

Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2023 through June 15, 2023

Site: Beer Middle School; Menu Designation: Planned; Period: Lunch

6/1/2023 Beer Middle School - 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
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
Bacon Ranch Burger- Middle School	1 each	547.57	11.33g	18.622%	812.89mg	36.12g	30.22g	3.00g *		22.09g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
cheese, sliced yellow	1 slice	53.00	2.50g	42.453%	146.50mg	4.50g	0.50g	0.00g		3.00g
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
Hot Off the Grill Grilled Cheese Sandwiches	1 Sandwiches	280.00	6.00g	19.286%	580.00mg	10.00g	31.00g	3.00g		19.00g
J.T.M. Food Group Beef Steak Patties, 2.45 Ounce	1 patty	165.00	4.80g	26.182%	186.00mg	12.00g	1.00g	1.00g		12.00g
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
Parmesan Roasted Broccoli and Onions	1/2 cup	53.27	1.00g	16.895%	48.63mg	3.00g	4.09g	0.25g		2.09g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Turkey & Cheese Sub 2022 w/ knickerbock Sub Bun	1	381.25	5.51g *	13.011% *	819.96mg	14.59g	25.70g	4.58g		23.76g
Veggie Chef Salad Middle School - 2022 w/ 1 roll	1	297.15	3.75g	14.381%	432.91mg	10.73g	31.68g	5.18g		20.40g

* = 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 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
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
Breaded Chicken Patty	1 chicken, pattie breaded whole grain	240.00	2.50g	9.375%	460.00mg	13.00g	15.00g	3.00g		14.00g
Cheese Quesadillas	1	513.96	19.75g	32.835%	693.22mg	31.39g	34.75g	4.16g		22.85g
Chicken Chef Salad Middle School 2022 w/ 1 roll	1	479.65	6.61g	14.288%	830.91mg	21.42g	46.12g	8.18g		28.11g
chicken, patty hot and spicy whole grain	1 chicken, patty hot and spicy whole grain	230.00	2.50g	9.783%	350.00mg	13.00g	15.00g	2.00g		13.00g
Corn with Peppers	.5 cup	71.01	0.00g	0.000%	0.18mg	0.00g	16.77g	1.89g		2.62g
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
JTM mini Corn Dog	6 corn dogs	270.00	2.00g	6.667%	360.00mg	11.00g	33.00g	3.00g		9.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
MS hummus loco	1 hummus plate	348.16	2.00g	5.170%	358.25mg	5.00g	54.21g	8.50g		15.22g
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

* = 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 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Soybutter Meal	1	440.00	5.50g	11.250%	570.00mg	20.50g	43.00g	5.00g		18.00g

6/5/2023 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
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
Breaded Chicken Patty	1 chicken, pattie breaded whole grain	240.00	2.50g	9.375%	460.00mg	13.00g	15.00g	3.00g		14.00g
Chicken Chef Salad Middle School 2022 w/ 1 roll	1	479.65	6.61g	14.288%	830.91mg	21.42g	46.12g	8.18g		28.11g
chicken, patty hot and spicy whole grain	1 chicken, patty hot and spicy whole grain	230.00	2.50g	9.783%	350.00mg	13.00g	15.00g	2.00g		13.00g
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
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
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
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

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

Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2023 through June 15, 2023

6/5/2023 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Soybutter Meal	1	440.00	5.50g	11.250%	570.00mg	20.50g	43.00g	5.00g		18.00g

6/6/2023 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
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
51% WW Knickerbocker Dinner Roll	1 Dinner Roll	100.00	0.00g	9.000%	115.00mg	2.00g	18.00g	1.00g		3.00g
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
cheese, sliced yellow	1 slice	53.00	2.50g	42.453%	146.50mg	4.50g	0.50g	0.00g		3.00g
Chicken nuggets	1 serving of 5	240.00	2.50g	9.375%	470.00mg	14.00g	16.00g	3.00g		13.00g
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
Green Beans - Frozen	.5 cup	19.00	0.00g	0.000%	6.12mg	0.00g	4.00g	2.00g		0.70g
Italian Pull Apart Cheese Bread- Pillsbury	1 Italian Pull Apart Cheese Bread- Pillsbury	300.00	6.00g	18.000%	520.00mg	13.00g	32.00g	2.00g		N/A
J.T.M. Food Group Beef Steak Patties, 2.45 Ounce	1 patty	165.00	4.80g	26.182%	186.00mg	12.00g	1.00g	1.00g		12.00g
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

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

Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2023 through June 15, 2023

6/6/2023 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Turkey & Cheese Sub 2022 w/ knickerbock Sub Bun	1	381.25	5.51g *	13.011% *	819.96mg	14.59g	25.70g	4.58g		23.76g
Veggie Chef Salad Middle School - 2022 w/ 1 roll	1	297.15	3.75g	14.381%	432.91mg	10.73g	31.68g	5.18g		20.40g

6/7/2023 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
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
Baked potato Half	potato half	69.14	0.00g	0.000%	2.86mg	0.00g	15.43g	1.14g		1.71g
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
Breaded Chicken Patty	1 chicken, pattie breaded whole grain	240.00	2.50g	9.375%	460.00mg	13.00g	15.00g	3.00g		14.00g
Chicken Chef Salad Middle School 2022 w/ 1 roll	1	479.65	6.61g	14.288%	830.91mg	21.42g	46.12g	8.18g		28.11g
chicken, patty hot and spicy whole grain	1 chicken, patty hot and spicy whole grain	230.00	2.50g	9.783%	350.00mg	13.00g	15.00g	2.00g		13.00g
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
fruited jello	1/2 cup (#8 scoop)	114.49	N/A	N/A	38.42mg *	N/A	29.54g	1.10g *		0.37g *
Grilled Italian Sub on KB WW Bun	1	475.90	6.62g *	12.940%	1975.29mg	18.93g	27.85g	4.00g		33.32g

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

Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2023 through June 15, 2023

6/7/2023 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
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 *
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 2022 w/ knickerbock Sub Bun	1	381.25	5.51g *	13.011% *	819.96mg	14.59g	25.70g	4.58g		23.76g

6/8/2023 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
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
51% WW Knickerbocker Dinner Roll	1 Dinner Roll	100.00	0.00g	9.000%	115.00mg	2.00g	18.00g	1.00g		3.00g
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
cheese ravioli with marinara sauce	3 each	241.54	0.00g *	0.000% *	920.00mg	5.35g	32.85g	4.46g		16.46g

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

Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2023 through June 15, 2023

6/8/2023 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
cheese, sliced yellow	1 slice	53.00	2.50g	42.453%	146.50mg	4.50g	0.50g	0.00g		3.00g
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
Fiestada	1 Fiestada	360.00	6.00g	15.000%	760.00mg	14.00g	42.00g	5.00g		17.00g
J.T.M. Food Group Beef Steak Patties, 2.45 Ounce	1 patty	165.00	4.80g	26.182%	186.00mg	12.00g	1.00g	1.00g		12.00g
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
Peas & Carrots	1/2 cup (#8 scoop)	75.60	0.00g	0.000%	75.60mg	0.00g	11.34g	3.78g		2.27g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Turkey & Cheese Sub 2022 w/ knickerbock Sub Bun	1	381.25	5.51g *	13.011% *	819.96mg	14.59g	25.70g	4.58g		23.76g
Veggie Chef Salad Middle School - 2022 w/ 1 roll	1	297.15	3.75g	14.381%	432.91mg	10.73g	31.68g	5.18g		20.40g

6/9/2023 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
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
51% WW Knickerbocker Dinner Roll	1 Dinner Roll	100.00	0.00g	9.000%	115.00mg	2.00g	18.00g	1.00g		3.00g
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

* = 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 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Breaded Chicken Patty	1 chicken, pattie breaded whole grain	240.00	2.50g	9.375%	460.00mg	13.00g	15.00g	3.00g		14.00g
Cheese Quesadillas	1	513.96	19.75g	32.835%	693.22mg	31.39g	34.75g	4.16g		22.85g
Chicken Chef Salad Middle School 2022 w/ 1 roll	1	479.65	6.61g	14.288%	830.91mg	21.42g	46.12g	8.18g		28.11g
chicken tender hot and spicy	4 tenders	350.32	4.04g	10.385%	525.47mg	20.21g	21.56g	4.04g		20.21g
chicken, patty hot and spicy whole grain	1 chicken, patty hot and spicy whole grain	230.00	2.50g	9.783%	350.00mg	13.00g	15.00g	2.00g		13.00g
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
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
MS hummus loco	1 hummus plate	348.16	2.00g	5.170%	358.25mg	5.00g	54.21g	8.50g		15.22g
Roasted Edamame	3oz	195.73	2.23g	10.243%	19.06mg	13.64g	7.38g	7.29g		11.19g
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

6/12/2023 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
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
51% WW Knickerbocker Dinner Roll	1 Dinner Roll	100.00	0.00g	9.000%	115.00mg	2.00g	18.00g	1.00g		3.00g
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 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
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
Breaded Chicken Patty	1 chicken, pattie breaded whole grain	240.00	2.50g	9.375%	460.00mg	13.00g	15.00g	3.00g		14.00g
Chicken Chef Salad Middle School 2022 w/ 1 roll	1	479.65	6.61g	14.288%	830.91mg	21.42g	46.12g	8.18g		28.11g
chicken, patty hot and spicy whole grain	1 chicken, patty hot and spicy whole grain	230.00	2.50g	9.783%	350.00mg	13.00g	15.00g	2.00g		13.00g
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
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
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 Edamame	3oz	195.73	2.23g	10.243%	19.06mg	13.64g	7.38g	7.29g		11.19g
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
Whole Grain Rotini Pasta with Meat Sauce	8 oz	310.00	6.00g	17.419%	610.00mg	16.00g	24.00g	4.00g		18.00g

6/13/2023 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
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

6/13/2023 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
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
Bacon Ranch Burger- Middle School	1 each	547.57	11.33g	18.622%	812.89mg	36.12g	30.22g	3.00g *		22.09g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
cheese, sliced yellow	1 slice	53.00	2.50g	42.453%	146.50mg	4.50g	0.50g	0.00g		3.00g
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
Hot Off the Grill Grilled Cheese Sandwiches	1 Sandwiches	280.00	6.00g	19.286%	580.00mg	10.00g	31.00g	3.00g		19.00g
J.T.M. Food Group Beef Steak Patties, 2.45 Ounce	1 patty	165.00	4.80g	26.182%	186.00mg	12.00g	1.00g	1.00g		12.00g
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
Parmesan Roasted Broccoli and Onions	1/2 cup	53.27	1.00g	16.895%	48.63mg	3.00g	4.09g	0.25g		2.09g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Turkey & Cheese Sub 2022 w/ knickerbock Sub Bun	1	381.25	5.51g *	13.011% *	819.96mg	14.59g	25.70g	4.58g		23.76g
Veggie Chef Salad Middle School - 2022 w/ 1 roll	1	297.15	3.75g	14.381%	432.91mg	10.73g	31.68g	5.18g		20.40g

6/14/2023 Beer Middle School - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
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 Crisp	1/2 cup	360.53	0.51g *	1.275% *	221.36mg *	16.49g *	51.88g *	4.67g *		2.99g *

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

Recipe Nutrition Summary

for Warren Consolidated Schools

June 1, 2023 through June 15, 2023

6/14/2023 **Beer Middle School - Lunch**

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
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
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
Breaded Chicken Patty	1 chicken, pattie breaded whole grain	240.00	2.50g	9.375%	460.00mg	13.00g	15.00g	3.00g		14.00g
Carrots & Corn	1/2 cup	33.00 *	0.00g *	0.000% *	0.00mg *	0.00g *	7.80g *	0.82g *		1.20g *
Chicken Chef Salad Middle School 2022 w/ 1 roll	1	479.65	6.61g	14.288%	830.91mg	21.42g	46.12g	8.18g		28.11g
chicken, patty hot and spicy whole grain	1 chicken, patty hot and spicy whole grain	230.00	2.50g	9.783%	350.00mg	13.00g	15.00g	2.00g		13.00g
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
Grilled Italian Sub on KB WW Bun	1	475.90	6.62g *	12.940%	1975.29mg	18.93g	27.85g	4.00g		33.32g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
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

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