

# Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2023 through June 15, 2023

Site: Butcher Community Center; Menu Designation: Planned; Period: Lunch

## 6/1/2023 Butcher Community Center - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
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 Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Brown Gravy - Low Sodium	.25 cup	24.92	0.00g	0.000%	1.75mg *	0.50g	4.98g	0.00g		1.00g
Chicken Chef Salad Butcher Hatherly School	1	379.65	6.61g	15.681%	715.91mg	19.42g	28.12g	7.18g		25.11g
Corn on the cob - frozen	1	90.00	0.00g	0.000%	0.00mg	0.80g	19.00g	0.80g		3.40g
Farm RICH Breaded Mozzarella Cheese Sticks, Reduced Fat	6 each	300.00	4.00g	12.000%	540.00mg	12.00g	32.00g	4.00g		20.00g
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 Whole Grain white dinner roll	1 GFS Whole Grain Honey Wheat Dinner Rolls	70.00	0.00g	0.000%	110.00mg	1.00g	12.00g	1.00g		3.00g
JTM Meatballs	1 JTM Meatballs	160.00	4.00g	22.500%	230.00mg	10.00g	5.00g	1.00g		13.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
Middle School Parfait with Banana Bread & Granola	1	759.95	3.56g	4.213%	541.64mg	19.14g	131.84g	6.90g *		16.54g
MS hummus loco	1 hummus plate	348.16	2.00g	5.170%	358.25mg	5.00g	54.21g	8.50g		15.22g
Redskin Mashed Potatoes	1 Redskin Mashed Potatoes	88.85	0.54g	5.470%	376.38mg	1.91g	16.80g	1.37g		1.70g
sauce, marinara	1 sauce, marinara	50.00	0.00g	0.000%	390.00mg	1.50g	8.00g	2.00g		2.00g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g

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

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## 6/1/2023 Butcher Community 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 Meal	1	440.00	5.50g	11.250%	570.00mg	20.50g	43.00g	5.00g		18.00g
Turkey & Cheese Sub	1	341.25	5.51g *	14.536% *	869.96mg	14.59g	31.70g	2.58g		21.76g
Veggie Chef Salad Butcher Hatherly School - 2022 w/ 1 roll	1	197.15	3.75g	17.110%	317.91mg	8.73g	13.68g	4.18g		17.40g
Wild Mike's Jalapeno Stuffed Cheezy Bites	1 Wild Mike's Jalapeno Stuffed Cheezy Bites	270.00	5.00g	16.667%	430.00mg	10.00g	28.00g	N/A		18.00g

## 6/2/2023 Butcher Community 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>
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 Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Chicken Chef Salad Butcher Hatherly School	1	379.65	6.61g	15.681%	715.91mg	19.42g	28.12g	7.18g		25.11g
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 Whole Grain white dinner roll	1 GFS Whole Grain Honey Wheat Dinner Rolls	70.00	0.00g	0.000%	110.00mg	1.00g	12.00g	1.00g		3.00g
Hatherly Butcher Cheese Burger	1 each	325.00	5.50g	15.231%	740.00mg	14.00g	28.00g	4.00g		20.55g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
Middle School Parfait with Banana Bread & Granola	1	759.95	3.56g	4.213%	541.64mg	19.14g	131.84g	6.90g *		16.54g
MS hummus loco	1 hummus plate	348.16	2.00g	5.170%	358.25mg	5.00g	54.21g	8.50g		15.22g

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

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## 6/2/2023 Butcher Community 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 Carrots	1/2 cup	92.34	0.03g *	0.254% *	88.45mg *	5.82g	9.34g *	3.29g *		0.73g *
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Soybutter Meal	1	440.00	5.50g	11.250%	570.00mg	20.50g	43.00g	5.00g		18.00g
Turkey & Cheese Sub	1	341.25	5.51g *	14.536% *	869.96mg	14.59g	31.70g	2.58g		21.76g
veggie burger	1 veggie burger	320.00	0.00g *	0.000% *	780.00mg	9.00g	47.00g	11.00g		17.00g *
Veggie Chef Salad Butcher Hatherly School - 2022 w/ roll	1	197.15	3.75g	17.110%	317.91mg	8.73g	13.68g	4.18g		17.40g
Whole Grain Three Cheese Calzones	1 Whole Grain Three Cheese Calzones	250.00	2.00g	7.200%	430.00mg	5.00g	33.00g	4.00g		19.00g

## 6/5/2023 Butcher Community 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>
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 Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Aunt Millie Whole Grain Hamburger Bun 4"	1 each	150.00	0.50g	3.000%	180.00mg	2.00g	28.00g	2.00g		5.00g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Chicken Chef Salad Butcher Hatherly School	1	379.65	6.61g	15.681%	715.91mg	19.42g	28.12g	7.18g		25.11g
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 Whole Grain white dinner roll	1 GFS Whole Grain Honey Wheat Dinner Rolls	70.00	0.00g	0.000%	110.00mg	1.00g	12.00g	1.00g		3.00g
JTM Food Group Sloppy Joe	3.63oz	150.00	2.00g	12.000%	420.00mg	6.00g	10.00g	2.00g		13.00g

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## 6/5/2023 Butcher Community 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>
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
Middle School Parfait with Banana Bread & Granola	1	759.95	3.56g	4.213%	541.64mg	19.14g	131.84g	6.90g *		16.54g
MS hummus loco	1 hummus plate	348.16	2.00g	5.170%	358.25mg	5.00g	54.21g	8.50g		15.22g
Par Baked Pizza Big Daddy's Middle School	1 slice	350.00	8.00g	20.571%	470.00mg	17.00g	34.00g	3.00g		19.00g
Roasted Broccoli	1/2 cup	61.42	0.46g	6.698%	24.28mg	3.20g	4.86g	1.94g		1.94g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Soybutter Meal	1	440.00	5.50g	11.250%	570.00mg	20.50g	43.00g	5.00g		18.00g
Turkey & Cheese Sub	1	341.25	5.51g *	14.536% *	869.96mg	14.59g	31.70g	2.58g		21.76g
Veggie Chef Salad Butcher Hatherly School - 2022 w/ 1 roii	1	197.15	3.75g	17.110%	317.91mg	8.73g	13.68g	4.18g		17.40g

## 6/6/2023 Butcher Community 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>
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 Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Carrots & Corn	1/2 cup	33.00 *	0.00g *	0.000% *	0.00mg *	0.00g *	7.80g *	0.82g *		1.20g *
Chicken Chef Salad Butcher Hatherly School	1	379.65	6.61g	15.681%	715.91mg	19.42g	28.12g	7.18g		25.11g

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

# Recipe Nutrition Summary

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June 1, 2023 through June 15, 2023

## 6/6/2023 Butcher Community 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>
Farm RICH Breaded Mozzarella Cheese Sticks, Reduced Fat	6 each	300.00	4.00g	12.000%	540.00mg	12.00g	32.00g	4.00g		20.00g
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 Whole Grain white dinner roll	1 GFS Whole Grain Honey Wheat Dinner Rolls	70.00	0.00g	0.000%	110.00mg	1.00g	12.00g	1.00g		3.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
Middle School Parfait with Banana Bread & Granola	1	759.95	3.56g	4.213%	541.64mg	19.14g	131.84g	6.90g *		16.54g
MS hummus loco	1 hummus plate	348.16	2.00g	5.170%	358.25mg	5.00g	54.21g	8.50g		15.22g
sauce, marinara	1 sauce, marinara	50.00	0.00g	0.000%	390.00mg	1.50g	8.00g	2.00g		2.00g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Soybutter Meal	1	440.00	5.50g	11.250%	570.00mg	20.50g	43.00g	5.00g		18.00g
The Max Pizza Quesadilla and Cheese	1 The Max Pizza Quesadilla and Cheese	280.00	2.00g	6.429%	660.00mg	8.00g	38.00g	4.00g		17.00g
Turkey & Cheese Sub	1	341.25	5.51g *	14.536% *	869.96mg	14.59g	31.70g	2.58g		21.76g
Veggie Chef Salad Butcher Hatherly School - 2022 w/ roll	1	197.15	3.75g	17.110%	317.91mg	8.73g	13.68g	4.18g		17.40g

## 6/7/2023 Butcher Community 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>
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 Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
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, 2023 through June 15, 2023

## 6/7/2023 Butcher Community 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>
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
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
Chicken Chef Salad Butcher Hatherly School	1	379.65	6.61g	15.681%	715.91mg	19.42g	28.12g	7.18g		25.11g
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 Whole Grain white dinner roll	1 GFS Whole Grain Honey Wheat Dinner Rolls	70.00	0.00g	0.000%	110.00mg	1.00g	12.00g	1.00g		3.00g
Grilled Italian Sub WW Bun for Hatherly Butcher	1	435.90	6.62g *	14.127%	2025.29mg	18.93g	33.85g	2.00g		31.32g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
Middle School Parfait with Banana Bread & Granola	1	759.95	3.56g	4.213%	541.64mg	19.14g	131.84g	6.90g *		16.54g
MS hummus loco	1 hummus plate	348.16	2.00g	5.170%	358.25mg	5.00g	54.21g	8.50g		15.22g
sauce, marinara	1 sauce, marinara	50.00	0.00g	0.000%	390.00mg	1.50g	8.00g	2.00g		2.00g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Soybutter Meal	1	440.00	5.50g	11.250%	570.00mg	20.50g	43.00g	5.00g		18.00g
Turkey & Cheese Sub	1	341.25	5.51g *	14.536% *	869.96mg	14.59g	31.70g	2.58g		21.76g
Vegetarian Beans Canned	1/2 cup ( #8Scoop)	145.08	0.00g	0.000%	553.69mg	0.00g	29.70g	6.11g		7.12g *
Veggie Chef Salad Butcher Hatherly School - 2022 w/ roil	1	197.15	3.75g	17.110%	317.91mg	8.73g	13.68g	4.18g		17.40g

## 6/8/2023 Butcher Community 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>
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

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

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June 1, 2023 through June 15, 2023

## 6/8/2023 Butcher Community 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 fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
cheese ravioli with marinara sauce	3 each	241.54	0.00g *	0.000% *	920.00mg	5.35g	32.85g	4.46g		16.46g
Chicken Chef Salad Butcher Hatherly School	1	379.65	6.61g	15.681%	715.91mg	19.42g	28.12g	7.18g		25.11g
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 Whole Grain white dinner roll	1 GFS Whole Grain Honey Wheat Dinner Rolls	70.00	0.00g	0.000%	110.00mg	1.00g	12.00g	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
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
Middle School Parfait with Banana Bread & Granola	1	759.95	3.56g	4.213%	541.64mg	19.14g	131.84g	6.90g *		16.54g
MS hummus loco	1 hummus plate	348.16	2.00g	5.170%	358.25mg	5.00g	54.21g	8.50g		15.22g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Soybutter Meal	1	440.00	5.50g	11.250%	570.00mg	20.50g	43.00g	5.00g		18.00g
Turkey & Cheese Sub	1	341.25	5.51g *	14.536% *	869.96mg	14.59g	31.70g	2.58g		21.76g
Veggie Chef Salad Butcher Hatherly School - 2022 w/ roil	1	197.15	3.75g	17.110%	317.91mg	8.73g	13.68g	4.18g		17.40g
Whole Grain Chicken Tenders	3 each	260.00	2.50g	8.654%	390.00mg	15.00g	16.00g	3.00g		15.00g

## 6/9/2023 Butcher Community 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>
1% lowfat white milk prairie farms	1 1% lowfat white milk	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools

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## 6/9/2023 Butcher Community 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>	
	prairie farms										
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g	
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *	
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g	
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g	
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g	
Chicken Chef Salad Butcher Hatherly School	1	379.65	6.61g	15.681%	715.91mg	19.42g	28.12g	7.18g		25.11g	
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	
Fiestada	1 Fiestada	360.00	6.00g	15.000%	760.00mg	14.00g	42.00g	5.00g		17.00g	
GFS Whole Grain white dinner roll	1 GFS Whole Grain Honey Wheat Dinner Rolls	70.00	0.00g	0.000%	110.00mg	1.00g	12.00g	1.00g		3.00g	
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g	
Middle School Parfait with Banana Bread & Granola	1	759.95	3.56g	4.213%	541.64mg	19.14g	131.84g	6.90g *		16.54g	
MS hummus loco	1 hummus plate	348.16	2.00g	5.170%	358.25mg	5.00g	54.21g	8.50g		15.22g	
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g	
Soybutter Meal	1	440.00	5.50g	11.250%	570.00mg	20.50g	43.00g	5.00g		18.00g	
Turkey & Cheese Sub	1	341.25	5.51g *	14.536% *	869.96mg	14.59g	31.70g	2.58g		21.76g	
Veggie Chef Salad Butcher Hatherly School - 2022 w/ roii	1	197.15	3.75g	17.110%	317.91mg	8.73g	13.68g	4.18g		17.40g	

## 6/12/2023 Butcher Community 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>
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

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



# Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2023 through June 15, 2023

## 6/12/2023 Butcher Community 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 Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Chicken Chef Salad Butcher Hatherly School	1	379.65	6.61g	15.681%	715.91mg	19.42g	28.12g	7.18g		25.11g
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 Whole Grain white dinner roll	1 GFS Whole Grain Honey Wheat Dinner Rolls	70.00	0.00g	0.000%	110.00mg	1.00g	12.00g	1.00g		3.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
Middle School Parfait with Banana Bread & Granola	1	759.95	3.56g	4.213%	541.64mg	19.14g	131.84g	6.90g *		16.54g
MS hummus loco	1 hummus plate	348.16	2.00g	5.170%	358.25mg	5.00g	54.21g	8.50g		15.22g
Par Baked Pizza Big Daddy's Middle School	1 slice	350.00	8.00g	20.571%	470.00mg	17.00g	34.00g	3.00g		19.00g
Soybutter Meal	1	440.00	5.50g	11.250%	570.00mg	20.50g	43.00g	5.00g		18.00g
Turkey & Cheese Sub	1	341.25	5.51g *	14.536% *	869.96mg	14.59g	31.70g	2.58g		21.76g
Veggie Chef Salad Butcher Hatherly School - 2022 w/ roii	1	197.15	3.75g	17.110%	317.91mg	8.73g	13.68g	4.18g		17.40g

## 6/13/2023 Butcher Community 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>
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 Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *

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

# Recipe Nutrition Summary

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## 6/13/2023 Butcher Community 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 fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Chicken Chef Salad Butcher Hatherly School	1	379.65	6.61g	15.681%	715.91mg	19.42g	28.12g	7.18g		25.11g
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
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
Middle School Parfait with Banana Bread & Granola	1	759.95	3.56g	4.213%	541.64mg	19.14g	131.84g	6.90g *		16.54g
MS hummus loco	1 hummus plate	348.16	2.00g	5.170%	358.25mg	5.00g	54.21g	8.50g		15.22g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Soybutter Meal	1	440.00	5.50g	11.250%	570.00mg	20.50g	43.00g	5.00g		18.00g
Spicy Chicken Sandwich	1 sandwich	380.00	2.50g	5.921%	590.00mg	15.00g	40.00g	5.00g		18.00g
Turkey & Cheese Sub	1	341.25	5.51g *	14.536% *	869.96mg	14.59g	31.70g	2.58g		21.76g
Veggie Chef Salad Butcher Hatherly School - 2022 w/ roi	1	197.15	3.75g	17.110%	317.91mg	8.73g	13.68g	4.18g		17.40g

## 6/14/2023 Butcher Community 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>
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 Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g

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

# Recipe Nutrition Summary

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## 6/14/2023 Butcher Community 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
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
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
Chicken Chef Salad Butcher Hatherly School	1	379.65	6.61g	15.681%	715.91mg	19.42g	28.12g	7.18g		25.11g
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 Whole Grain white dinner roll	1 GFS Whole Grain Honey Wheat Dinner Rolls	70.00	0.00g	0.000%	110.00mg	1.00g	12.00g	1.00g		3.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
Middle School Parfait with Banana Bread & Granola	1	759.95	3.56g	4.213%	541.64mg	19.14g	131.84g	6.90g *		16.54g
MS hummus loco	1 hummus plate	348.16	2.00g	5.170%	358.25mg	5.00g	54.21g	8.50g		15.22g
sauce, marinara	1 sauce, marinara	50.00	0.00g	0.000%	390.00mg	1.50g	8.00g	2.00g		2.00g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Soybutter Meal	1	440.00	5.50g	11.250%	570.00mg	20.50g	43.00g	5.00g		18.00g
Turkey & Cheese Sub	1	341.25	5.51g *	14.536% *	869.96mg	14.59g	31.70g	2.58g		21.76g
Veggie Chef Salad Butcher Hatherly School - 2022 w/ roll	1	197.15	3.75g	17.110%	317.91mg	8.73g	13.68g	4.18g		17.40g

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