

Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2023 through June 15, 2023

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

6/1/2023 Hatherly Educational 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
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 ham and cheese on pretzel roll	1	370.00	6.00g	14.595%	1315.00mg	12.00g	37.00g	3.00g		27.10g
MS hummus loco	1 hummus plate	348.16	2.00g	5.170%	358.25mg	5.00g	54.21g	8.50g		15.22g
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 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
Wild Mike's Jalapeno Stuffed Cheezy Bites	1 Wild Mike's Jalapeno	270.00	5.00g	16.667%	430.00mg	10.00g	28.00g	N/A		18.00g

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

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6/1/2023 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>
	Stuffed Cheezy Bites									

6/2/2023 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>
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
Corn on the cob - frozen	1	90.00	0.00g	0.000%	0.00mg	0.80g	19.00g	0.80g		3.40g
Elementary Fruit Parfait for Lunch	1 parfait	138.76	0.52g	3.376%	53.99mg	1.00g	29.22g	2.15g *		3.66g
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
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

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

Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2023 through June 15, 2023

6/2/2023 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>
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 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>
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
Corn Frozen	1/2 cup	74.16	N/A	N/A	3.71mg	0.74g	15.57g	1.48g		2.22g
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

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6/5/2023 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>
quesadilla, cheese	1 quesadilla, cheese	300.00	3.00g	9.000%	670.00mg	10.00g	39.00g	4.00g		16.00g
salsa	1/2 cup	30.00	0.00g	0.000%	210.00mg	0.00g	6.00g	0.00g		0.00g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Sour Cream	1 Sour Cream	60.00	3.00g	45.000%	50.00mg	5.00g	2.00g	N/A		1.00g
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/ roll	1	197.15	3.75g	17.110%	317.91mg	8.73g	13.68g	4.18g		17.40g
Whole Grain Chicken Quesadilla	1 Whole Grain Chicken Quesadilla	320.00	2.50g	7.031%	770.00mg	11.00g	38.00g	4.00g		18.00g

6/6/2023 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>
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
Broccoli Salad E 17	.50 cup	161.26	0.01g	0.043%	134.80mg	3.85g	30.82g	0.85g		2.05g
Chicken Chef Salad Butcher Hatherly School	1	379.65	6.61g	15.681%	715.91mg	19.42g	28.12g	7.18g		25.11g
Cool Tropics RiPS 100% Juice Blue Raspberry Slushie	1 Slushie	60.00	0.00g	0.000%	15.00mg	0.00g	15.00g	0.00g		0.00g

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June 1, 2023 through June 15, 2023

6/6/2023 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>
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
franks, beef	1 franks, beef	280.00	10.00g	32.143%	790.00mg	26.00g	1.00g	0.00g		10.00g
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/ roll	1	197.15	3.75g	17.110%	317.91mg	8.73g	13.68g	4.18g		17.40g
Whole Wheat Hot Dog Bun GFS	1 Whole Wheat Hot Dog Bun GFS	150.00	0.00g	0.000%	230.00mg	2.00g	25.00g	3.00g		5.00g

6/7/2023 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>
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
Bosco Sticks - Whole Grain	2 Bosco Sticks - Whole	300.00	5.00g	15.000%	440.00mg	10.00g	34.00g	4.00g		20.00g

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Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2023 through June 15, 2023

6/7/2023 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>
	Grain									
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
fruited jello	1/2 cup (#8 scoop)	114.49	N/A	N/A	38.42mg *	N/A	29.54g	1.10g *		0.37g *
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
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/ 1 roii	1	197.15	3.75g	17.110%	317.91mg	8.73g	13.68g	4.18g		17.40g

6/8/2023 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>
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

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for Warren Consolidated Schools

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6/8/2023 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
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
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
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/ 1 roll	1	197.15	3.75g	17.110%	317.91mg	8.73g	13.68g	4.18g		17.40g

6/9/2023 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>
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

for Warren Consolidated Schools

June 1, 2023 through June 15, 2023

6/9/2023 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
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
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 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

6/12/2023 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>
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

for Warren Consolidated Schools

June 1, 2023 through June 15, 2023

6/12/2023 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 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
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"