

Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2017 through June 21, 2017

Site: Hatherly Educational Center; Menu Designation: Planned; Period: Lunch

6/1/2017 Hatherly Educational Center - 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 juice	1/2 cup	60.33	0.00g	0.000%	3.33mg	0.00g	14.33g	0.00g		0.00g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Cream Cheese, Light	1 cheese, cream light	60.00	4.00g	60.000%	95.00mg	5.00g	1.00g	0.00g		2.00g
Elementary Turkey Salad Bar	1 Salad	381.30	4.28g	10.094%	1301.22mg	12.94g	41.17g	5.02g		25.34g
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 -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
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
Strawberry Apple I Mousse /w on top	4 oz	81.30	3.36g	37.195%	33.15mg	3.73g	12.32g	0.41g		0.31g
Strawberry Yogurt Cup	1 Strawberry Yogurt Cup	80.00	0.00g	0.000%	65.00mg	0.00g	16.00g	0.00g		4.00g
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 Cheddar Goldfish Crackers	1 Whole Grain Cheddar Goldfish Crackers	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g

6/2/2017 Hatherly Educational Center - 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 juice	1/2 cup	60.33	0.00g	0.000%	3.33mg	0.00g	14.33g	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

6/2/2017 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Elementary Chicken Salad Bar	1 Salad	336.05	3.88g	10.381%	820.53mg	12.72g	36.12g	7.02g		25.52g
Fiestada	1 Fiestada	360.00	6.00g	15.000%	760.00mg	14.00g	42.00g	5.00g		17.00g
Green Beans Canned	1	33.99	0.00g	0.000%	412.73mg	0.00g	4.86g	0.00g		0.00g
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
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
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 Cheddar Goldfish Crackers	1 Whole Grain Cheddar Goldfish Crackers	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g

6/5/2017 Hatherly Educational Center - 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 juice	1/2 cup	60.33	0.00g	0.000%	3.33mg	0.00g	14.33g	0.00g		0.00g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
cheese, sliced yellow	1 slice	53.00	2.50g	42.453%	146.50mg	4.50g	0.50g	0.00g		3.00g
Elem Salad Bar with Yogurt & Cheese Stick	1 Salad	390.05	5.28g	12.175%	1069.73mg	13.02g	53.12g	7.02g		20.12g
Hamburger Patty	1 Hamburger Patty	120.00	3.50g	26.250%	120.00mg	8.00g	1.00g	1.00g		13.00g
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g

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Recipe Nutrition Summary

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June 1, 2017 through June 21, 2017

6/5/2017 Hatherly Educational Center - 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>
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Peaches Diced Canned	.50 cup	68.00	0.00g	0.000%	6.00mg	0.00g	18.00g	2.00g		1.00g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
Sweet Potato FriesOven baked	.5	186.67	0.00g	0.000%	173.33mg	5.33g	32.00g	4.00g		1.07g
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 Cheddar Goldfish Crackers	1 Whole Grain Cheddar Goldfish Crackers	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g
Whole Wheat Hamburger Bun	1 bun, hamburgers, sliced, whole wheat 4"	130.00	0.00g	0.000%	125.00mg	2.00g	25.00g	5.00g		5.00g

6/6/2017 Hatherly Educational Center - 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 juice	1/2 cup	60.33	0.00g	0.000%	3.33mg	0.00g	14.33g	0.00g		0.00g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Elementary Hummus & Greek Salad Bar	1 Salad	324.31	3.77g	10.463%	785.49mg	11.58g	41.57g	5.76g		8.77g
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
Raw baby carrots	.5	38.16	0.00g	0.000%	48.68mg	0.00g	9.21g	2.63g		1.32g
sausage link, turkey	2 sausage link, turkey	130.00	3.00g	20.769%	450.00mg	10.00g	1.00g	0.00g		10.00g

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6/6/2017 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
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 Cheddar Goldfish Crackers	1 Whole Grain Cheddar Goldfish Crackers	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g

6/7/2017 Hatherly Educational Center - 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 juice	1/2 cup	60.33	0.00g	0.000%	3.33mg	0.00g	14.33g	0.00g		0.00g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Elementary Taco Salad Bar	1 Salad	429.60	4.96g	10.397%	786.09mg	20.69g	48.04g	8.69g		19.69g
fruited jello	1/2 cup (#8 scoop)	123.38	0.00g	0.000%	53.44mg	0.00g	31.75g	2.40g		0.00g
Grilled Cheese Sandwich	1	375.00	7.50g	18.000%	1389.98mg	12.00g	45.00g	6.00g		23.75g
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
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
Sriracha Pinto Bean	1/2 cup	130.00	0.00g	0.000%	380.00mg	0.00g	25.00g	8.00g		7.00g
Vegetable Soup	1 cup	63.42 *	0.00g *	0.000% *	879.68mg *	0.04g *	15.95g *	3.64g *		4.63g *
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 Gold Fish Crackers	1 Whole Grain Gold Fish Crackers	100.00	1.00g	9.000%	170.00mg	4.00g	14.00g	1.00g		3.00g

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Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2017 through June 21, 2017

6/8/2017 Hatherly Educational Center - 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 juice	1/2 cup	60.33	0.00g	0.000%	3.33mg	0.00g	14.33g	0.00g		0.00g
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
Chicken nuggets	1 serving of 5	240.00	2.50g	9.375%	470.00mg	14.00g	16.00g	3.00g		13.00g
Elementary Turkey Salad Bar	1 Salad	381.30	4.28g	10.094%	1301.22mg	12.94g	41.17g	5.02g		25.34g
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
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
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
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 Cheddar Goldfish Crackers	1 Whole Grain Cheddar Goldfish Crackers	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g

6/9/2017 Hatherly Educational Center - 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 juice	1/2 cup	60.33	0.00g	0.000%	3.33mg	0.00g	14.33g	0.00g		0.00g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Blueberry Yogurt Prafait	.5 cup	82.80	0.13g	1.359%	14.59mg	0.92g	18.78g	2.93g *		1.61g

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Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2017 through June 21, 2017

6/9/2017 Hatherly Educational Center - 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>
Elementary Chicken Salad Bar	1 Salad	336.05	3.88g	10.381%	820.53mg	12.72g	36.12g	7.02g		25.52g
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
Pizza WGrain Cheese-H.S.	1	370.00	7.00g	17.027%	500.00mg	15.00g	36.00g	3.00g		21.00g
Roasted Broccoli	1/2 cup	54.90	0.46g	7.494%	10.57mg	3.20g	5.28g	3.17g		3.17g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
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 Cheddar Goldfish Crackers	1 Whole Grain Cheddar Goldfish Crackers	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g

6/12/2017 Hatherly Educational Center - 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 juice	1/2 cup	60.33	0.00g	0.000%	3.33mg	0.00g	14.33g	0.00g		0.00g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
bean, vegetarian	1 /2 cup	130.00	0.00g	0.000%	473.00mg	0.00g	26.00g	6.00g		7.00g
Cherry Tomato Salad	.5	44.33	0.45g	9.082%	6.14mg	3.24g	3.56g	0.66g *		0.67g
Elem Salad Bar with Yogurt & Cheese Stick	1 Salad	390.05	5.28g	12.175%	1069.73mg	13.02g	53.12g	7.02g		20.12g
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

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Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2017 through June 21, 2017

6/12/2017 Hatherly Educational Center - 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>
Peached Diced	1/2 cup (#8Scoop)	72.67	0.00g	0.000%	6.41mg	0.00g	19.24g	2.14g		1.07g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
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
Whole Grain Cheddar Goldfish Crackers	1 Whole Grain Cheddar Goldfish Crackers	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g

6/13/2017 Hatherly Educational Center - 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 juice	1/2 cup	60.33	0.00g	0.000%	3.33mg	0.00g	14.33g	0.00g		0.00g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
chicken, popcorn homestyle breaded	15	306.84	3.34g	9.783%	453.59mg	17.34g	18.68g	2.67g		18.68g
Elementary Hummus & Greek Salad Bar	1 Salad	324.31	3.77g	10.463%	785.49mg	11.58g	41.57g	5.76g		8.77g
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
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
Pears Sliced Canned	.5	62.00	0.00g	0.000%	4.00mg	0.00g	16.00g	2.00g		0.00g
Potato Smiles	1/2 cup--4 pcs	130.62	0.50g	0.385%	180.85mg	4.52g	20.09g	2.01g		2.01g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
White Milk 1%	1 White Milk 1%	110.00	1.50g	12.273%	130.00mg	2.50g	13.00g	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

6/13/2017 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Whole Grain Cheddar Goldfish Crackers	1 Whole Grain Cheddar Goldfish Crackers	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g

6/14/2017 Hatherly Educational Center - 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 juice	1/2 cup	60.33	0.00g	0.000%	3.33mg	0.00g	14.33g	0.00g		0.00g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Elementary Taco Salad Bar	1 Salad	429.60	4.96g	10.397%	786.09mg	20.69g	48.04g	8.69g		19.69g
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
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
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 Gold Fish Crackers	1 Whole Grain Gold Fish Crackers	100.00	1.00g	9.000%	170.00mg	4.00g	14.00g	1.00g		3.00g

6/15/2017 Hatherly Educational Center - 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 juice	1/2 cup	60.33	0.00g	0.000%	3.33mg	0.00g	14.33g	0.00g		0.00g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Elementary Turkey Salad Bar	1 Salad	381.30	4.28g	10.094%	1301.22mg	12.94g	41.17g	5.02g		25.34g

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

Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2017 through June 21, 2017

6/15/2017 Hatherly Educational Center - 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>
Green Beans Canned	1	33.99	0.00g	0.000%	412.73mg	0.00g	4.86g	0.00g		0.00g
LiveSmart Whole Grain Stuffed Cheese Stick	2 sticks	310.00	7.00g	20.323%	590.00mg	13.00g	31.00g	3.00g		18.00g
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
Pears Sliced Canned	.5	62.00	0.00g	0.000%	4.00mg	0.00g	16.00g	2.00g		0.00g
sauce, marinara	1 sauce, marinara	60.00	0.00g	0.000%	490.00mg	2.00g	9.00g	2.00g		2.00g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
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 Cheddar Goldfish Crackers	1 Whole Grain Cheddar Goldfish Crackers	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g

6/16/2017 Hatherly Educational Center - 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 juice	1/2 cup	60.33	0.00g	0.000%	3.33mg	0.00g	14.33g	0.00g		0.00g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Corn Frozen	1/2 cup (#8 scoop)	65.40	0.00g	0.000%	0.00mg	0.00g	15.46g	1.63g		2.38g
Fiestada	1 Fiestada	360.00	6.00g	15.000%	760.00mg	14.00g	42.00g	5.00g		17.00g
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

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

Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2017 through June 21, 2017

6/16/2017 Hatherly Educational Center - 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>
Peach Yogurt Prafait	.5 cup	93.00	0.13g	1.210%	19.13mg	0.19g	22.88g	2.00g *		1.88g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
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 Cheddar Goldfish Crackers	1 Whole Grain Cheddar Goldfish Crackers	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g

6/19/2017 Hatherly Educational Center - 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 juice	1/2 cup	60.33	0.00g	0.000%	3.33mg	0.00g	14.33g	0.00g		0.00g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Meat & Cheese Nachos	1	461.61	7.39g	14.413%	862.81mg	24.73g	44.39g	5.89g		21.62g
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
Refried Beans Canned	1/2 cup (#8Scoop)	86.11	0.96g	10.000%	468.83mg	1.91g	15.31g	3.83g		5.74g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
Tomato Salsa	.5 cup	7.02	0.00g	0.000%	63.15mg	0.00g	0.94g	0.47g		0.00g
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 Cheddar Goldfish Crackers	1 Whole Grain Cheddar Goldfish Crackers	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g

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

Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2017 through June 21, 2017

6/20/2017 Hatherly Educational Center - 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 juice	1/2 cup	60.33	0.00g	0.000%	3.33mg	0.00g	14.33g	0.00g		0.00g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
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
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
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 Cheddar Goldfish Crackers	1 Whole Grain Cheddar Goldfish Crackers	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g

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