

# Recipe Nutrition Summary

for Warren Consolidated Schools

April 19, 2021 through April 30, 2021

Site: Warren Mott High School; Menu Designation: Planned; Period: Lunch

## 4/19/2021 Warren Mott High 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
Apple Slices	1 pkg	30.00	0.00g	0.000%	0.00mg	0.00g	7.00g	1.00g		0.00g
Applesauce Unsweetened	1/2 cup ( #8Scoop)	50.00	0.00g	0.000%	15.00mg	0.00g	13.00g	2.00g		0.00g
banana, stage 3-5 petite	1 banana, stage 3-5 petite	72.00	0.00g	0.000%	0.00mg	0.00g	19.00g	1.60g		0.80g
Brite Harbor Lite Italian Dressing Packet	1 Brite Harbor Lite Italian Dressing Packet	50.00	0.50g	9.000%	260.00mg	4.50g	3.00g	0.00g		0.00g
broccoli, florets regular cut cleaned	1/2 (#8 scoop)	12.00	0.00g	0.000%	12.00mg	0.00g	2.00g	0.00g		1.00g
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
fat free white milk prairie farms	1 fat free white milk prairie farms	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g
GFS Low Sodium Lite Ranch Dressing	1 dressing, ranch buttermilk packet	30.00	0.00g	0.000%	55.00mg	2.50g	2.00g	0.00g		0.00g
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	13.00g	1.00g		3.00g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
MS hummus loco	1 hummus plate	521.65	4.02g	6.944%	875.74mg	16.67g	64.56g	11.60g		18.32g
Mustard Packet	1 mustard packet	5.00	0.00g	0.000%	65.00mg	0.00g	0.00g	0.00g		0.00g
Par Baked Pizza Big Daddy's Middle School	1 slice	360.00	8.00g	20.000%	490.00mg	16.00g	35.00g	4.00g		18.00g
PPI Mayonnaise, Packets	1 PPI Mayonnaise, Packets	60.00	1.00g	15.000%	60.00mg	6.00g	1.00g	0.00g		0.00g
Raw baby carrots	.5	38.16	0.00g	0.000%	48.68mg	0.00g	9.21g	2.63g		1.32g
Spicy Chicken -Bun	each	330.00	2.50g	6.818%	585.00mg	13.00g	37.00g	6.00g		20.00g
Suncup 100% Fruit Punch Juice Cup, Frozen	1 Juice Cup	60.00	0.00g	0.000%	5.00mg	0.00g	14.00g	0.00g		0.00g
Turkey & Cheese Sub	1	331.25	6.01g *	16.333% *	879.96mg	14.09g	30.70g	4.58g		22.76g

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

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## 4/19/2021 Warren Mott High 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 Chef Salad High School	1	197.15	3.75g	17.110%	327.91mg	8.23g	13.68g	4.18g		18.40g
WCS made Chicken Alfredo with Italian Cheese Sauce_WG rotini	1 cup	367.13	6.84g	16.779%	583.56mg	13.80g	33.65g	4.27g		32.58g
zucchini, Sliced	1 zucchini, Sliced	9.60	0.00g	0.000%	1.00mg	0.00g	1.80g	0.00g		0.10g

## 4/22/2021 Warren Mott High 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
Beef Taco Meat and Cheese Nachos	1	511.52	9.51g	16.735%	1063.49mg	25.03g	49.02g	6.01g		25.06g
Bosco Sticks - Whole Grain	2 Bosco Sticks - Whole Grain	300.00	5.00g	15.000%	440.00mg	10.00g	34.00g	4.00g		20.00g
broccoli, florets regular cut cleaned	1/2 (#8 scoop)	12.00	0.00g	0.000%	12.00mg	0.00g	2.00g	0.00g		1.00g
celery stalk	1/2 (#8 scoop)cup	7.00	0.00g	0.000%	40.00mg	0.00g	1.50g	1.00g		0.50g
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
fat free white milk prairie farms	1 fat free white milk prairie farms	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g
GFS Low Sodium Lite Ranch Dressing	1 dressing, ranch buttermilk packet	30.00	0.00g	0.000%	55.00mg	2.50g	2.00g	0.00g		0.00g
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	13.00g	1.00g		3.00g
HS Chef Salad chicken patty	1	456.37	4.50g	8.874%	752.94mg	13.50g	45.04g	9.71g		38.46g
HS Ham & Cheese Sub	1	357.92	7.51g	18.888%	1183.30mg	15.59g	31.70g	4.58g		26.43g
Italian Sub	1	416.45	4.76g *	11.021% *	1400.07mg	18.18g	32.20g	4.58g		33.32g
ketchup packet	1 ketchup packet	10.00	0.00g	0.000%	75.00mg	0.00g	2.00g	0.00g		0.00g
Litehouse Classic Ranch Dressing Packet	1 Litehouse Classic Ranch Dressing Packet	210.00	3.00g	12.857%	330.00mg	21.00g	5.00g	0.00g		0.00g

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## 4/22/2021 Warren Mott High 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	521.65	4.02g	6.944%	875.74mg	16.67g	64.56g	11.60g		18.32g
ORANGES,RAW,ALL COMM VAR	1 ORANGES,RAW,ALL COMM VAR	61.57	0.02g	0.287%	0.00mg	0.16g	15.39g	3.14g		1.23g
Peaches Diced	1/2 cup ( #8Scoop)	72.67	0.00g	0.000%	6.41mg	0.00g	19.24g	2.14g		1.07g
PEARS,RAW	1 PEARS,RAW	84.36	0.03g	0.347%	1.48mg	0.21g	22.54g	4.59g		0.53g
PPI Mayonnaise, Packets	1 PPI Mayonnaise, Packets	60.00	1.00g	15.000%	60.00mg	6.00g	1.00g	0.00g		0.00g
salsa	1/2 cup	30.00	0.00g	0.000%	210.00mg	0.00g	6.00g	0.00g		0.00g
sauce, marinara	1 sauce, marinara	60.00	0.00g	0.000%	490.00mg	2.00g	9.00g	2.00g		2.00g
Sour Cream	1 Sour Cream	60.00	3.00g	45.000%	50.00mg	5.00g	2.00g	N/A		1.00g
Soybutter Meal with goldfish crackers	1	450.00	6.00g	12.000%	600.00mg	22.00g	43.00g	5.00g		20.00g
Suncup 100% Fruit Punch Juice Cup, Frozen	1 Juice Cup	60.00	0.00g	0.000%	5.00mg	0.00g	14.00g	0.00g		0.00g
tomato, cherry	1	21.00	0.00g	0.000%	8.80mg	0.00g	4.90g	0.98g		1.00g
Turkey Enchilada Bake	1/18 2"hotel pan cut	396.19	12.82g	29.123%	833.67mg	22.15g	25.83g	3.58g		25.71g
WCS Nachos and Cheese - 2oz chips for HS	1	530.15	13.51g	22.930%	1320.63mg	29.01g	48.00g	4.00g		20.01g

## 4/26/2021 Warren Mott High 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>
2 for 1 Chicken Fajitas	2 fajitas	439.00	11.33g	23.235%	900.86mg	22.57g	30.87g	4.29g		28.90g
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Apple Slices	1 pkg	30.00	0.00g	0.000%	0.00mg	0.00g	7.00g	1.00g		0.00g
Applesauce Unsweetened	1/2 cup ( #8Scoop)	50.00	0.00g	0.000%	15.00mg	0.00g	13.00g	2.00g		0.00g
banana, stage 3-5 petite	1 banana, stage 3-5 petite	72.00	0.00g	0.000%	0.00mg	0.00g	19.00g	1.60g		0.80g

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## 4/26/2021 Warren Mott High School - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
Brite Harbor Lite Italian Dressing Packet	1 Brite Harbor Lite Italian Dressing Packet	50.00	0.50g	9.000%	260.00mg	4.50g	3.00g	0.00g		0.00g
broccoli, florets regular cut cleaned	1/2 (#8 scoop)	12.00	0.00g	0.000%	12.00mg	0.00g	2.00g	0.00g		1.00g
chix and veg stir fry	6 oz.	345.70	1.23g *	3.212% *	1129.09mg	5.71g	47.47g	11.79g *		26.64g *
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
fat free white milk prairie farms	1 fat free white milk prairie farms	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g
GFS Low Sodium Lite Ranch Dressing	1 dressing, ranch buttermilk packet	30.00	0.00g	0.000%	55.00mg	2.50g	2.00g	0.00g		0.00g
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	13.00g	1.00g		3.00g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
MINH WG Vegetable Rice	0.5 cup	305.56	0.57g	1.667%	497.96mg	0.00g	61.11g	3.40g		6.79g
Mott & Cousino Cheeseburger	1 each	520.00	14.00g	24.231%	640.00mg	33.00g	26.00g	5.00g		31.00g
MS hummus loco	1 hummus plate	521.65	4.02g	6.944%	875.74mg	16.67g	64.56g	11.60g		18.32g
Mustard Packet	1 mustard packet	5.00	0.00g	0.000%	65.00mg	0.00g	0.00g	0.00g		0.00g
PPI Mayonnaise, Packets	1 PPI Mayonnaise, Packets	60.00	1.00g	15.000%	60.00mg	6.00g	1.00g	0.00g		0.00g
Raw baby carrots	.5	38.16	0.00g	0.000%	48.68mg	0.00g	9.21g	2.63g		1.32g
Suncup 100% Fruit Punch Juice Cup, Frozen	1 Juice Cup	60.00	0.00g	0.000%	5.00mg	0.00g	14.00g	0.00g		0.00g
Turkey & Cheese Sub	1	331.25	6.01g *	16.333% *	879.96mg	14.09g	30.70g	4.58g		22.76g
Veggie Chef Salad High School	1	197.15	3.75g	17.110%	327.91mg	8.23g	13.68g	4.18g		18.40g
zucchini, Sliced	1 zucchini, Sliced	9.60	0.00g	0.000%	1.00mg	0.00g	1.80g	0.00g		0.10g

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

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for Warren Consolidated Schools  
April 19, 2021 through April 30, 2021

## 4/29/2021 Warren Mott High 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
broccoli, florets regular cut cleaned	1/2 (#8 scoop)	12.00	0.00g	0.000%	12.00mg	0.00g	2.00g	0.00g		1.00g
celery stalk	1/2 (#8 scoop)cup	7.00	0.00g	0.000%	40.00mg	0.00g	1.50g	1.00g		0.50g
Cheese Quesadillas	1	513.96	19.75g	32.835%	693.22mg	31.39g	34.75g	4.16g		22.85g
Chicken Quesadillas	1	429.78	11.42g	21.827%	463.38mg	19.56g	34.50g	4.00g		29.48g
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
fat free white milk prairie farms	1 fat free white milk prairie farms	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g
Foothill Farms Brown Gravy Mix	0.25 cup	20.67	0.00g	0.000%	333.11mg	0.00g	4.13g	0.00g		0.00g
GFS Low Sodium Lite Ranch Dressing	1 dressing, ranch buttermilk packet	30.00	0.00g	0.000%	55.00mg	2.50g	2.00g	0.00g		0.00g
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	13.00g	1.00g		3.00g
Hot Off the Grill Grilled Cheese Sandwiches	1 Sandwiches	280.00	6.00g	19.286%	580.00mg	10.00g	31.00g	3.00g		19.00g
HS Ham & Cheese Sub	1	357.92	7.51g	18.888%	1183.30mg	15.59g	31.70g	4.58g		26.43g
Italian Sub	1	416.45	4.76g *	11.021% *	1400.07mg	18.18g	32.20g	4.58g		33.32g
ketchup packet	1 ketchup packet	10.00	0.00g	0.000%	75.00mg	0.00g	2.00g	0.00g		0.00g
Litehouse Classic Ranch Dressing Packet	1 Litehouse Classic Ranch Dressing Packet	210.00	3.00g	12.857%	330.00mg	21.00g	5.00g	0.00g		0.00g
Mashed Potatoes	1/2 cup	70.33	0.00g	0.000%	15.07mg	0.00g	15.07g	1.00g		2.01g
Meatballs	5 each	162.00	4.00g	22.222%	234.00mg	10.00g	5.00g	1.00g		13.00g
MS hummus loco	1 hummus plate	521.65	4.02g	6.944%	875.74mg	16.67g	64.56g	11.60g		18.32g
ORANGES,RAW,ALL COMM VAR	1 ORANGES,RAW,ALL COMM VAR	61.57	0.02g	0.287%	0.00mg	0.16g	15.39g	3.14g		1.23g

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## 4/29/2021 Warren Mott High 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>
Peached Diced	1/2 cup ( #8Scoop)	72.67	0.00g	0.000%	6.41mg	0.00g	19.24g	2.14g		1.07g
PEARS,RAW	1 PEARS,RAW	84.36	0.03g	0.347%	1.48mg	0.21g	22.54g	4.59g		0.53g
PPI Mayonnaise, Packets	1 PPI Mayonnaise, Packets	60.00	1.00g	15.000%	60.00mg	6.00g	1.00g	0.00g		0.00g
salsa	1/2 cup	30.00	0.00g	0.000%	210.00mg	0.00g	6.00g	0.00g		0.00g
sauce, marinara	1 sauce, marinara	60.00	0.00g	0.000%	490.00mg	2.00g	9.00g	2.00g		2.00g
Sour Cream	1 Sour Cream	60.00	3.00g	45.000%	50.00mg	5.00g	2.00g	N/A		1.00g
Soybutter Meal with goldfish crackers	1	450.00	6.00g	12.000%	600.00mg	22.00g	43.00g	5.00g		20.00g
Suncup 100% Fruit Punch Juice Cup, Frozen	1 Juice Cup	60.00	0.00g	0.000%	5.00mg	0.00g	14.00g	0.00g		0.00g
Tomato Soup 2014	1cup	59.39	0.22g	3.270%	98.54mg	0.37g	12.99g	2.85g *		2.28g *
tomato, cherry	1	21.00	0.00g	0.000%	8.80mg	0.00g	4.90g	0.98g		1.00g

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