

# Recipe Nutrition Summary

for Warren Consolidated Schools

April 10, 2023 through April 28, 2023

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

## 4/10/2023 Black Elementary School - Breakfast

	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
Apple Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
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
Benefit Bar French Toast	1 Bar	290.00	2.50g	7.759%	200.00mg	9.00g	47.00g	3.00g		5.00g
Betty Crocker Chocolate Chip Oatmeal Bar	1 Betty Crocker Chocolate Chip Oatmeal Bar	150.00	1.00g	6.000%	105.00mg	5.00g	25.00g	2.00g		2.00g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Breakfast Round Ubr	1 round breakfast ubr	240.00	2.00g	7.500%	200.00mg	6.00g	42.00g	7.00g		5.00g
Campfire S'more Bar	1 Campfire S'more Bar	250.00	2.50g	9.000%	80.00mg	8.00g	42.00g	N/A		4.00g
Celebration Benefit Bar	1 Celebration Benefit Bar	280.00	3.00g	9.643%	190.00mg	9.00g	47.00g	3.00g		4.00g
Cereal, frosted flakes R/S bowl	1 cereal, frosted flakes R/S bowl	100.00	0.00g	0.000%	170.00mg	0.00g	24.00g	2.00g		2.00g
Cinnamon Frosted Flakes	1 Cinnamon Frosted Flakes	100.00	0.00g	0.000%	180.00mg	0.00g	24.00g	2.00g		2.00g
Cream Cheese, Light	1 cheese, cream light	60.00	4.00g	60.000%	95.00mg	5.00g	1.00g	0.00g		2.00g
Eggo Whole Grain Mini Confetti Pancakes	1 pkg	220.00	1.00g	4.091%	300.00mg	7.00g	36.00g	4.00g		4.00g
Goldfish Cinnamon Graham Cracker	1 package	120.00	1.00g	7.500%	140.00mg	4.00g	19.00g	1.00g		1.00g
Honey Graham Cracker with Fiber 3 pack	1 Honey Graham Cracker with Fiber 3 pack	94.09	0.00g	0.000%	99.32mg	2.61g	17.77g	1.05g		2.09g
Kellogg's Apple Jacks Cereal, Reduced Sugar, Whole Grain	1 bowl	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Kellogg's Eggo Whole Grain Mini Maple Pancakes	1 Kellogg's Eggo Whole	200.00	1.00g	4.500%	210.00mg	6.00g	36.00g	4.00g		4.00g

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

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## 4/10/2023 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>
	Grain Mini Maple Pancakes									
Kelloggs Fruit Loops Reduced Sugar	1 Kelloggs Fruit Loops Reduced Sugar	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Lenders Whole Grain White Bagel	1 Lenders Whole Grain White Bagel	140.00	0.00g	0.000%	180.00mg	0.65g	29.00g	4.00g		6.00g
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	240.00mg	9.00g	47.00g	3.00g		N/A
Ocean Spray Craisins Cranberries, Dried	1 pkt	110.00	0.00g	0.000%	0.00mg	0.00g	28.00g	3.00g		0.00g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Pillsbury Mini Cinn Bagels	1 Pillsbury Mini Cinn Bagels	240.00	2.50g	9.375%	180.00mg	6.00g	41.00g	2.00g		6.00g
Pillsbury Mini Strawberry Bagels	1 Pillsbury Mini Strawberry Bagels	230.00	2.00g	7.826%	190.00mg	6.00g	42.00g	2.00g		6.00g
raisin	1 raisin	113.00	0.00g	0.000%	4.18mg	0.00g	30.00g	1.50g		1.10g
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
Treetop Dried Apple Crisps	1pkt	40.00	0.00g	0.000%	0.00mg	0.00g	10.00g	2.00g		0.00g
zee zee applesauce - Plain, reduced sugar	1 each	60.00	0.00g	0.000%	0.00mg	0.00g	17.00g	1.00g		0.00g

## 4/11/2023 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 Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
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
Benefit Bar French Toast	1 Bar	290.00	2.50g	7.759%	200.00mg	9.00g	47.00g	3.00g		5.00g

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

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## 4/11/2023 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>
Betty Crocker Chocolate Chip Oatmeal Bar	1 Betty Crocker Chocolate Chip Oatmeal Bar	150.00	1.00g	6.000%	105.00mg	5.00g	25.00g	2.00g		2.00g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Breakfast Round Ubr	1 round breakfast ubr	240.00	2.00g	7.500%	200.00mg	6.00g	42.00g	7.00g		5.00g
Campfire S'more Bar	1 Campfire S'more Bar	250.00	2.50g	9.000%	80.00mg	8.00g	42.00g	N/A		4.00g
Celebration Benefit Bar	1 Celebration Benefit Bar	280.00	3.00g	9.643%	190.00mg	9.00g	47.00g	3.00g		4.00g
Cereal, frosted flakes R/S bowl	1 cereal, frosted flakes R/S bowl	100.00	0.00g	0.000%	170.00mg	0.00g	24.00g	2.00g		2.00g
Cinnamon Frosted Flakes	1 Cinnamon Frosted Flakes	100.00	0.00g	0.000%	180.00mg	0.00g	24.00g	2.00g		2.00g
Cream Cheese, Light	1 cheese, cream light	60.00	4.00g	60.000%	95.00mg	5.00g	1.00g	0.00g		2.00g
Eggo Whole Grain Mini Confetti Pancakes	1 pkg	220.00	1.00g	4.091%	300.00mg	7.00g	36.00g	4.00g		4.00g
Goldfish Cinnamon Graham Cracker	1 package	120.00	1.00g	7.500%	140.00mg	4.00g	19.00g	1.00g		1.00g
Honey Graham Cracker with Fiber 3 pack	1 Honey Graham Cracker with Fiber 3 pack	94.09	0.00g	0.000%	99.32mg	2.61g	17.77g	1.05g		2.09g
Kellogg's Apple Jacks Cereal, Reduced Sugar, Whole Grain	1 bowl	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Kellogg's Eggo Whole Grain Mini Maple Pancakes	1 Kellogg's Eggo Whole Grain Mini Maple Pancakes	200.00	1.00g	4.500%	210.00mg	6.00g	36.00g	4.00g		4.00g
Kelloggs Fruit Loops Reduced Sugar	1 Kelloggs Fruit Loops Reduced Sugar	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Lenders Whole Grain White Bagel	1 Lenders Whole Grain White Bagel	140.00	0.00g	0.000%	180.00mg	0.65g	29.00g	4.00g		6.00g
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	240.00mg	9.00g	47.00g	3.00g		N/A
Ocean Spray Craisins Cranberries, Dried	1 pkt	110.00	0.00g	0.000%	0.00mg	0.00g	28.00g	3.00g		0.00g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Pillsbury Mini Cinn Bagels	1 Pillsbury Mini Cinn Bagels	240.00	2.50g	9.375%	180.00mg	6.00g	41.00g	2.00g		6.00g

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## 4/11/2023 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>
Pillsbury Mini Strawberry Bagels	1 Pillsbury Mini Strawberry Bagels	230.00	2.00g	7.826%	190.00mg	6.00g	42.00g	2.00g		6.00g
raisin	1 raisin	113.00	0.00g	0.000%	4.18mg	0.00g	30.00g	1.50g		1.10g
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
Treetop Dried Apple Crisps	1pkt	40.00	0.00g	0.000%	0.00mg	0.00g	10.00g	2.00g		0.00g
zee zee applesauce - Plain, reduced sugar	1 each	60.00	0.00g	0.000%	0.00mg	0.00g	17.00g	1.00g		0.00g

## 4/12/2023 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 Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
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
Benefit Bar French Toast	1 Bar	290.00	2.50g	7.759%	200.00mg	9.00g	47.00g	3.00g		5.00g
Betty Crocker Chocolate Chip Oatmeal Bar	1 Betty Crocker Chocolate Chip Oatmeal Bar	150.00	1.00g	6.000%	105.00mg	5.00g	25.00g	2.00g		2.00g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Breakfast Round Ubr	1 round breakfast ubr	240.00	2.00g	7.500%	200.00mg	6.00g	42.00g	7.00g		5.00g
Campfire S'more Bar	1 Campfire S'more Bar	250.00	2.50g	9.000%	80.00mg	8.00g	42.00g	N/A		4.00g
Celebration Benefit Bar	1 Celebration Benefit Bar	280.00	3.00g	9.643%	190.00mg	9.00g	47.00g	3.00g		4.00g
Cereal, frosted flakes R/S bowl	1 cereal, frosted flakes R/S bowl	100.00	0.00g	0.000%	170.00mg	0.00g	24.00g	2.00g		2.00g
Cinnamon Frosted Flakes	1 Cinnamon Frosted Flakes	100.00	0.00g	0.000%	180.00mg	0.00g	24.00g	2.00g		2.00g

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## 4/12/2023 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>
Cream Cheese, Light	1 cheese, cream light	60.00	4.00g	60.000%	95.00mg	5.00g	1.00g	0.00g		2.00g
Eggo Whole Grain Mini Confetti Pancakes	1 pkg	220.00	1.00g	4.091%	300.00mg	7.00g	36.00g	4.00g		4.00g
Goldfish Cinnamon Graham Cracker	1 package	120.00	1.00g	7.500%	140.00mg	4.00g	19.00g	1.00g		1.00g
Honey Graham Cracker with Fiber 3 pack	1 Honey Graham Cracker with Fiber 3 pack	94.09	0.00g	0.000%	99.32mg	2.61g	17.77g	1.05g		2.09g
Kellogg's Apple Jacks Cereal, Reduced Sugar, Whole Grain	1 bowl	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Kellogg's Eggo Whole Grain Mini Maple Pancakes	1 Kellogg's Eggo Whole Grain Mini Maple Pancakes	200.00	1.00g	4.500%	210.00mg	6.00g	36.00g	4.00g		4.00g
Kelloggs Fruit Loops Reduced Sugar	1 Kelloggs Fruit Loops Reduced Sugar	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Lenders Whole Grain White Bagel	1 Lenders Whole Grain White Bagel	140.00	0.00g	0.000%	180.00mg	0.65g	29.00g	4.00g		6.00g
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	240.00mg	9.00g	47.00g	3.00g		N/A
Ocean Spray Craisins Cranberries, Dried	1 pkt	110.00	0.00g	0.000%	0.00mg	0.00g	28.00g	3.00g		0.00g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Pillsbury Mini Cinn Bagels	1 Pillsbury Mini Cinn Bagels	240.00	2.50g	9.375%	180.00mg	6.00g	41.00g	2.00g		6.00g
Pillsbury Mini Strawberry Bagels	1 Pillsbury Mini Strawberry Bagels	230.00	2.00g	7.826%	190.00mg	6.00g	42.00g	2.00g		6.00g
raisin	1 raisin	113.00	0.00g	0.000%	4.18mg	0.00g	30.00g	1.50g		1.10g
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
Treetop Dried Apple Crisps	1pkt	40.00	0.00g	0.000%	0.00mg	0.00g	10.00g	2.00g		0.00g
zee zee applesauce - Plain, reduced sugar	1 each	60.00	0.00g	0.000%	0.00mg	0.00g	17.00g	1.00g		0.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
April 10, 2023 through April 28, 2023

## 4/13/2023 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 Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
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
Benefit Bar French Toast	1 Bar	290.00	2.50g	7.759%	200.00mg	9.00g	47.00g	3.00g		5.00g
Betty Crocker Chocolate Chip Oatmeal Bar	1 Betty Crocker Chocolate Chip Oatmeal Bar	150.00	1.00g	6.000%	105.00mg	5.00g	25.00g	2.00g		2.00g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Breakfast Round Ubr	1 round breakfast ubr	240.00	2.00g	7.500%	200.00mg	6.00g	42.00g	7.00g		5.00g
Campfire S'more Bar	1 Campfire S'more Bar	250.00	2.50g	9.000%	80.00mg	8.00g	42.00g	N/A		4.00g
Celebration Benefit Bar	1 Celebration Benefit Bar	280.00	3.00g	9.643%	190.00mg	9.00g	47.00g	3.00g		4.00g
Cereal, frosted flakes R/S bowl	1 cereal, frosted flakes R/S bowl	100.00	0.00g	0.000%	170.00mg	0.00g	24.00g	2.00g		2.00g
Cinnamon Frosted Flakes	1 Cinnamon Frosted Flakes	100.00	0.00g	0.000%	180.00mg	0.00g	24.00g	2.00g		2.00g
Cream Cheese, Light	1 cheese, cream light	60.00	4.00g	60.000%	95.00mg	5.00g	1.00g	0.00g		2.00g
Eggo Whole Grain Mini Confetti Pancakes	1 pkg	220.00	1.00g	4.091%	300.00mg	7.00g	36.00g	4.00g		4.00g
Goldfish Cinnamon Graham Cracker	1 package	120.00	1.00g	7.500%	140.00mg	4.00g	19.00g	1.00g		1.00g
Honey Graham Cracker with Fiber 3 pack	1 Honey Graham Cracker with Fiber 3 pack	94.09	0.00g	0.000%	99.32mg	2.61g	17.77g	1.05g		2.09g
Kellogg's Apple Jacks Cereal, Reduced Sugar, Whole Grain	1 bowl	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Kellogg's Eggo Whole Grain Mini Maple Pancakes	1 Kellogg's Eggo Whole Grain Mini Maple Pancakes	200.00	1.00g	4.500%	210.00mg	6.00g	36.00g	4.00g		4.00g

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

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for Warren Consolidated Schools

April 10, 2023 through April 28, 2023

## 4/13/2023 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>
Kelloggs Fruit Loops Reduced Sugar	1 Kelloggs Fruit Loops Reduced Sugar	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Lenders Whole Grain White Bagel	1 Lenders Whole Grain White Bagel	140.00	0.00g	0.000%	180.00mg	0.65g	29.00g	4.00g		6.00g
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	240.00mg	9.00g	47.00g	3.00g		N/A
Ocean Spray Craisins Cranberries, Dried	1 pkt	110.00	0.00g	0.000%	0.00mg	0.00g	28.00g	3.00g		0.00g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Pillsbury Mini Cinn Bagels	1 Pillsbury Mini Cinn Bagels	240.00	2.50g	9.375%	180.00mg	6.00g	41.00g	2.00g		6.00g
Pillsbury Mini Strawberry Bagels	1 Pillsbury Mini Strawberry Bagels	230.00	2.00g	7.826%	190.00mg	6.00g	42.00g	2.00g		6.00g
raisin	1 raisin	113.00	0.00g	0.000%	4.18mg	0.00g	30.00g	1.50g		1.10g
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
Treetop Dried Apple Crisps	1pkt	40.00	0.00g	0.000%	0.00mg	0.00g	10.00g	2.00g		0.00g
zee zee applesauce - Plain, reduced sugar	1 each	60.00	0.00g	0.000%	0.00mg	0.00g	17.00g	1.00g		0.00g

## 4/14/2023 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 Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
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
Benefit Bar French Toast	1 Bar	290.00	2.50g	7.759%	200.00mg	9.00g	47.00g	3.00g		5.00g
Betty Crocker Chocolate Chip Oatmeal Bar	1 Betty Crocker Chocolate	150.00	1.00g	6.000%	105.00mg	5.00g	25.00g	2.00g		2.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools

April 10, 2023 through April 28, 2023

## 4/14/2023 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>
	Chip Oatmeal Bar									
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Breakfast Round Ubr	1 round breakfast ubr	240.00	2.00g	7.500%	200.00mg	6.00g	42.00g	7.00g		5.00g
Campfire S'more Bar	1 Campfire S'more Bar	250.00	2.50g	9.000%	80.00mg	8.00g	42.00g	N/A		4.00g
Celebration Benefit Bar	1 Celebration Benefit Bar	280.00	3.00g	9.643%	190.00mg	9.00g	47.00g	3.00g		4.00g
Cereal, frosted flakes R/S bowl	1 cereal, frosted flakes R/S bowl	100.00	0.00g	0.000%	170.00mg	0.00g	24.00g	2.00g		2.00g
Cinnamon Frosted Flakes	1 Cinnamon Frosted Flakes	100.00	0.00g	0.000%	180.00mg	0.00g	24.00g	2.00g		2.00g
Cream Cheese, Light	1 cheese, cream light	60.00	4.00g	60.000%	95.00mg	5.00g	1.00g	0.00g		2.00g
Eggo Whole Grain Mini Confetti Pancakes	1 pkg	220.00	1.00g	4.091%	300.00mg	7.00g	36.00g	4.00g		4.00g
Goldfish Cinnamon Graham Cracker	1 package	120.00	1.00g	7.500%	140.00mg	4.00g	19.00g	1.00g		1.00g
Honey Graham Cracker with Fiber 3 pack	1 Honey Graham Cracker with Fiber 3 pack	94.09	0.00g	0.000%	99.32mg	2.61g	17.77g	1.05g		2.09g
Kellogg's Apple Jacks Cereal, Reduced Sugar, Whole Grain	1 bowl	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Kellogg's Eggo Whole Grain Mini Maple Pancakes	1 Kellogg's Eggo Whole Grain Mini Maple Pancakes	200.00	1.00g	4.500%	210.00mg	6.00g	36.00g	4.00g		4.00g
Kelloggs Fruit Loops Reduced Sugar	1 Kelloggs Fruit Loops Reduced Sugar	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Lenders Whole Grain White Bagel	1 Lenders Whole Grain White Bagel	140.00	0.00g	0.000%	180.00mg	0.65g	29.00g	4.00g		6.00g
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	240.00mg	9.00g	47.00g	3.00g		N/A
Ocean Spray Craisins Cranberries, Dried	1 pkt	110.00	0.00g	0.000%	0.00mg	0.00g	28.00g	3.00g		0.00g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Pillsbury Mini Cinn Bagels	1 Pillsbury Mini Cinn Bagels	240.00	2.50g	9.375%	180.00mg	6.00g	41.00g	2.00g		6.00g
Pillsbury Mini Strawberry Bagels	1 Pillsbury Mini Strawberry	230.00	2.00g	7.826%	190.00mg	6.00g	42.00g	2.00g		6.00g

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



# Recipe Nutrition Summary

for Warren Consolidated Schools  
April 10, 2023 through April 28, 2023

## 4/14/2023 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>
	Bagels									
raisin	1 raisin	113.00	0.00g	0.000%	4.18mg	0.00g	30.00g	1.50g		1.10g
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
Treetop Dried Apple Crisps	1pkt	40.00	0.00g	0.000%	0.00mg	0.00g	10.00g	2.00g		0.00g
zee zee applesauce - Plain, reduced sugar	1 each	60.00	0.00g	0.000%	0.00mg	0.00g	17.00g	1.00g		0.00g

## 4/17/2023 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 Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
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
Benefit Bar French Toast	1 Bar	290.00	2.50g	7.759%	200.00mg	9.00g	47.00g	3.00g		5.00g
Betty Crocker Chocolate Chip Oatmeal Bar	1 Betty Crocker Chocolate Chip Oatmeal Bar	150.00	1.00g	6.000%	105.00mg	5.00g	25.00g	2.00g		2.00g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Breakfast Round Ubr	1 round breakfast ubr	240.00	2.00g	7.500%	200.00mg	6.00g	42.00g	7.00g		5.00g
Campfire S'more Bar	1 Campfire S'more Bar	250.00	2.50g	9.000%	80.00mg	8.00g	42.00g	N/A		4.00g
Celebration Benefit Bar	1 Celebration Benefit Bar	280.00	3.00g	9.643%	190.00mg	9.00g	47.00g	3.00g		4.00g
Cereal, frosted flakes R/S bowl	1 cereal, frosted flakes R/S bowl	100.00	0.00g	0.000%	170.00mg	0.00g	24.00g	2.00g		2.00g
Cinnamon Frosted Flakes	1 Cinnamon Frosted Flakes	100.00	0.00g	0.000%	180.00mg	0.00g	24.00g	2.00g		2.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
April 10, 2023 through April 28, 2023

## 4/17/2023 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>
Cream Cheese, Light	1 cheese, cream light	60.00	4.00g	60.000%	95.00mg	5.00g	1.00g	0.00g		2.00g
Eggo Whole Grain Mini Confetti Pancakes	1 pkg	220.00	1.00g	4.091%	300.00mg	7.00g	36.00g	4.00g		4.00g
Goldfish Cinnamon Graham Cracker	1 package	120.00	1.00g	7.500%	140.00mg	4.00g	19.00g	1.00g		1.00g
Honey Graham Cracker with Fiber 3 pack	1 Honey Graham Cracker with Fiber 3 pack	94.09	0.00g	0.000%	99.32mg	2.61g	17.77g	1.05g		2.09g
Kellogg's Apple Jacks Cereal, Reduced Sugar, Whole Grain	1 bowl	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Kellogg's Eggo Whole Grain Mini Maple Pancakes	1 Kellogg's Eggo Whole Grain Mini Maple Pancakes	200.00	1.00g	4.500%	210.00mg	6.00g	36.00g	4.00g		4.00g
Kelloggs Fruit Loops Reduced Sugar	1 Kelloggs Fruit Loops Reduced Sugar	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Lenders Whole Grain White Bagel	1 Lenders Whole Grain White Bagel	140.00	0.00g	0.000%	180.00mg	0.65g	29.00g	4.00g		6.00g
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	240.00mg	9.00g	47.00g	3.00g		N/A
Ocean Spray Craisins Cranberries, Dried	1 pkt	110.00	0.00g	0.000%	0.00mg	0.00g	28.00g	3.00g		0.00g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Pillsbury Mini Cinn Bagels	1 Pillsbury Mini Cinn Bagels	240.00	2.50g	9.375%	180.00mg	6.00g	41.00g	2.00g		6.00g
Pillsbury Mini Strawberry Bagels	1 Pillsbury Mini Strawberry Bagels	230.00	2.00g	7.826%	190.00mg	6.00g	42.00g	2.00g		6.00g
raisin	1 raisin	113.00	0.00g	0.000%	4.18mg	0.00g	30.00g	1.50g		1.10g
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
Treetop Dried Apple Crisps	1pkt	40.00	0.00g	0.000%	0.00mg	0.00g	10.00g	2.00g		0.00g
zee zee applesauce - Plain, reduced sugar	1 each	60.00	0.00g	0.000%	0.00mg	0.00g	17.00g	1.00g		0.00g

## 4/18/2023 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	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

April 10, 2023 through April 28, 2023

4/18/2023 **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>
	prairie farms									
Apple Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
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
Benefit Bar French Toast	1 Bar	290.00	2.50g	7.759%	200.00mg	9.00g	47.00g	3.00g		5.00g
Betty Crocker Chocolate Chip Oatmeal Bar	1 Betty Crocker Chocolate Chip Oatmeal Bar	150.00	1.00g	6.000%	105.00mg	5.00g	25.00g	2.00g		2.00g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Breakfast Round Ubr	1 round breakfast ubr	240.00	2.00g	7.500%	200.00mg	6.00g	42.00g	7.00g		5.00g
Campfire S'more Bar	1 Campfire S'more Bar	250.00	2.50g	9.000%	80.00mg	8.00g	42.00g	N/A		4.00g
Celebration Benefit Bar	1 Celebration Benefit Bar	280.00	3.00g	9.643%	190.00mg	9.00g	47.00g	3.00g		4.00g
Cereal, frosted flakes R/S bowl	1 cereal, frosted flakes R/S bowl	100.00	0.00g	0.000%	170.00mg	0.00g	24.00g	2.00g		2.00g
Cinnamon Frosted Flakes	1 Cinnamon Frosted Flakes	100.00	0.00g	0.000%	180.00mg	0.00g	24.00g	2.00g		2.00g
Cream Cheese, Light	1 cheese, cream light	60.00	4.00g	60.000%	95.00mg	5.00g	1.00g	0.00g		2.00g
Eggo Whole Grain Mini Confetti Pancakes	1 pkg	220.00	1.00g	4.091%	300.00mg	7.00g	36.00g	4.00g		4.00g
Goldfish Cinnamon Graham Cracker	1 package	120.00	1.00g	7.500%	140.00mg	4.00g	19.00g	1.00g		1.00g
Honey Graham Cracker with Fiber 3 pack	1 Honey Graham Cracker with Fiber 3 pack	94.09	0.00g	0.000%	99.32mg	2.61g	17.77g	1.05g		2.09g
Kellogg's Apple Jacks Cereal, Reduced Sugar, Whole Grain	1 bowl	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Kellogg's Eggo Whole Grain Mini Maple Pancakes	1 Kellogg's Eggo Whole Grain Mini Maple Pancakes	200.00	1.00g	4.500%	210.00mg	6.00g	36.00g	4.00g		4.00g
Kelloggs Fruit Loops Reduced Sugar	1 Kelloggs Fruit Loops	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
April 10, 2023 through April 28, 2023

## 4/18/2023 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>
	Reduced Sugar									
Lenders Whole Grain White Bagel	1 Lenders Whole Grain White Bagel	140.00	0.00g	0.000%	180.00mg	0.65g	29.00g	4.00g		6.00g
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	240.00mg	9.00g	47.00g	3.00g		N/A
Ocean Spray Craisins Cranberries, Dried	1 pkt	110.00	0.00g	0.000%	0.00mg	0.00g	28.00g	3.00g		0.00g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Pillsbury Mini Cinn Bagels	1 Pillsbury Mini Cinn Bagels	240.00	2.50g	9.375%	180.00mg	6.00g	41.00g	2.00g		6.00g
Pillsbury Mini Strawberry Bagels	1 Pillsbury Mini Strawberry Bagels	230.00	2.00g	7.826%	190.00mg	6.00g	42.00g	2.00g		6.00g
raisin	1 raisin	113.00	0.00g	0.000%	4.18mg	0.00g	30.00g	1.50g		1.10g
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
Treetop Dried Apple Crisps	1pkt	40.00	0.00g	0.000%	0.00mg	0.00g	10.00g	2.00g		0.00g
zee zee applesauce - Plain, reduced sugar	1 each	60.00	0.00g	0.000%	0.00mg	0.00g	17.00g	1.00g		0.00g

## 4/19/2023 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 Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
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
Benefit Bar French Toast	1 Bar	290.00	2.50g	7.759%	200.00mg	9.00g	47.00g	3.00g		5.00g
Betty Crocker Chocolate Chip Oatmeal Bar	1 Betty Crocker Chocolate Chip Oatmeal Bar	150.00	1.00g	6.000%	105.00mg	5.00g	25.00g	2.00g		2.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
April 10, 2023 through April 28, 2023

## 4/19/2023 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>
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Breakfast Round Ubr	1 round breakfast ubr	240.00	2.00g	7.500%	200.00mg	6.00g	42.00g	7.00g		5.00g
Campfire S'more Bar	1 Campfire S'more Bar	250.00	2.50g	9.000%	80.00mg	8.00g	42.00g	N/A		4.00g
Celebration Benefit Bar	1 Celebration Benefit Bar	280.00	3.00g	9.643%	190.00mg	9.00g	47.00g	3.00g		4.00g
Cereal, frosted flakes R/S bowl	1 cereal, frosted flakes R/S bowl	100.00	0.00g	0.000%	170.00mg	0.00g	24.00g	2.00g		2.00g
Cinnamon Frosted Flakes	1 Cinnamon Frosted Flakes	100.00	0.00g	0.000%	180.00mg	0.00g	24.00g	2.00g		2.00g
Cream Cheese, Light	1 cheese, cream light	60.00	4.00g	60.000%	95.00mg	5.00g	1.00g	0.00g		2.00g
Eggo Whole Grain Mini Confetti Pancakes	1 pkg	220.00	1.00g	4.091%	300.00mg	7.00g	36.00g	4.00g		4.00g
Goldfish Cinnamon Graham Cracker	1 package	120.00	1.00g	7.500%	140.00mg	4.00g	19.00g	1.00g		1.00g
Honey Graham Cracker with Fiber 3 pack	1 Honey Graham Cracker with Fiber 3 pack	94.09	0.00g	0.000%	99.32mg	2.61g	17.77g	1.05g		2.09g
Kellogg's Apple Jacks Cereal, Reduced Sugar, Whole Grain	1 bowl	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Kellogg's Eggo Whole Grain Mini Maple Pancakes	1 Kellogg's Eggo Whole Grain Mini Maple Pancakes	200.00	1.00g	4.500%	210.00mg	6.00g	36.00g	4.00g		4.00g
Kelloggs Fruit Loops Reduced Sugar	1 Kelloggs Fruit Loops Reduced Sugar	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Lenders Whole Grain White Bagel	1 Lenders Whole Grain White Bagel	140.00	0.00g	0.000%	180.00mg	0.65g	29.00g	4.00g		6.00g
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	240.00mg	9.00g	47.00g	3.00g		N/A
Ocean Spray Craisins Cranberries, Dried	1 pkt	110.00	0.00g	0.000%	0.00mg	0.00g	28.00g	3.00g		0.00g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Pillsbury Mini Cinn Bagels	1 Pillsbury Mini Cinn Bagels	240.00	2.50g	9.375%	180.00mg	6.00g	41.00g	2.00g		6.00g
Pillsbury Mini Strawberry Bagels	1 Pillsbury Mini Strawberry Bagels	230.00	2.00g	7.826%	190.00mg	6.00g	42.00g	2.00g		6.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
April 10, 2023 through April 28, 2023

## 4/19/2023 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>
raisin	1 raisin	113.00	0.00g	0.000%	4.18mg	0.00g	30.00g	1.50g		1.10g
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
Treetop Dried Apple Crisps	1pkt	40.00	0.00g	0.000%	0.00mg	0.00g	10.00g	2.00g		0.00g
zee zee applesauce - Plain, reduced sugar	1 each	60.00	0.00g	0.000%	0.00mg	0.00g	17.00g	1.00g		0.00g

## 4/20/2023 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 Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
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
Benefit Bar French Toast	1 Bar	290.00	2.50g	7.759%	200.00mg	9.00g	47.00g	3.00g		5.00g
Betty Crocker Chocolate Chip Oatmeal Bar	1 Betty Crocker Chocolate Chip Oatmeal Bar	150.00	1.00g	6.000%	105.00mg	5.00g	25.00g	2.00g		2.00g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Breakfast Round Ubr	1 round breakfast ubr	240.00	2.00g	7.500%	200.00mg	6.00g	42.00g	7.00g		5.00g
Campfire S'more Bar	1 Campfire S'more Bar	250.00	2.50g	9.000%	80.00mg	8.00g	42.00g	N/A		4.00g
Celebration Benefit Bar	1 Celebration Benefit Bar	280.00	3.00g	9.643%	190.00mg	9.00g	47.00g	3.00g		4.00g
Cereal, frosted flakes R/S bowl	1 cereal, frosted flakes R/S bowl	100.00	0.00g	0.000%	170.00mg	0.00g	24.00g	2.00g		2.00g
Cinnamon Frosted Flakes	1 Cinnamon Frosted Flakes	100.00	0.00g	0.000%	180.00mg	0.00g	24.00g	2.00g		2.00g
Cream Cheese, Light	1 cheese, cream light	60.00	4.00g	60.000%	95.00mg	5.00g	1.00g	0.00g		2.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools

April 10, 2023 through April 28, 2023

## 4/20/2023 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>
Eggo Whole Grain Mini Confetti Pancakes	1 pkg	220.00	1.00g	4.091%	300.00mg	7.00g	36.00g	4.00g		4.00g
Goldfish Cinnamon Graham Cracker	1 package	120.00	1.00g	7.500%	140.00mg	4.00g	19.00g	1.00g		1.00g
Honey Graham Cracker with Fiber 3 pack	1 Honey Graham Cracker with Fiber 3 pack	94.09	0.00g	0.000%	99.32mg	2.61g	17.77g	1.05g		2.09g
Kellogg's Apple Jacks Cereal, Reduced Sugar, Whole Grain	1 bowl	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Kellogg's Eggo Whole Grain Mini Maple Pancakes	1 Kellogg's Eggo Whole Grain Mini Maple Pancakes	200.00	1.00g	4.500%	210.00mg	6.00g	36.00g	4.00g		4.00g
Kelloggs Fruit Loops Reduced Sugar	1 Kelloggs Fruit Loops Reduced Sugar	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Lenders Whole Grain White Bagel	1 Lenders Whole Grain White Bagel	140.00	0.00g	0.000%	180.00mg	0.65g	29.00g	4.00g		6.00g
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	240.00mg	9.00g	47.00g	3.00g		N/A
Ocean Spray Craisins Cranberries, Dried	1 pkt	110.00	0.00g	0.000%	0.00mg	0.00g	28.00g	3.00g		0.00g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Pillsbury Mini Cinn Bagels	1 Pillsbury Mini Cinn Bagels	240.00	2.50g	9.375%	180.00mg	6.00g	41.00g	2.00g		6.00g
Pillsbury Mini Strawberry Bagels	1 Pillsbury Mini Strawberry Bagels	230.00	2.00g	7.826%	190.00mg	6.00g	42.00g	2.00g		6.00g
raisin	1 raisin	113.00	0.00g	0.000%	4.18mg	0.00g	30.00g	1.50g		1.10g
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
Treetop Dried Apple Crisps	1pkt	40.00	0.00g	0.000%	0.00mg	0.00g	10.00g	2.00g		0.00g
zee zee applesauce - Plain, reduced sugar	1 each	60.00	0.00g	0.000%	0.00mg	0.00g	17.00g	1.00g		0.00g

## 4/21/2023 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

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

# Recipe Nutrition Summary

for Warren Consolidated Schools

April 10, 2023 through April 28, 2023

## 4/21/2023 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>
Apple Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
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
Benefit Bar French Toast	1 Bar	290.00	2.50g	7.759%	200.00mg	9.00g	47.00g	3.00g		5.00g
Betty Crocker Chocolate Chip Oatmeal Bar	1 Betty Crocker Chocolate Chip Oatmeal Bar	150.00	1.00g	6.000%	105.00mg	5.00g	25.00g	2.00g		2.00g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Breakfast Round Ubr	1 round breakfast ubr	240.00	2.00g	7.500%	200.00mg	6.00g	42.00g	7.00g		5.00g
Campfire S'more Bar	1 Campfire S'more Bar	250.00	2.50g	9.000%	80.00mg	8.00g	42.00g	N/A		4.00g
Celebration Benefit Bar	1 Celebration Benefit Bar	280.00	3.00g	9.643%	190.00mg	9.00g	47.00g	3.00g		4.00g
Cereal, frosted flakes R/S bowl	1 cereal, frosted flakes R/S bowl	100.00	0.00g	0.000%	170.00mg	0.00g	24.00g	2.00g		2.00g
Cinnamon Frosted Flakes	1 Cinnamon Frosted Flakes	100.00	0.00g	0.000%	180.00mg	0.00g	24.00g	2.00g		2.00g
Cream Cheese, Light	1 cheese, cream light	60.00	4.00g	60.000%	95.00mg	5.00g	1.00g	0.00g		2.00g
Eggo Whole Grain Mini Confetti Pancakes	1 pkg	220.00	1.00g	4.091%	300.00mg	7.00g	36.00g	4.00g		4.00g
Goldfish Cinnamon Graham Cracker	1 package	120.00	1.00g	7.500%	140.00mg	4.00g	19.00g	1.00g		1.00g
Honey Graham Cracker with Fiber 3 pack	1 Honey Graham Cracker with Fiber 3 pack	94.09	0.00g	0.000%	99.32mg	2.61g	17.77g	1.05g		2.09g
Kellogg's Apple Jacks Cereal, Reduced Sugar, Whole Grain	1 bowl	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Kellogg's Eggo Whole Grain Mini Maple Pancakes	1 Kellogg's Eggo Whole Grain Mini Maple Pancakes	200.00	1.00g	4.500%	210.00mg	6.00g	36.00g	4.00g		4.00g
Kelloggs Fruit Loops Reduced Sugar	1 Kelloggs Fruit Loops Reduced Sugar	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g

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



# Recipe Nutrition Summary

for Warren Consolidated Schools  
April 10, 2023 through April 28, 2023

## 4/21/2023 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>
Lenders Whole Grain White Bagel	1 Lenders Whole Grain White Bagel	140.00	0.00g	0.000%	180.00mg	0.65g	29.00g	4.00g		6.00g
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	240.00mg	9.00g	47.00g	3.00g		N/A
Ocean Spray Craisins Cranberries, Dried	1 pkt	110.00	0.00g	0.000%	0.00mg	0.00g	28.00g	3.00g		0.00g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Pillsbury Mini Cinn Bagels	1 Pillsbury Mini Cinn Bagels	240.00	2.50g	9.375%	180.00mg	6.00g	41.00g	2.00g		6.00g
Pillsbury Mini Strawberry Bagels	1 Pillsbury Mini Strawberry Bagels	230.00	2.00g	7.826%	190.00mg	6.00g	42.00g	2.00g		6.00g
raisin	1 raisin	113.00	0.00g	0.000%	4.18mg	0.00g	30.00g	1.50g		1.10g
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
Treetop Dried Apple Crisps	1pkt	40.00	0.00g	0.000%	0.00mg	0.00g	10.00g	2.00g		0.00g
zee zee applesauce - Plain, reduced sugar	1 each	60.00	0.00g	0.000%	0.00mg	0.00g	17.00g	1.00g		0.00g

## 4/24/2023 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 Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
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
Benefit Bar French Toast	1 Bar	290.00	2.50g	7.759%	200.00mg	9.00g	47.00g	3.00g		5.00g
Betty Crocker Chocolate Chip Oatmeal Bar	1 Betty Crocker Chocolate Chip Oatmeal Bar	150.00	1.00g	6.000%	105.00mg	5.00g	25.00g	2.00g		2.00g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools

April 10, 2023 through April 28, 2023

## 4/24/2023 Black Elementary School - Breakfast

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
Breakfast Round Ubr	1 round breakfast ubr	240.00	2.00g	7.500%	200.00mg	6.00g	42.00g	7.00g		5.00g
Campfire S'more Bar	1 Campfire S'more Bar	250.00	2.50g	9.000%	80.00mg	8.00g	42.00g	N/A		4.00g
Celebration Benefit Bar	1 Celebration Benefit Bar	280.00	3.00g	9.643%	190.00mg	9.00g	47.00g	3.00g		4.00g
Cereal, frosted flakes R/S bowl	1 cereal, frosted flakes R/S bowl	100.00	0.00g	0.000%	170.00mg	0.00g	24.00g	2.00g		2.00g
Cinnamon Frosted Flakes	1 Cinnamon Frosted Flakes	100.00	0.00g	0.000%	180.00mg	0.00g	24.00g	2.00g		2.00g
Cream Cheese, Light	1 cheese, cream light	60.00	4.00g	60.000%	95.00mg	5.00g	1.00g	0.00g		2.00g
Eggo Whole Grain Mini Confetti Pancakes	1 pkg	220.00	1.00g	4.091%	300.00mg	7.00g	36.00g	4.00g		4.00g
Goldfish Cinnamon Graham Cracker	1 package	120.00	1.00g	7.500%	140.00mg	4.00g	19.00g	1.00g		1.00g
Honey Graham Cracker with Fiber 3 pack	1 Honey Graham Cracker with Fiber 3 pack	94.09	0.00g	0.000%	99.32mg	2.61g	17.77g	1.05g		2.09g
Kellogg's Apple Jacks Cereal, Reduced Sugar, Whole Grain	1 bowl	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Kellogg's Eggo Whole Grain Mini Maple Pancakes	1 Kellogg's Eggo Whole Grain Mini Maple Pancakes	200.00	1.00g	4.500%	210.00mg	6.00g	36.00g	4.00g		4.00g
Kelloggs Fruit Loops Reduced Sugar	1 Kelloggs Fruit Loops Reduced Sugar	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Lenders Whole Grain White Bagel	1 Lenders Whole Grain White Bagel	140.00	0.00g	0.000%	180.00mg	0.65g	29.00g	4.00g		6.00g
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	240.00mg	9.00g	47.00g	3.00g		N/A
Ocean Spray Craisins Cranberries, Dried	1 pkt	110.00	0.00g	0.000%	0.00mg	0.00g	28.00g	3.00g		0.00g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Pillsbury Mini Cinn Bagels	1 Pillsbury Mini Cinn Bagels	240.00	2.50g	9.375%	180.00mg	6.00g	41.00g	2.00g		6.00g
Pillsbury Mini Strawberry Bagels	1 Pillsbury Mini Strawberry Bagels	230.00	2.00g	7.826%	190.00mg	6.00g	42.00g	2.00g		6.00g
raisin	1 raisin	113.00	0.00g	0.000%	4.18mg	0.00g	30.00g	1.50g		1.10g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools

April 10, 2023 through April 28, 2023

## 4/24/2023 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>
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
Treetop Dried Apple Crisps	1pkt	40.00	0.00g	0.000%	0.00mg	0.00g	10.00g	2.00g		0.00g
zee zee applesauce - Plain, reduced sugar	1 each	60.00	0.00g	0.000%	0.00mg	0.00g	17.00g	1.00g		0.00g

## 4/25/2023 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 Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
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
Benefit Bar French Toast	1 Bar	290.00	2.50g	7.759%	200.00mg	9.00g	47.00g	3.00g		5.00g
Betty Crocker Chocolate Chip Oatmeal Bar	1 Betty Crocker Chocolate Chip Oatmeal Bar	150.00	1.00g	6.000%	105.00mg	5.00g	25.00g	2.00g		2.00g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Breakfast Round Ubr	1 round breakfast ubr	240.00	2.00g	7.500%	200.00mg	6.00g	42.00g	7.00g		5.00g
Campfire S'more Bar	1 Campfire S'more Bar	250.00	2.50g	9.000%	80.00mg	8.00g	42.00g	N/A		4.00g
Celebration Benefit Bar	1 Celebration Benefit Bar	280.00	3.00g	9.643%	190.00mg	9.00g	47.00g	3.00g		4.00g
Cereal, frosted flakes R/S bowl	1 cereal, frosted flakes R/S bowl	100.00	0.00g	0.000%	170.00mg	0.00g	24.00g	2.00g		2.00g
Cinnamon Frosted Flakes	1 Cinnamon Frosted Flakes	100.00	0.00g	0.000%	180.00mg	0.00g	24.00g	2.00g		2.00g
Cream Cheese, Light	1 cheese, cream light	60.00	4.00g	60.000%	95.00mg	5.00g	1.00g	0.00g		2.00g
Eggo Whole Grain Mini Confetti Pancakes	1 pkg	220.00	1.00g	4.091%	300.00mg	7.00g	36.00g	4.00g		4.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools

April 10, 2023 through April 28, 2023

## 4/25/2023 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>
Goldfish Cinnamon Graham Cracker	1 package	120.00	1.00g	7.500%	140.00mg	4.00g	19.00g	1.00g		1.00g
Honey Graham Cracker with Fiber 3 pack	1 Honey Graham Cracker with Fiber 3 pack	94.09	0.00g	0.000%	99.32mg	2.61g	17.77g	1.05g		2.09g
Kellogg's Apple Jacks Cereal, Reduced Sugar, Whole Grain	1 bowl	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Kellogg's Eggo Whole Grain Mini Maple Pancakes	1 Kellogg's Eggo Whole Grain Mini Maple Pancakes	200.00	1.00g	4.500%	210.00mg	6.00g	36.00g	4.00g		4.00g
Kelloggs Fruit Loops Reduced Sugar	1 Kelloggs Fruit Loops Reduced Sugar	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Lenders Whole Grain White Bagel	1 Lenders Whole Grain White Bagel	140.00	0.00g	0.000%	180.00mg	0.65g	29.00g	4.00g		6.00g
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	240.00mg	9.00g	47.00g	3.00g		N/A
Ocean Spray Craisins Cranberries, Dried	1 pkt	110.00	0.00g	0.000%	0.00mg	0.00g	28.00g	3.00g		0.00g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Pillsbury Mini Cinn Bagels	1 Pillsbury Mini Cinn Bagels	240.00	2.50g	9.375%	180.00mg	6.00g	41.00g	2.00g		6.00g
Pillsbury Mini Strawberry Bagels	1 Pillsbury Mini Strawberry Bagels	230.00	2.00g	7.826%	190.00mg	6.00g	42.00g	2.00g		6.00g
raisin	1 raisin	113.00	0.00g	0.000%	4.18mg	0.00g	30.00g	1.50g		1.10g
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
Treetop Dried Apple Crisps	1pkt	40.00	0.00g	0.000%	0.00mg	0.00g	10.00g	2.00g		0.00g
zee zee applesauce - Plain, reduced sugar	1 each	60.00	0.00g	0.000%	0.00mg	0.00g	17.00g	1.00g		0.00g

## 4/26/2023 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 Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
April 10, 2023 through April 28, 2023

## 4/26/2023 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>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
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
Benefit Bar French Toast	1 Bar	290.00	2.50g	7.759%	200.00mg	9.00g	47.00g	3.00g		5.00g
Betty Crocker Chocolate Chip Oatmeal Bar	1 Betty Crocker Chocolate Chip Oatmeal Bar	150.00	1.00g	6.000%	105.00mg	5.00g	25.00g	2.00g		2.00g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Breakfast Round Ubr	1 round breakfast ubr	240.00	2.00g	7.500%	200.00mg	6.00g	42.00g	7.00g		5.00g
Campfire S'more Bar	1 Campfire S'more Bar	250.00	2.50g	9.000%	80.00mg	8.00g	42.00g	N/A		4.00g
Celebration Benefit Bar	1 Celebration Benefit Bar	280.00	3.00g	9.643%	190.00mg	9.00g	47.00g	3.00g		4.00g
Cereal, frosted flakes R/S bowl	1 cereal, frosted flakes R/S bowl	100.00	0.00g	0.000%	170.00mg	0.00g	24.00g	2.00g		2.00g
Cinnamon Frosted Flakes	1 Cinnamon Frosted Flakes	100.00	0.00g	0.000%	180.00mg	0.00g	24.00g	2.00g		2.00g
Cream Cheese, Light	1 cheese, cream light	60.00	4.00g	60.000%	95.00mg	5.00g	1.00g	0.00g		2.00g
Eggo Whole Grain Mini Confetti Pancakes	1 pkg	220.00	1.00g	4.091%	300.00mg	7.00g	36.00g	4.00g		4.00g
Goldfish Cinnamon Graham Cracker	1 package	120.00	1.00g	7.500%	140.00mg	4.00g	19.00g	1.00g		1.00g
Honey Graham Cracker with Fiber 3 pack	1 Honey Graham Cracker with Fiber 3 pack	94.09	0.00g	0.000%	99.32mg	2.61g	17.77g	1.05g		2.09g
Kellogg's Apple Jacks Cereal, Reduced Sugar, Whole Grain	1 bowl	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Kellogg's Eggo Whole Grain Mini Maple Pancakes	1 Kellogg's Eggo Whole Grain Mini Maple Pancakes	200.00	1.00g	4.500%	210.00mg	6.00g	36.00g	4.00g		4.00g
Kelloggs Fruit Loops Reduced Sugar	1 Kelloggs Fruit Loops Reduced Sugar	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Lenders Whole Grain White Bagel	1 Lenders Whole Grain White Bagel	140.00	0.00g	0.000%	180.00mg	0.65g	29.00g	4.00g		6.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools

April 10, 2023 through April 28, 2023

## 4/26/2023 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>
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	240.00mg	9.00g	47.00g	3.00g		N/A
Ocean Spray Craisins Cranberries, Dried	1 pkt	110.00	0.00g	0.000%	0.00mg	0.00g	28.00g	3.00g		0.00g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Pillsbury Mini Cinn Bagels	1 Pillsbury Mini Cinn Bagels	240.00	2.50g	9.375%	180.00mg	6.00g	41.00g	2.00g		6.00g
Pillsbury Mini Strawberry Bagels	1 Pillsbury Mini Strawberry Bagels	230.00	2.00g	7.826%	190.00mg	6.00g	42.00g	2.00g		6.00g
raisin	1 raisin	113.00	0.00g	0.000%	4.18mg	0.00g	30.00g	1.50g		1.10g
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
Treetop Dried Apple Crisps	1pkt	40.00	0.00g	0.000%	0.00mg	0.00g	10.00g	2.00g		0.00g
zee zee applesauce - Plain, reduced sugar	1 each	60.00	0.00g	0.000%	0.00mg	0.00g	17.00g	1.00g		0.00g

## 4/27/2023 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 Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
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
Benefit Bar French Toast	1 Bar	290.00	2.50g	7.759%	200.00mg	9.00g	47.00g	3.00g		5.00g
Betty Crocker Chocolate Chip Oatmeal Bar	1 Betty Crocker Chocolate Chip Oatmeal Bar	150.00	1.00g	6.000%	105.00mg	5.00g	25.00g	2.00g		2.00g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Breakfast Round Ubr	1 round breakfast ubr	240.00	2.00g	7.500%	200.00mg	6.00g	42.00g	7.00g		5.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools

April 10, 2023 through April 28, 2023

## 4/27/2023 Black Elementary School - Breakfast

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
Campfire S'more Bar	1 Campfire S'more Bar	250.00	2.50g	9.000%	80.00mg	8.00g	42.00g	N/A		4.00g
Celebration Benefit Bar	1 Celebration Benefit Bar	280.00	3.00g	9.643%	190.00mg	9.00g	47.00g	3.00g		4.00g
Cereal, frosted flakes R/S bowl	1 cereal, frosted flakes R/S bowl	100.00	0.00g	0.000%	170.00mg	0.00g	24.00g	2.00g		2.00g
Cinnamon Frosted Flakes	1 Cinnamon Frosted Flakes	100.00	0.00g	0.000%	180.00mg	0.00g	24.00g	2.00g		2.00g
Cream Cheese, Light	1 cheese, cream light	60.00	4.00g	60.000%	95.00mg	5.00g	1.00g	0.00g		2.00g
Eggo Whole Grain Mini Confetti Pancakes	1 pkg	220.00	1.00g	4.091%	300.00mg	7.00g	36.00g	4.00g		4.00g
Goldfish Cinnamon Graham Cracker	1 package	120.00	1.00g	7.500%	140.00mg	4.00g	19.00g	1.00g		1.00g
Honey Graham Cracker with Fiber 3 pack	1 Honey Graham Cracker with Fiber 3 pack	94.09	0.00g	0.000%	99.32mg	2.61g	17.77g	1.05g		2.09g
Kellogg's Apple Jacks Cereal, Reduced Sugar, Whole Grain	1 bowl	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Kellogg's Eggo Whole Grain Mini Maple Pancakes	1 Kellogg's Eggo Whole Grain Mini Maple Pancakes	200.00	1.00g	4.500%	210.00mg	6.00g	36.00g	4.00g		4.00g
Kelloggs Fruit Loops Reduced Sugar	1 Kelloggs Fruit Loops Reduced Sugar	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Lenders Whole Grain White Bagel	1 Lenders Whole Grain White Bagel	140.00	0.00g	0.000%	180.00mg	0.65g	29.00g	4.00g		6.00g
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	240.00mg	9.00g	47.00g	3.00g		N/A
Ocean Spray Craisins Cranberries, Dried	1 pkt	110.00	0.00g	0.000%	0.00mg	0.00g	28.00g	3.00g		0.00g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Pillsbury Mini Cinn Bagels	1 Pillsbury Mini Cinn Bagels	240.00	2.50g	9.375%	180.00mg	6.00g	41.00g	2.00g		6.00g
Pillsbury Mini Strawberry Bagels	1 Pillsbury Mini Strawberry Bagels	230.00	2.00g	7.826%	190.00mg	6.00g	42.00g	2.00g		6.00g
raisin	1 raisin	113.00	0.00g	0.000%	4.18mg	0.00g	30.00g	1.50g		1.10g
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

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
April 10, 2023 through April 28, 2023

## 4/27/2023 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>
Treetop Dried Apple Crisps	1pkt	40.00	0.00g	0.000%	0.00mg	0.00g	10.00g	2.00g		0.00g
zee zee applesauce - Plain, reduced sugar	1 each	60.00	0.00g	0.000%	0.00mg	0.00g	17.00g	1.00g		0.00g

## 4/28/2023 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 Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
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
Benefit Bar French Toast	1 Bar	290.00	2.50g	7.759%	200.00mg	9.00g	47.00g	3.00g		5.00g
Betty Crocker Chocolate Chip Oatmeal Bar	1 Betty Crocker Chocolate Chip Oatmeal Bar	150.00	1.00g	6.000%	105.00mg	5.00g	25.00g	2.00g		2.00g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Breakfast Round Ubr	1 round breakfast ubr	240.00	2.00g	7.500%	200.00mg	6.00g	42.00g	7.00g		5.00g
Campfire S'more Bar	1 Campfire S'more Bar	250.00	2.50g	9.000%	80.00mg	8.00g	42.00g	N/A		4.00g
Celebration Benefit Bar	1 Celebration Benefit Bar	280.00	3.00g	9.643%	190.00mg	9.00g	47.00g	3.00g		4.00g
Cereal, frosted flakes R/S bowl	1 cereal, frosted flakes R/S bowl	100.00	0.00g	0.000%	170.00mg	0.00g	24.00g	2.00g		2.00g
Cinnamon Frosted Flakes	1 Cinnamon Frosted Flakes	100.00	0.00g	0.000%	180.00mg	0.00g	24.00g	2.00g		2.00g
Cream Cheese, Light	1 cheese, cream light	60.00	4.00g	60.000%	95.00mg	5.00g	1.00g	0.00g		2.00g
Eggo Whole Grain Mini Confetti Pancakes	1 pkg	220.00	1.00g	4.091%	300.00mg	7.00g	36.00g	4.00g		4.00g
Goldfish Cinnamon Graham Cracker	1 package	120.00	1.00g	7.500%	140.00mg	4.00g	19.00g	1.00g		1.00g

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



# Recipe Nutrition Summary

for Warren Consolidated Schools

April 10, 2023 through April 28, 2023

## 4/28/2023 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	94.09	0.00g	0.000%	99.32mg	2.61g	17.77g	1.05g		2.09g
Kellogg's Apple Jacks Cereal, Reduced Sugar, Whole Grain	1 bowl	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Kellogg's Eggo Whole Grain Mini Maple Pancakes	1 Kellogg's Eggo Whole Grain Mini Maple Pancakes	200.00	1.00g	4.500%	210.00mg	6.00g	36.00g	4.00g		4.00g
Kelloggs Fruit Loops Reduced Sugar	1 Kelloggs Fruit Loops Reduced Sugar	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Lenders Whole Grain White Bagel	1 Lenders Whole Grain White Bagel	140.00	0.00g	0.000%	180.00mg	0.65g	29.00g	4.00g		6.00g
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	240.00mg	9.00g	47.00g	3.00g		N/A
Ocean Spray Craisins Cranberries, Dried	1 pkt	110.00	0.00g	0.000%	0.00mg	0.00g	28.00g	3.00g		0.00g
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Pillsbury Mini Cinn Bagels	1 Pillsbury Mini Cinn Bagels	240.00	2.50g	9.375%	180.00mg	6.00g	41.00g	2.00g		6.00g
Pillsbury Mini Strawberry Bagels	1 Pillsbury Mini Strawberry Bagels	230.00	2.00g	7.826%	190.00mg	6.00g	42.00g	2.00g		6.00g
raisin	1 raisin	113.00	0.00g	0.000%	4.18mg	0.00g	30.00g	1.50g		1.10g
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
Treetop Dried Apple Crisps	1pkt	40.00	0.00g	0.000%	0.00mg	0.00g	10.00g	2.00g		0.00g
zee zee applesauce - Plain, reduced sugar	1 each	60.00	0.00g	0.000%	0.00mg	0.00g	17.00g	1.00g		0.00g

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