

# Recipe Nutrition Summary

for Warren Consolidated Schools  
March 1, 2018 through March 31, 2018

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

## 3/1/2018 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	373.86	4.28g	10.294%	1301.26mg	12.94g	40.43g	4.28g		24.60g
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
Raw baby carrots	.5	38.16	0.00g	0.000%	48.68mg	0.00g	9.21g	2.63g		1.32g
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 Yogurt Cup	1 Strawberry Yogurt Cup	70.00	0.00g	0.000%	60.00mg	0.00g	14.00g	0.00g		4.00g
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 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

## 3/2/2018 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

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## 3/2/2018 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
Cheese & Cherry Tomato Kabob	1 kabob	142.98	6.88g	43.311%	230.48mg	10.81g	2.85g	0.49g		8.93g
Elementary Chicken Salad Bar	1 Salad	336.05	3.88g	10.381%	825.53mg	12.72g	36.87g	6.77g		25.27g
Galaxy 4" Whole Grain Round Cheese Plzza	1 Galaxy 4" Whole Grain Round Cheese Pizza	280.00	6.00g	19.286%	440.00mg	12.00g	29.00g	3.00g		15.00g
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
Rosati Mango Birthday Ice Cup	1 Ice Cup	99.00	0.00g	0.000%	15.00mg	0.00g	25.00g	0.00g		0.00g
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	11.00g	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

## 3/5/2018 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
Elem Salad Bar with Yogurt & Cheese Stick	1 Salad	570.05	7.28g	11.488%	1159.73mg	20.52g	77.87g	5.77g		22.87g
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
Peaches Diced Canned	.50 cup	68.00	0.00g	0.000%	6.00mg	0.00g	18.00g	2.00g		1.00g

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# Recipe Nutrition Summary

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**3/5/2018 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>
Roasted Broccoli	1/2 cup	61.42	0.46g	6.698%	24.28mg	3.20g	4.86g	1.94g		1.94g
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	11.00g	0.00g		8.00g
Whole Grain Breaded Chicken Patty	1 each	240.00	2.50g	9.375%	460.00mg	N/A	15.00g	3.00g		14.00g
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

**3/6/2018 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	419.31	5.77g	12.385%	1002.88mg	14.08g	49.82g	5.73g		16.74g
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
Pancake Mini Eggos	1 Pancake Mini Eggos	200.00	1.00g	4.500%	300.00mg	5.00g	34.00g	3.00g		4.00g
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
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g

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# Recipe Nutrition Summary

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## 3/6/2018 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>
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 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

## 3/7/2018 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	476.81	5.73g	10.813%	914.83mg	22.81g	50.49g	9.29g		24.97g
Foothill Farms Brown Gravy Mix	0.25 cup	20.67	0.00g	0.000%	333.11mg	0.00g	4.13g	0.00g		0.00g
fruited jello	1/2 cup (#8 scoop)	114.49	N/A	N/A	38.42mg *	N/A	29.54g	1.10g *		0.37g *
Mashed Potatoes	1/2 cup	73.69	0.10g	1.221%	16.96mg	0.72g	15.35g	1.22g		1.45g
Meatballs	5 each	162.00	4.00g	22.222%	234.00mg	10.00g	5.00g	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
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Scooby Graham Snacks	1	120.00	1.00g	7.500%	115.00mg	3.50g	21.00g	1.00g		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	11.00g	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

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
March 1, 2018 through March 31, 2018

## 3/8/2018 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	12	232.71	2.53g	9.783%	344.00mg	13.15g	14.16g	2.02g		14.16g
Cinnamon applesauce	1/2 cup	51.61	0.00g	0.039%	15.07mg	0.01g	13.52g	2.35g		0.03g
Elementary Turkey Salad Bar	1 Salad	373.86	4.28g	10.294%	1301.26mg	12.94g	40.43g	4.28g		24.60g
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
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
Vegetarian Beans Canned	1/2 cup ( #8Scoop)	145.08	0.00g	0.000%	553.69mg	0.00g	29.70g	6.11g		7.12g *
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 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

## 3/12/2018 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

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
March 1, 2018 through March 31, 2018

**3/12/2018 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>
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	570.05	7.28g	11.488%	1159.73mg	20.52g	77.87g	5.77g		22.87g
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
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	11.00g	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

**3/13/2018 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
Broccoli cuts	.50 cup	17.50	0.00g	0.000%	12.50mg	0.00g	2.50g	1.00g		1.00g
Cinnamon applesauce	1/2 cup	51.61	0.00g	0.039%	15.07mg	0.01g	13.52g	2.35g		0.03g

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# Recipe Nutrition Summary

for Warren Consolidated Schools  
March 1, 2018 through March 31, 2018

## 3/13/2018 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 Hummus & Greek Salad Bar	1 Salad	419.31	5.77g	12.385%	1002.88mg	14.08g	49.82g	5.73g		16.74g
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
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	11.00g	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

## 3/14/2018 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
Chickpea & Tomato Salad	1/2 cup	122.11	0.70g	5.152%	229.92mg	5.61g	12.10g	2.48g		3.05g
Elem Strawberry Parfait	.5 cup	63.00	0.13g	1.786%	15.33mg	0.19g	14.88g	2.20g *		0.88g
Elementary Taco Salad Bar	1 Salad	476.81	5.73g	10.813%	914.83mg	22.81g	50.49g	9.29g		24.97g
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
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  
March 1, 2018 through March 31, 2018

## 3/14/2018 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>
Peas and Carrots	.5 cup	68.73	0.00g	0.000%	102.14mg	0.89g	13.01g	4.08g		4.09g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
WCS made Chicken Alfredo with Italian Cheese Sauce_regular rotini	1 cup	454.73	6.33g	12.535%	553.33mg	13.34g	57.94g	5.36g		26.05g
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 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

## 3/16/2018 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 Chicken Salad Bar	1 Salad	336.05	3.88g	10.381%	825.53mg	12.72g	36.87g	6.77g		25.27g
Galaxy 4" Whole Grain Round Cheese Pizza	1 Galaxy 4" Whole Grain Round Cheese Pizza	280.00	6.00g	19.286%	440.00mg	12.00g	29.00g	3.00g		15.00g
Green Beans Canned	1	33.99	0.00g	0.000%	412.73mg	0.00g	4.86g	0.00g		0.00g
JUICE CUP-SHAMROCK THEME - 4OZ/96	1 JUICE CUP	70.00	0.00g	0.000%	5.00mg	0.00g	19.00g	3.00g		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
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Redi Bake Sugar Cookie Dough, Whole Grain	1 Redi Bake Sugar Cookie Dough, Whole Grain	190.00	2.00g	9.474%	200.00mg	6.00g	35.00g	4.00g		3.00g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g

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



# Recipe Nutrition Summary

for Warren Consolidated Schools  
March 1, 2018 through March 31, 2018

## 3/16/2018 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>
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 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

## 3/19/2018 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
Elem Salad Bar with Yogurt & Cheese Stick	1 Salad	570.05	7.28g	11.488%	1159.73mg	20.52g	77.87g	5.77g		22.87g
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
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
Peaches Diced Canned	.50 cup	68.00	0.00g	0.000%	6.00mg	0.00g	18.00g	2.00g		1.00g
Roasted Broccoli	1/2 cup	61.42	0.46g	6.698%	24.28mg	3.20g	4.86g	1.94g		1.94g
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	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 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  
March 1, 2018 through March 31, 2018

## 3/20/2018 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, refried	1 bean, refried	90.00	1.00g	10.000%	490.00mg	2.00g	16.00g	4.00g		6.00g
Elementary Hummus & Greek Salad Bar	1 Salad	419.31	5.77g	12.385%	1002.88mg	14.08g	49.82g	5.73g		16.74g
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
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
WCS Turkey Taco Meat and Cheese Nachos	1	538.96	5.50g *	9.188% *	850.12mg	30.13g	43.72g	6.02g		25.54g
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 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

## 3/21/2018 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

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
March 1, 2018 through March 31, 2018

## 3/21/2018 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>
Cinnamon applesauce	1/2 cup	51.61	0.00g	0.039%	15.07mg	0.01g	13.52g	2.35g		0.03g
Corn Frozen	1/2 cup (#8 scoop)	91.74	N/A	N/A	4.59mg	0.92g	19.26g	1.83g		2.75g
Elementary Taco Salad Bar	1 Salad	476.81	5.73g	10.813%	914.83mg	22.81g	50.49g	9.29g		24.97g
Grilled Cheese	1	360.00	5.00g	12.500%	1300.00mg	11.20g	46.00g	4.00g		20.20g
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
Tomato Basil Soup	8 oz	81.51 *	0.22g	2.389%	873.58mg	2.07g	18.29g	4.26g		4.38g
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 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

## 3/22/2018 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	373.86	4.28g	10.294%	1301.26mg	12.94g	40.43g	4.28g		24.60g
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

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
March 1, 2018 through March 31, 2018

## 3/22/2018 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>
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
Raw baby carrots	.5	38.16	0.00g	0.000%	48.68mg	0.00g	9.21g	2.63g		1.32g
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 Yogurt Cup	1 Strawberry Yogurt Cup	70.00	0.00g	0.000%	60.00mg	0.00g	14.00g	0.00g		4.00g
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 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

## 3/23/2018 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
Elem Strawberry Parfait	.5 cup	63.00	0.13g	1.786%	15.33mg	0.19g	14.88g	2.20g *		0.88g
Elementary Chicken Salad Bar	1 Salad	336.05	3.88g	10.381%	825.53mg	12.72g	36.87g	6.77g		25.27g
Gilardi Garlic Parmesan Whole Grain Flatbread Pizza, Parbake	1 Flatbread	300.00	6.00g	18.000%	570.00mg	11.00g	33.00g	3.00g		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
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
sauce, marinara	1 sauce, marinara	60.00	0.00g	0.000%	490.00mg	2.00g	9.00g	2.00g		2.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
March 1, 2018 through March 31, 2018

## 3/23/2018 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	11.00g	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

## 3/26/2018 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
Elem Salad Bar with Yogurt & Cheese Stick	1 Salad	570.05	7.28g	11.488%	1159.73mg	20.52g	77.87g	5.77g		22.87g
Grilled Boneless Chicken Sandwich	1 sandwich	220.00	1.00g	4.091%	435.00mg	6.00g	26.00g	5.00g		20.00g
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
Peaches Diced Canned	.50 cup	68.00	0.00g	0.000%	6.00mg	0.00g	18.00g	2.00g		1.00g
Roasted Broccoli	1/2 cup	61.42	0.46g	6.698%	24.28mg	3.20g	4.86g	1.94g		1.94g
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	11.00g	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

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
March 1, 2018 through March 31, 2018

**3/27/2018 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	419.31	5.77g	12.385%	1002.88mg	14.08g	49.82g	5.73g		16.74g
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
Pancake Mini Eggos	1 Pancake Mini Eggos	200.00	1.00g	4.500%	300.00mg	5.00g	34.00g	3.00g		4.00g
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
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	11.00g	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"