

Recipe Nutrition Summary

for Warren Consolidated Schools

November 28, 2022 through December 20, 2022

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

11/28/2022 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
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
Rosted Butternut Squash	1/2 cup	84.32	0.34g	3.658%	5.35mg	2.33g	17.05g	2.69g *		1.34g
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
November 28, 2022 through December 20, 2022

11/29/2022 **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
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
High School Broccoli Cheese Soup	8 oz cup	126.38	1.42g *	10.078% *	623.20mg *	4.70g	15.20g *	2.31g *		4.14g *
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
Minh Orange Chicken Stir-Fry Kit	3 oz	139.29	1.07g	6.923%	214.29mg	4.82g	11.79g	0.00g		10.71g
MINH WG Vegetable Rice	0.5 cup	152.78	0.28g	1.667%	248.98mg	0.00g	30.56g	1.70g		3.40g
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

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Recipe Nutrition Summary

for Warren Consolidated Schools
November 28, 2022 through December 20, 2022

11/29/2022 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>
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

11/30/2022 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
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
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
fruited jello	1/2 cup (#8 scoop)	114.49	N/A	N/A	38.42mg *	N/A	29.54g	1.10g *		0.37g *
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
Meatloaf with Cheese	1	170.00	5.00g	26.471%	390.00mg	10.00g	8.00g	1.00g		12.00g
MS hummus loco	1 hummus plate	348.16	2.00g	5.170%	358.25mg	5.00g	54.21g	8.50g		15.22g

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11/30/2022 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>
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
Tasty Brands Breaded Onion Rings - 2 pieces	2 Onion Rings	80.00	0.60g	6.750%	80.00mg	3.20g	11.20g	1.20g		1.20g

12/1/2022 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
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
Honey BBQ Beef Rib Sandwich	1 AP Beef Rib, BBQ w/Honey	390.00	4.00g	9.231%	770.00mg	11.00g	44.00g	6.00g		21.00g
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

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Recipe Nutrition Summary

for Warren Consolidated Schools

November 28, 2022 through December 20, 2022

12/1/2022 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>
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
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

12/2/2022 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
Big Mac Salad	1.25 cup	295.85	6.42g	19.520%	969.92mg	18.12g	18.83g	1.89g		13.89g
Black Bean Confetti Salad	1/2 cup	132.42	0.33g	2.274%	423.18mg	3.26g	20.97g	6.22g		6.04g
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 tender hot and spicy	4 tenders	350.32	4.04g	10.385%	525.47mg	20.21g	21.56g	4.04g		20.21g

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Recipe Nutrition Summary

for Warren Consolidated Schools
November 28, 2022 through December 20, 2022

12/2/2022 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>
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
Morning Star Spicy Black Bean Burger	1 Burger	310.00	1.00g	2.903%	650.00mg	9.00g	40.00g	8.00g		19.00g
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

12/5/2022 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
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

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

Recipe Nutrition Summary

for Warren Consolidated Schools
November 28, 2022 through December 20, 2022

12/5/2022 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>
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
Green Beans - frozen	1/2 cup	29.14	0.00g	0.000%	0.00mg	0.00g	4.86g	1.94g		0.97g
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
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

12/6/2022 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

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

Recipe Nutrition Summary

for Warren Consolidated Schools
November 28, 2022 through December 20, 2022

12/6/2022 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>
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
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
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
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 Middle School - 2022 w/ 1 roll	1	297.15	3.75g	14.381%	432.91mg	10.73g	31.68g	5.18g		20.40g

12/7/2022 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

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

Recipe Nutrition Summary

for Warren Consolidated Schools
November 28, 2022 through December 20, 2022

12/7/2022 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>
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
Elem Pumpkin Pudding	.5 cup	87.85	0.37g	3.800%	155.09mg	0.62g	16.68g	0.95g		2.45g
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
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
Parmesan Roasted Broccoli and Onions	1/2 cup	53.27	1.00g	16.895%	48.63mg	3.00g	4.09g	0.25g		2.09g
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

12/8/2022 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

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

Recipe Nutrition Summary

for Warren Consolidated Schools
November 28, 2022 through December 20, 2022

12/8/2022 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 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
Aunt Millie Whole Grain Hot Dog Bun	1each	110.00	0.00g	0.000%	130.00mg	1.50g	21.00g	2.00g		4.00g
Beef Taco Meat and Cheese Nachos	1	441.61	8.81g	17.955%	853.61mg	21.03g	39.03g	5.01g		23.07g
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
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
franks, beef	1 franks, beef	280.00	10.00g	32.143%	790.00mg	26.00g	1.00g	0.00g		10.00g
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
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
WCS Nachos and Cheese - 2oz chips for HS	1	460.00	13.00g	25.435%	960.00mg	25.00g	39.00g	3.00g		17.00g

12/9/2022 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

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

Recipe Nutrition Summary

for Warren Consolidated Schools
November 28, 2022 through December 20, 2022

12/9/2022 **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>
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
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
breakfast bowl	1 bowl	366.30	6.96g	17.108%	856.92mg	24.64g	20.00g	2.00g *		15.51g
Carrots frozen	1/2 cup (#8 scoop)	36.68	0.00g	0.000%	58.42mg	1.36g	8.15g	2.72g		1.09g
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, pattie 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
Pillsbury Easy Split Whole Grain Biscuits, Frozen, 2 Ounce	1 Biscuit	200.00	7.00g	31.500%	440.00mg	9.00g	27.00g	2.00g		4.00g
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
Tyson Hot & Spicy WG Boneless Chicken Wings	1 Tyson Hot & Spicy WG Boneless Chicken Wings	240.00	2.25g	8.438%	405.00mg	12.00g	12.00g	1.50g		22.50g

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

Recipe Nutrition Summary

for Warren Consolidated Schools
November 28, 2022 through December 20, 2022

12/9/2022 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>
warm spiced apples	1	107.30	0.44g	3.691%	41.82mg	2.44g	21.17g	2.15g		0.00g

12/12/2022 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
Carrots frozen	1/2 cup (#8 scoop)	36.68	0.00g	0.000%	58.42mg	1.36g	8.15g	2.72g		1.09g
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
JTM Food Group Sloppy Joe	3.63oz	150.00	2.00g	12.000%	420.00mg	6.00g	10.00g	2.00g		13.00g
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
Peas Frozen	1/2 cup (#8 scoop)	71.35	0.00g	0.000%	101.93mg	0.00g	12.23g	3.67g		5.40g

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

Recipe Nutrition Summary

for Warren Consolidated Schools
November 28, 2022 through December 20, 2022

12/12/2022 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
Soybutter Meal	1	440.00	5.50g	11.250%	570.00mg	20.50g	43.00g	5.00g		18.00g

12/13/2022 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
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
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
McCain Sweet Potato Fries -Crinkle Cut	1 McCain Sweet Potato Fries -Crinkle Cut	120.00	0.50g	3.750%	180.00mg	4.50g	17.00g	3.00g		2.00g
Middle School Parfait with Banana Bread & Granola	1	759.95	3.56g	4.213%	541.64mg	19.14g	131.84g	6.90g *		16.54g
Middle School Taco Salad with Chips	1 each	571.20	9.20g	14.501%	1002.79mg	30.37g	59.06g	11.04g		29.29g

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

Recipe Nutrition Summary

for Warren Consolidated Schools
November 28, 2022 through December 20, 2022

12/13/2022 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>
Penne Pasta with Alfredo Sauce	1 Penne Pasta with Alfredo Sauce	290.00	6.80g	21.103%	1140.00mg	12.00g	30.00g	2.00g		17.00g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Tony's Cheese French Bread Pizza, 50/50 Cheese Blend	1 Pizza	210.00	2.50g	10.714%	310.00mg	8.00g	23.00g	2.00g		12.00g
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
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

12/14/2022 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
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
Broccoli cuts	.50 cup	17.50	0.00g	0.000%	12.50mg	0.00g	2.50g	1.00g		1.00g
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	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g

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

Recipe Nutrition Summary

for Warren Consolidated Schools
November 28, 2022 through December 20, 2022

12/14/2022 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>
farms										
fruited jello	1/2 cup (#8 scoop)	114.49	N/A	N/A	38.42mg *	N/A	29.54g	1.10g *		0.37g *
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
Muffin Town Smart Choice Cornbread	1 Cornbread	180.00	0.50g	2.500%	90.00mg	6.00g	28.00g	1.00g		3.00g
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
WCS White Chicken Chili	6oz	564.46	23.10g *	36.827% *	2250.16mg	37.70g	19.42g	3.07g *		36.26g

12/15/2022 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
Carrots & Corn	1/2 cup	33.00 *	0.00g *	0.000% *	0.00mg *	0.00g *	7.80g *	0.82g *		1.20g *

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

Recipe Nutrition Summary

for Warren Consolidated Schools
November 28, 2022 through December 20, 2022

12/15/2022 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
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
Popcorn Chicken Bowl	1	552.74	2.53g *	4.119% *	1494.91mg	20.61g	65.37g	3.77g		17.29g
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
Whole Grain Vegetable Pinwheel	1 Whole Grain Vegetable Pinwheel	300.00	5.00g	15.000%	620.00mg	11.00g	34.00g	3.00g		19.00g

12/16/2022 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	240.00	2.50g	9.375%	460.00mg	13.00g	15.00g	3.00g		14.00g

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

Recipe Nutrition Summary

for Warren Consolidated Schools
November 28, 2022 through December 20, 2022

12/16/2022 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>
	whole grain									
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
Honey of a Pita MS- Chicken	1	372.68	7.26g *	17.537% *	684.68mg	23.66g	18.24g	3.02g *		19.69g *
HS Fish Sandwich	1	320.00	0.00g *	0.000% *	510.00mg	9.00g	41.00g	4.00g		16.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
MS Chicken Parm Sandwich	1	510.95	4.97g	8.753%	926.53mg	17.15g	50.62g	8.99g		29.91g
MS hummus loco	1 hummus plate	348.16	2.00g	5.170%	358.25mg	5.00g	54.21g	8.50g		15.22g
Roasted Chick Peas	1/2 cup	142.00	0.20g	1.268%	440.00mg	2.40g	19.00g	4.00g		5.00g
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

12/19/2022 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

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

Recipe Nutrition Summary

for Warren Consolidated Schools
November 28, 2022 through December 20, 2022

12/19/2022 **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>
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
Broccoli cuts	.50 cup	17.50	0.00g	0.000%	12.50mg	0.00g	2.50g	1.00g		1.00g
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
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
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
Strawberry/Kiwi Sidekick Slushie	1 Strawberry/Kiwi Sidekick Slushie	80.00	0.00g	0.000%	45.00mg	0.00g	20.00g	0.00g		0.00g
Sweet Potato Apple Crunch	5.25oz	217.68	0.52g	2.132%	207.75mg	5.30g	38.56g	3.87g		2.94g

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