
M.S. Ham & Cheese Sub Sandwich	1	330.26	5.69g	15.498%	1352.65mg	10.27g	33.67g	4.63g		26.17g
M.S. Turkey & Cheese Sub Sandwich	1	307.02	4.01g	11.758%	1491.59mg	6.93g	34.68g	4.94g		28.34g

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## 6/6/2017 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 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 Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Middle School Side Salad	1	43.52	0.00g	0.000%	58.78mg	0.00g	9.34g	2.90g		2.92g
Middle School Spicy Chicken Sandwich	1	340.00	2.50g	6.618%	640.00mg	13.00g	39.00g	7.00g		21.00g
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	331.20	3.01g	8.172%	474.53mg	9.74g	37.64g	4.00g		13.10g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Peas Frozen	1/2 cup (#8 scoop)	71.35	0.00g	0.000%	101.93mg	0.00g	12.23g	3.67g		5.40g
Soybutter Meal	1	470.00	6.00g	11.489%	485.00mg	22.50g	47.00g	5.00g		19.00g
Tuna Salad Sandwich	1/2 cup	159.16	0.45g *	2.532% *	209.89mg *	3.24g *	8.47g *	0.56g *		18.16g *
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	13.00g	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

## 6/7/2017 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2017 through June 21, 2017

## 6/7/2017 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted 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
Big Daddy Primo Four Cheese Pizza	1 Big Daddy Primo Four Cheese Pizza	370.00	7.00g	17.027%	500.00mg	15.00g	36.00g	3.00g		21.00g
Big daddys primo pepperoni pizza	1	405.00	8.00g	17.778%	615.00mg	18.25g	36.00g	3.00g		22.50g
Black Bean Confetti Salad	1/2 cup	132.66	0.33g	2.260%	423.18mg	3.26g	20.97g	6.22g		6.04g
bread, ultra loco whole grain 6.5"	1 bread, ultra loco whole grain 6.5"	70.00	0.00g	0.000%	4.79mg	0.00g	13.00g	0.44g		0.45g
Breaded Chicken Sandwich	1	380.00	2.50g	5.921%	640.00mg	2.00g *	42.00g	9.00g		20.00g
Cheese Burger	1 each	315.00	5.50g	15.714%	680.00mg	14.00g	30.00g	7.00g		21.55g
Chef Salad - Chicken	1 each	428.34	2.31g	4.861%	446.84mg	14.16g	54.21g	13.32g		40.14g
ChefSalad - All Veggies	1	445.75	6.48g	13.093%	742.40mg	11.96g	48.03g	9.71g		33.41g
Fruited Parfait - side	1/2 cup (#8 scoop)	82.38	0.32g	3.461%	9.49mg *	0.82g	18.49g	2.05g		1.91g
GFS Whole Grain Honey Wheat Dinner Rolls	1 GFS Whole Grain Honey Wheat Dinner Roils	80.00	0.00g	0.000%	90.00mg	1.00g	14.00g	1.00g		3.00g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
M.S. Ham & Cheese Sub Sandwich	1	330.26	5.69g	15.498%	1352.65mg	10.27g	33.67g	4.63g		26.17g
M.S. Turkey & Cheese Sub Sandwich	1	307.02	4.01g	11.758%	1491.59mg	6.93g	34.68g	4.94g		28.34g
Macaroni and Cheese Whole Grain/elbow	6 oz. #6 scoop heaping	300.00	8.10g	24.300%	758.00mg	15.00g	27.00g	2.00g		16.00g
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"



# Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2017 through June 21, 2017

## 6/7/2017 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 Side Salad	1	43.52	0.00g	0.000%	58.78mg	0.00g	9.34g	2.90g		2.92g
Middle School Spicy Chicken Sandwich	1	340.00	2.50g	6.618%	640.00mg	13.00g	39.00g	7.00g		21.00g
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	331.20	3.01g	8.172%	474.53mg	9.74g	37.64g	4.00g		13.10g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Peach Yogurt Prafait	.5 cup	93.00	0.13g	1.210%	19.13mg	0.19g	22.88g	2.00g *		1.88g
Pickled Beets	.5 cup	111.11	0.00g	0.000%	345.17mg	0.00g	25.25g	2.00g		0.02g *
sauce, marinara	1 sauce, marinara	60.00	0.00g	0.000%	490.00mg	2.00g	9.00g	2.00g		2.00g
Soybutter Meal	1	470.00	6.00g	11.489%	485.00mg	22.50g	47.00g	5.00g		19.00g
Tuna Salad Sandwich	1/2 cup	159.16	0.45g *	2.532% *	209.89mg *	3.24g *	8.47g *	0.56g *		18.16g *
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	13.00g	0.00g		8.00g
Whole Grain Bosco Sticks	2 each	354.43	5.00g	12.696%	884.52mg	11.81g	42.16g	5.81g		21.81g

## 6/8/2017 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2017 through June 21, 2017

## 6/8/2017 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>
Big Daddy Primo Four Cheese Pizza	1 Big Daddy Primo Four Cheese Pizza	370.00	7.00g	17.027%	500.00mg	15.00g	36.00g	3.00g		21.00g
Big daddys primo pepperoni pizza	1	405.00	8.00g	17.778%	615.00mg	18.25g	36.00g	3.00g		22.50g
Breaded Chicken Sandwich	1	380.00	2.50g	5.921%	640.00mg	2.00g *	42.00g	9.00g		20.00g
Cheese Burger	1 each	315.00	5.50g	15.714%	680.00mg	14.00g	30.00g	7.00g		21.55g
Chef Salad - Chicken	1 each	428.34	2.31g	4.861%	446.84mg	14.16g	54.21g	13.32g		40.14g
ChefSalad - All Veggies	1	445.75	6.48g	13.093%	742.40mg	11.96g	48.03g	9.71g		33.41g
Elem Pumpkin Pudding	.5 cup	61.25	0.66g	9.727%	85.24mg	1.24g	10.18g	0.86g *		2.49g
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	14.00g	1.00g		3.00g
Green Beans - Frozen	.5 cup	19.00	0.00g	0.000%	6.12mg	0.00g	4.00g	2.00g		0.70g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
M.S. Ham & Cheese Sub Sandwich	1	330.26	5.69g	15.498%	1352.65mg	10.27g	33.67g	4.63g		26.17g
M.S. Turkey & Cheese Sub Sandwich	1	307.02	4.01g	11.758%	1491.59mg	6.93g	34.68g	4.94g		28.34g
Middle School BBQ Beef Rib Sandwich	1	340.00	4.00g	10.588%	850.00mg	12.00g	40.00g	8.00g		20.00g
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 Side Salad	1	43.52	0.00g	0.000%	58.78mg	0.00g	9.34g	2.90g		2.92g
Middle School Spicy Chicken Sandwich	1	340.00	2.50g	6.618%	640.00mg	13.00g	39.00g	7.00g		21.00g
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"

# Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2017 through June 21, 2017

## 6/8/2017 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
MS hummus loco	1 hummus plate	331.20	3.01g	8.172%	474.53mg	9.74g	37.64g	4.00g		13.10g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Soybutter Meal	1	470.00	6.00g	11.489%	485.00mg	22.50g	47.00g	5.00g		19.00g
Tuna Salad Sandwich	1/2 cup	159.16	0.45g *	2.532% *	209.89mg *	3.24g *	8.47g *	0.56g *		18.16g *
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	13.00g	0.00g		8.00g
Whole Grain Rotini Pasta with Meat Sauce	1 Whole Grain Rotini Pasta with Meat Sauce	310.00	6.00g	17.419%	610.00mg	16.00g	24.00g	4.00g		18.00g

## 6/9/2017 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted 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
Big Daddy Primo Four Cheese Pizza	1 Big Daddy Primo Four Cheese Pizza	370.00	7.00g	17.027%	500.00mg	15.00g	36.00g	3.00g		21.00g
Big daddys primo pepperoni pizza	1	405.00	8.00g	17.778%	615.00mg	18.25g	36.00g	3.00g		22.50g
Breaded Chicken Sandwich	1	380.00	2.50g	5.921%	640.00mg	2.00g *	42.00g	9.00g		20.00g
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	315.00	5.50g	15.714%	680.00mg	14.00g	30.00g	7.00g		21.55g
Chef Salad - Chicken	1 each	428.34	2.31g	4.861%	446.84mg	14.16g	54.21g	13.32g		40.14g
ChefSalad - All Veggies	1	445.75	6.48g	13.093%	742.40mg	11.96g	48.03g	9.71g		33.41g
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

June 1, 2017 through June 21, 2017

## 6/9/2017 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
M.S. Ham & Cheese Sub Sandwich	1	330.26	5.69g	15.498%	1352.65mg	10.27g	33.67g	4.63g		26.17g
M.S. Turkey & Cheese Sub Sandwich	1	307.02	4.01g	11.758%	1491.59mg	6.93g	34.68g	4.94g		28.34g
M.S.Veggie Specialty Pizza	1 each	350.65	6.00g	15.400%	646.65mg	14.00g	38.55g	5.03g		19.81g
Middle School 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 Side Salad	1	43.52	0.00g	0.000%	58.78mg	0.00g	9.34g	2.90g		2.92g
Middle School Spicy Chicken Sandwich	1	340.00	2.50g	6.618%	640.00mg	13.00g	39.00g	7.00g		21.00g
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 Banana Split	1/2 cup	97.52	0.26g	2.357%	26.61mg	0.48g	22.01g	1.52g *		2.39g
MS hummus loco	1 hummus plate	331.20	3.01g	8.172%	474.53mg	9.74g	37.64g	4.00g		13.10g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Soybutter Meal	1	470.00	6.00g	11.489%	485.00mg	22.50g	47.00g	5.00g		19.00g
Tuna Salad Sandwich	1/2 cup	159.16	0.45g *	2.532% *	209.89mg *	3.24g *	8.47g *	0.56g *		18.16g *
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	13.00g	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 Pollock Sandwich	each	166.78	1.51g	8.148%	336.78mg	4.07g	26.16g	5.02g		8.69g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2017 through June 21, 2017

6/12/2017 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Big Daddy Primo Four Cheese Pizza	1 Big Daddy Primo Four Cheese Pizza	370.00	7.00g	17.027%	500.00mg	15.00g	36.00g	3.00g		21.00g
Big daddys primo pepperoni pizza	1	405.00	8.00g	17.778%	615.00mg	18.25g	36.00g	3.00g		22.50g
Breaded Chicken Sandwich	1	380.00	2.50g	5.921%	640.00mg	2.00g *	42.00g	9.00g		20.00g
Cheese Burger	1 each	315.00	5.50g	15.714%	680.00mg	14.00g	30.00g	7.00g		21.55g
Chef Salad - Chicken	1 each	428.34	2.31g	4.861%	446.84mg	14.16g	54.21g	13.32g		40.14g
ChefSalad - All Veggies	1	445.75	6.48g	13.093%	742.40mg	11.96g	48.03g	9.71g		33.41g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
M.S. Ham & Cheese Sub Sandwich	1	330.26	5.69g	15.498%	1352.65mg	10.27g	33.67g	4.63g		26.17g
M.S. Turkey & Cheese Sub Sandwich	1	307.02	4.01g	11.758%	1491.59mg	6.93g	34.68g	4.94g		28.34g
Meat & Cheese Nachos	1	461.61	7.39g	14.413%	862.81mg	24.73g	44.39g	5.89g		21.62g
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 Side Salad	1	43.52	0.00g	0.000%	58.78mg	0.00g	9.34g	2.90g		2.92g
Middle School Spicy Chicken Sandwich	1	340.00	2.50g	6.618%	640.00mg	13.00g	39.00g	7.00g		21.00g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A

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

# Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2017 through June 21, 2017

## 6/12/2017 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
MS hummus loco	1 hummus plate	331.20	3.01g	8.172%	474.53mg	9.74g	37.64g	4.00g		13.10g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Refried Beans Canned	1/2 cup ( #8Scoop)	86.11	0.96g	10.000%	468.83mg	1.91g	15.31g	3.83g		5.74g
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%	485.00mg	22.50g	47.00g	5.00g		19.00g
Strawberry/Kiwi Sidekick Slushie	1 Strawberry/Kiwi Sidekick Slushie	80.00	0.00g	0.000%	45.00mg	0.00g	20.00g	0.00g		0.00g
Tomato Salsa	.5 cup	7.02	0.00g	0.000%	63.15mg	0.00g	0.94g	0.47g		0.00g
Tuna Salad Sandwich	1/2 cup	159.16	0.45g *	2.532% *	209.89mg *	3.24g *	8.47g *	0.56g *		18.16g *
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	13.00g	0.00g		8.00g

## 6/13/2017 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Big Daddy Primo Four Cheese Pizza	1 Big Daddy Primo Four Cheese Pizza	370.00	7.00g	17.027%	500.00mg	15.00g	36.00g	3.00g		21.00g
Big daddys primo pepperoni pizza	1	405.00	8.00g	17.778%	615.00mg	18.25g	36.00g	3.00g		22.50g
Breaded Chicken Sandwich	1	380.00	2.50g	5.921%	640.00mg	2.00g *	42.00g	9.00g		20.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2017 through June 21, 2017

6/13/2017 **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>
Cheese Burger	1 each	315.00	5.50g	15.714%	680.00mg	14.00g	30.00g	7.00g		21.55g
Chef Salad - Chicken	1 each	428.34	2.31g	4.861%	446.84mg	14.16g	54.21g	13.32g		40.14g
ChefSalad - All Veggies	1	445.75	6.48g	13.093%	742.40mg	11.96g	48.03g	9.71g		33.41g
Elem Tomato and Cucumber Salad	.5 cup	85.63	2.18g	22.900%	222.96mg	4.95g	6.43g	1.05g		4.50g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
M.S. Ham & Cheese Sub Sandwich	1	330.26	5.69g	15.498%	1352.65mg	10.27g	33.67g	4.63g		26.17g
M.S. Turkey & Cheese Sub Sandwich	1	307.02	4.01g	11.758%	1491.59mg	6.93g	34.68g	4.94g		28.34g
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 Side Salad	1	43.52	0.00g	0.000%	58.78mg	0.00g	9.34g	2.90g		2.92g
Middle School Spicy Chicken Sandwich	1	340.00	2.50g	6.618%	640.00mg	13.00g	39.00g	7.00g		21.00g
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	331.20	3.01g	8.172%	474.53mg	9.74g	37.64g	4.00g		13.10g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Soybutter Meal	1	470.00	6.00g	11.489%	485.00mg	22.50g	47.00g	5.00g		19.00g
Tuna Salad Sandwich	1/2 cup	159.16	0.45g *	2.532% *	209.89mg *	3.24g *	8.47g *	0.56g *		18.16g *
Veggie Sub	1	312.45	7.01g	20.196%	1120.33mg	10.08g	36.97g	5.51g		21.23g

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# Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2017 through June 21, 2017

## 6/13/2017 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
White Milk 1%	1 White Milk 1%	110.00	1.50g	12.273%	130.00mg	2.50g	13.00g	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

## 6/14/2017 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Big Daddy Primo Four Cheese Pizza	1 Big Daddy Primo Four Cheese Pizza	370.00	7.00g	17.027%	500.00mg	15.00g	36.00g	3.00g		21.00g
Big daddys primo pepperoni pizza	1	405.00	8.00g	17.778%	615.00mg	18.25g	36.00g	3.00g		22.50g
bread, ultra loco whole grain 6.5"	1 bread, ultra loco whole grain 6.5"	70.00	0.00g	0.000%	4.79mg	0.00g	13.00g	0.44g		0.45g
Breaded Chicken Sandwich	1	380.00	2.50g	5.921%	640.00mg	2.00g *	42.00g	9.00g		20.00g
Cheese Burger	1 each	315.00	5.50g	15.714%	680.00mg	14.00g	30.00g	7.00g		21.55g
Chef Salad - Chicken	1 each	428.34	2.31g	4.861%	446.84mg	14.16g	54.21g	13.32g		40.14g
ChefSalad - All Veggies	1	445.75	6.48g	13.093%	742.40mg	11.96g	48.03g	9.71g		33.41g
Fruited Parfait - side	1/2 cup (#8 scoop)	82.38	0.32g	3.461%	9.49mg *	0.82g	18.49g	2.05g		1.91g
Hamburger Sandwich	1 each	270.00	4.00g	13.333%	415.00mg	12.00g	27.00g	6.00g		17.00g
M.S. Ham & Cheese Sub Sandwich	1	330.26	5.69g	15.498%	1352.65mg	10.27g	33.67g	4.63g		26.17g
M.S. Turkey & Cheese Sub Sandwich	1	307.02	4.01g	11.758%	1491.59mg	6.93g	34.68g	4.94g		28.34g
Middle School Hard Boiled Egg Meal	1	316.00	3.27g	9.319%	167.51mg	10.63g	32.08g	2.38g		14.22g

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



# Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2017 through June 21, 2017

## 6/14/2017 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 Side Salad	1	43.52	0.00g	0.000%	58.78mg	0.00g	9.34g	2.90g		2.92g
Middle School Spicy Chicken Sandwich	1	340.00	2.50g	6.618%	640.00mg	13.00g	39.00g	7.00g		21.00g
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	331.20	3.01g	8.172%	474.53mg	9.74g	37.64g	4.00g		13.10g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Peach Yogurt Prafait	.5 cup	93.00	0.13g	1.210%	19.13mg	0.19g	22.88g	2.00g *		1.88g
Pickled Beets	.5 cup	111.11	0.00g	0.000%	345.17mg	0.00g	25.25g	2.00g		0.02g *
sauce, marinara	1 sauce, marinara	60.00	0.00g	0.000%	490.00mg	2.00g	9.00g	2.00g		2.00g
Soybutter Meal	1	470.00	6.00g	11.489%	485.00mg	22.50g	47.00g	5.00g		19.00g
Tuna Salad Sandwich	1/2 cup	159.16	0.45g *	2.532% *	209.89mg *	3.24g *	8.47g *	0.56g *		18.16g *
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	13.00g	0.00g		8.00g
Whole Grain Bosco Sticks	2 each	354.43	5.00g	12.696%	884.52mg	11.81g	42.16g	5.81g		21.81g

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