

Recipe Nutrition Summary

for Warren Consolidated Schools
September 13, 2021 through September 18, 2021

Site: Black Elementary School; Menu Designation: Planned; Period: Breakfast

9/13/2021 Black Elementary 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>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
bar, cereal cinnamon toast crunch	1 bar, cereal cinnamon toast crunch	150.00	0.00g	0.000%	150.00mg	3.60g	28.00g	1.20g		2.00g
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
fat free chocolate prairie farm	1 fat free chocolate prairie farm	110.00	N/A	N/A	180.00mg	N/A	19.00g	N/A		8.00g
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
Suncup 100% Juice Box 4.23oz	1 Suncup 100% Juice Box 4.23oz	60.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Trix Cereal Bar	1	380.60	1.60g	3.783%	271.00mg	8.00g	74.40g	6.50g		6.30g
Whole Grain Goldfish Graham	1 Whole Grain Goldfish Graham	120.00	1.00g	7.500%	140.00mg	4.00g	19.00g	1.00g		2.00g

9/14/2021 Black Elementary 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>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Crunchmania Cinnamon Bun Snacks	1 bag	210.00	2.00g	8.571%	180.00mg	7.00g	37.00g	3.00g		3.00g
Crunchmania French Toast Snacks	1 bag	210.00	2.00g	8.571%	190.00mg	7.00g	38.00g	3.00g		4.00g
fat free chocolate prairie farm	1 fat free chocolate prairie farm	110.00	N/A	N/A	180.00mg	N/A	19.00g	N/A		8.00g
zee zee applesauce - Blue Raspberry	1 each	70.00	0.00g	0.000%	0.00mg	0.00g	17.00g	1.00g		0.00g

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

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9/14/2021 Black Elementary 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>
zee zee applesauce - Plain, reduced sugar	1 each	60.00	0.00g	0.000%	0.00mg	0.00g	17.00g	1.00g		0.00g
zee zee applesauce - Strawberry-Banana Applesauce	1 each	70.00	0.00g	0.000%	0.00mg	0.00g	17.00g	1.00g		0.00g

9/15/2021 Black Elementary 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>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
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
fat free chocolate prairie farm	1 fat free chocolate prairie farm	110.00	N/A	N/A	180.00mg	N/A	19.00g	N/A		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

9/16/2021 Black Elementary 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>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Betty Crocker Butterscotch Oatmeal	1 Betty Crocker Butterscotch Oatmeal	150.00	1.00g	6.000%	110.00mg	5.00g	24.00g	2.00g		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
fat free chocolate prairie farm	1 fat free chocolate prairie farm	110.00	N/A	N/A	180.00mg	N/A	19.00g	N/A		8.00g

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

Recipe Nutrition Summary

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9/16/2021 Black Elementary 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>
Honey Graham Cracker with Fiber 3 pack	1 Honey Graham Cracker with Fiber 3 pack	90.00	0.00g	0.000%	120.00mg	2.60g	18.00g	2.50g		2.00g
raisin	1 raisin	113.00	0.00g	0.000%	4.18mg	0.00g	30.00g	1.50g		1.10g

9/17/2021 Black Elementary 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>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Dunkers Lemon Chip Crunch Cereal Bar	1 Lemon Bar	260.00	2.00g	6.923%	160.00mg	8.00g	42.00g	2.00g		4.00g
fat free chocolate prairie farm	1 fat free chocolate prairie farm	110.00	N/A	N/A	180.00mg	N/A	19.00g	N/A		8.00g
Triple Berry Crunch Bar	1 Triple Berry Crunch Bar	260.00	1.50g	5.192%	125.00mg	8.00g	42.00g	3.00g		4.00g

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