

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 28, 2022 through January 2, 2023

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

## 11/28/2022 Hatherly Educational Center - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
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 Butcher Hatherly School	1	379.65	6.61g	15.681%	715.91mg	19.42g	28.12g	7.18g		25.11g
fat free white milk prairie farms	1 fat free white milk prairie farms	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g
GFS Whole Grain white dinner roll	1 GFS Whole Grain Honey Wheat Dinner Rolls	70.00	0.00g	0.000%	110.00mg	1.00g	12.00g	1.00g		3.00g
Green Beans - Frozen	.5 cup	19.00	0.00g	0.000%	6.12mg	0.00g	4.00g	2.00g		0.70g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
Middle School Parfait with Banana Bread & Granola	1	759.95	3.56g	4.213%	541.64mg	19.14g	131.84g	6.90g *		16.54g
MS hummus loco	1 hummus plate	348.16	2.00g	5.170%	358.25mg	5.00g	54.21g	8.50g		15.22g
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
Teriyaki Chicken Sandwich	1 each	536.00	8.00g	13.433%	1656.00mg	23.00g	56.00g	5.50g		25.00g
Turkey & Cheese Sub	1	341.25	5.51g *	14.536% *	869.96mg	14.59g	31.70g	2.58g		21.76g

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

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## 11/28/2022 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Veggie Chef Salad Butcher Hatherly School - 2022 w/ 1 roll	1	197.15	3.75g	17.110%	317.91mg	8.73g	13.68g	4.18g		17.40g

## 11/29/2022 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Broccoli cuts	.50 cup	17.50	0.00g	0.000%	12.50mg	0.00g	2.50g	1.00g		1.00g
Chicken Chef Salad Butcher Hatherly School	1	379.65	6.61g	15.681%	715.91mg	19.42g	28.12g	7.18g		25.11g
Cool Tropics RiPS Strawberry Kiwi Slushie Mix	1 Slushie	60.00	0.00g	0.000%	15.00mg	0.00g	15.00g	0.00g		N/A
fat free white milk prairie farms	1 fat free white milk prairie farms	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g
GFS Whole Grain white dinner roll	1 GFS Whole Grain Honey Wheat Dinner Rolls	70.00	0.00g	0.000%	110.00mg	1.00g	12.00g	1.00g		3.00g
Honey of a Pita MS- Chicken	1	372.68	7.26g *	17.537% *	684.68mg	23.66g	18.24g	3.02g *		19.69g *
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
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

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

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## 11/29/2022 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
MS hummus loco	1 hummus plate	348.16	2.00g	5.170%	358.25mg	5.00g	54.21g	8.50g		15.22g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Soybutter Meal	1	440.00	5.50g	11.250%	570.00mg	20.50g	43.00g	5.00g		18.00g
Turkey & Cheese Sub	1	341.25	5.51g *	14.536% *	869.96mg	14.59g	31.70g	2.58g		21.76g
Veggie Chef Salad Butcher Hatherly School - 2022 w/ roil	1	197.15	3.75g	17.110%	317.91mg	8.73g	13.68g	4.18g		17.40g

## 11/30/2022 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Bosco Sticks - Whole Grain	2 Bosco Sticks - Whole Grain	300.00	5.00g	15.000%	440.00mg	10.00g	34.00g	4.00g		20.00g
Carrots & Corn	1/2 cup	33.00 *	0.00g *	0.000% *	0.00mg *	0.00g *	7.80g *	0.82g *		1.20g *
Chicken Chef Salad Butcher Hatherly School	1	379.65	6.61g	15.681%	715.91mg	19.42g	28.12g	7.18g		25.11g
fat free white milk prairie farms	1 fat free white milk prairie farms	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g
fruited jello	1/2 cup (#8 scoop)	114.49	N/A	N/A	38.42mg *	N/A	29.54g	1.10g *		0.37g *
GFS Whole Grain white dinner roll	1 GFS Whole Grain Honey Wheat Dinner Rolls	70.00	0.00g	0.000%	110.00mg	1.00g	12.00g	1.00g		3.00g
Grilled Italian Sub WW Bun for Hatherly Butcher	1	435.90	6.62g *	14.127%	2025.29mg	18.93g	33.85g	2.00g		31.32g

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# Recipe Nutrition Summary

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## 11/30/2022 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
Middle School Parfait with Banana Bread & Granola	1	759.95	3.56g	4.213%	541.64mg	19.14g	131.84g	6.90g *		16.54g
MS hummus loco	1 hummus plate	348.16	2.00g	5.170%	358.25mg	5.00g	54.21g	8.50g		15.22g
sauce, marinara	1 sauce, marinara	50.00	0.00g	0.000%	390.00mg	1.50g	8.00g	2.00g		2.00g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Soybutter Meal	1	440.00	5.50g	11.250%	570.00mg	20.50g	43.00g	5.00g		18.00g
Turkey & Cheese Sub	1	341.25	5.51g *	14.536% *	869.96mg	14.59g	31.70g	2.58g		21.76g
Veggie Chef Salad Butcher Hatherly School - 2022 w/ 1 roi	1	197.15	3.75g	17.110%	317.91mg	8.73g	13.68g	4.18g		17.40g

## 12/1/2022 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
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 Butcher Hatherly School	1	379.65	6.61g	15.681%	715.91mg	19.42g	28.12g	7.18g		25.11g
fat free white milk prairie farms	1 fat free white milk prairie farms	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 28, 2022 through January 2, 2023

## 12/1/2022 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
GFS Whole Grain white dinner roll	1 GFS Whole Grain Honey Wheat Dinner Rolls	70.00	0.00g	0.000%	110.00mg	1.00g	12.00g	1.00g		3.00g
Hatherly Butcher Cheese Burger	1 each	325.00	5.50g	15.231%	740.00mg	14.00g	28.00g	4.00g		20.55g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
Middle School Parfait with Banana Bread & Granola	1	759.95	3.56g	4.213%	541.64mg	19.14g	131.84g	6.90g *		16.54g
MS 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
potato, tater tots	1 potato, tater tots	155.72	1.20g	6.923%	371.34mg	7.19g	19.17g	2.40g		2.40g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Soybutter Meal	1	440.00	5.50g	11.250%	570.00mg	20.50g	43.00g	5.00g		18.00g
Turkey & Cheese Sub	1	341.25	5.51g *	14.536% *	869.96mg	14.59g	31.70g	2.58g		21.76g
veggie burger	1 veggie burger	320.00	0.00g *	0.000% *	780.00mg	9.00g	47.00g	11.00g		17.00g *
Veggie Chef Salad Butcher Hatherly School - 2022 w/ roll	1	197.15	3.75g	17.110%	317.91mg	8.73g	13.68g	4.18g		17.40g

## 12/2/2022 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 28, 2022 through January 2, 2023

## 12/2/2022 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Chicken Chef Salad Butcher Hatherly School	1	379.65	6.61g	15.681%	715.91mg	19.42g	28.12g	7.18g		25.11g
chicken tender hot and spicy	4 tenders	350.32	4.04g	10.385%	525.47mg	20.21g	21.56g	4.04g		20.21g
fat free white milk prairie farms	1 fat free white milk prairie farms	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g
GFS Whole Grain white dinner roll	1 GFS Whole Grain Honey Wheat Dinner Rolls	70.00	0.00g	0.000%	110.00mg	1.00g	12.00g	1.00g		3.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
Macaroni and Cheese Whole Grain/elbow	6 oz	299.99	9.00g	27.000%	779.99mg	15.00g	26.00g	0.00g		16.00g
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 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
Sunshine Cheez-It Crackers, Whole Grain, Individual Packets,	1 pkt	100.00	1.00g	9.000%	150.00mg	3.50g	14.00g	1.00g		3.00g
Turkey & Cheese Sub	1	341.25	5.51g *	14.536% *	869.96mg	14.59g	31.70g	2.58g		21.76g
Veggie Chef Salad Butcher Hatherly School - 2022 w/ roil	1	197.15	3.75g	17.110%	317.91mg	8.73g	13.68g	4.18g		17.40g
warm spiced apples	1	107.30	0.44g	3.691%	41.82mg	2.44g	21.17g	2.15g		0.00g

## 12/5/2022 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 28, 2022 through January 2, 2023

12/5/2022 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Carrots & Corn	1/2 cup	33.00 *	0.00g *	0.000% *	0.00mg *	0.00g *	7.80g *	0.82g *		1.20g *
Chicken Chef Salad Butcher Hatherly School	1	379.65	6.61g	15.681%	715.91mg	19.42g	28.12g	7.18g		25.11g
Cool Tropics RiPS 100% Juice Blue Raspberry Slushie	1 Slushie	60.00	0.00g	0.000%	15.00mg	0.00g	15.00g	0.00g		0.00g
fat free white milk prairie farms	1 fat free white milk prairie farms	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g
GFS Whole Grain white dinner roll	1 GFS Whole Grain Honey Wheat Dinner Rolls	70.00	0.00g	0.000%	110.00mg	1.00g	12.00g	1.00g		3.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
Middle School Parfait with Banana Bread & Granola	1	759.95	3.56g	4.213%	541.64mg	19.14g	131.84g	6.90g *		16.54g
MS hummus loco	1 hummus plate	348.16	2.00g	5.170%	358.25mg	5.00g	54.21g	8.50g		15.22g
Par Baked Pizza Big Daddy's Middle School	1 slice	350.00	8.00g	20.571%	470.00mg	17.00g	34.00g	3.00g		19.00g
quesadilla, cheese	1 quesadilla, cheese	300.00	3.00g	9.000%	670.00mg	10.00g	39.00g	4.00g		16.00g
salsa	1/2 cup	30.00	0.00g	0.000%	210.00mg	0.00g	6.00g	0.00g		0.00g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Soybutter Meal	1	440.00	5.50g	11.250%	570.00mg	20.50g	43.00g	5.00g		18.00g
Turkey & Cheese Sub	1	341.25	5.51g *	14.536% *	869.96mg	14.59g	31.70g	2.58g		21.76g
Veggie Chef Salad Butcher Hatherly School - 2022 w/ roii	1	197.15	3.75g	17.110%	317.91mg	8.73g	13.68g	4.18g		17.40g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 28, 2022 through January 2, 2023

## 12/5/2022 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Whole Grain Chicken Quesadilla	1 Whole Grain Chicken Quesadilla	320.00	2.50g	7.031%	770.00mg	11.00g	38.00g	4.00g		18.00g

## 12/6/2022 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Broccoli Salad E 17	.50 cup	161.26	0.01g	0.043%	134.80mg	3.85g	30.82g	0.85g		2.05g
Chicken Chef Salad Butcher Hatherly School	1	379.65	6.61g	15.681%	715.91mg	19.42g	28.12g	7.18g		25.11g
Farm RICH Breaded Mozzarella Cheese Sticks, Reduced Fat	6 each	300.00	4.00g	12.000%	540.00mg	12.00g	32.00g	4.00g		20.00g
fat free white milk prairie farms	1 fat free white milk prairie farms	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g
franks, beef	1 franks, beef	280.00	10.00g	32.143%	790.00mg	26.00g	1.00g	0.00g		10.00g
GFS Whole Grain white dinner roll	1 GFS Whole Grain Honey Wheat Dinner Rolls	70.00	0.00g	0.000%	110.00mg	1.00g	12.00g	1.00g		3.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
Middle School Parfait with Banana Bread & Granola	1	759.95	3.56g	4.213%	541.64mg	19.14g	131.84g	6.90g *		16.54g
MS hummus loco	1 hummus plate	348.16	2.00g	5.170%	358.25mg	5.00g	54.21g	8.50g		15.22g
sauce, marinara	1 sauce, marinara	50.00	0.00g	0.000%	390.00mg	1.50g	8.00g	2.00g		2.00g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 28, 2022 through January 2, 2023

## 12/6/2022 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Soybutter Meal	1	440.00	5.50g	11.250%	570.00mg	20.50g	43.00g	5.00g		18.00g
Turkey & Cheese Sub	1	341.25	5.51g *	14.536% *	869.96mg	14.59g	31.70g	2.58g		21.76g
Veggie Chef Salad Butcher Hatherly School - 2022 w/ roll	1	197.15	3.75g	17.110%	317.91mg	8.73g	13.68g	4.18g		17.40g
Whole Wheat Hot Dog Bun GFS	1 Whole Wheat Hot Dog Bun GFS	150.00	0.00g	0.000%	230.00mg	2.00g	25.00g	3.00g		5.00g

## 12/7/2022 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Bosco Sticks - Whole Grain	2 Bosco Sticks - Whole Grain	300.00	5.00g	15.000%	440.00mg	10.00g	34.00g	4.00g		20.00g
Chicken Chef Salad Butcher Hatherly School	1	379.65	6.61g	15.681%	715.91mg	19.42g	28.12g	7.18g		25.11g
fat free white milk prairie farms	1 fat free white milk prairie farms	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g
GFS Whole Grain white dinner roll	1 GFS Whole Grain Honey Wheat Dinner Rolls	70.00	0.00g	0.000%	110.00mg	1.00g	12.00g	1.00g		3.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
Meatloaf with Cheese	1	170.00	5.00g	26.471%	390.00mg	10.00g	8.00g	1.00g		12.00g
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  
November 28, 2022 through January 2, 2023

## 12/7/2022 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
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
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
Turkey & Cheese Sub	1	341.25	5.51g *	14.536% *	869.96mg	14.59g	31.70g	2.58g		21.76g
Vegetarian Beans Canned	1/2 cup ( #8Scoop)	145.08	0.00g	0.000%	553.69mg	0.00g	29.70g	6.11g		7.12g *
Veggie Chef Salad Butcher Hatherly School - 2022 w/ 1 roii	1	197.15	3.75g	17.110%	317.91mg	8.73g	13.68g	4.18g		17.40g
Whole Wheat Hamburger Bun	1 bun, hamburgers, sliced, whole wheat 4"	150.00	0.00g	0.000%	240.00mg	2.00g	25.00g	3.00g		5.00g

## 12/8/2022 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
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
cheese ravioli with marinara sauce	3 each	241.54	0.00g *	0.000% *	920.00mg	5.35g	32.85g	4.46g		16.46g
Chicken Chef Salad Butcher Hatherly School	1	379.65	6.61g	15.681%	715.91mg	19.42g	28.12g	7.18g		25.11g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 28, 2022 through January 2, 2023

## 12/8/2022 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
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
GFS Whole Grain white dinner roll	1 GFS Whole Grain Honey Wheat Dinner Rolls	70.00	0.00g	0.000%	110.00mg	1.00g	12.00g	1.00g		3.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
Middle School Parfait with Banana Bread & Granola	1	759.95	3.56g	4.213%	541.64mg	19.14g	131.84g	6.90g *		16.54g
MS hummus loco	1 hummus plate	348.16	2.00g	5.170%	358.25mg	5.00g	54.21g	8.50g		15.22g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Soybutter Meal	1	440.00	5.50g	11.250%	570.00mg	20.50g	43.00g	5.00g		18.00g
Turkey & Cheese Sub	1	341.25	5.51g *	14.536% *	869.96mg	14.59g	31.70g	2.58g		21.76g
Veggie Chef Salad Butcher Hatherly School - 2022 w/ roll	1	197.15	3.75g	17.110%	317.91mg	8.73g	13.68g	4.18g		17.40g

## 12/9/2022 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Beef Dippers	4 dippers	160.00	3.50g	19.688%	440.00mg	8.00g	6.00g	1.00g		14.00g
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 January 2, 2023

## 12/9/2022 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Chicken Chef Salad Butcher Hatherly School	1	379.65	6.61g	15.681%	715.91mg	19.42g	28.12g	7.18g		25.11g
fat free white milk prairie farms	1 fat free white milk prairie farms	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g
GFS Far East Vegetable Blend	1/2 cup	20.00	0.00g	0.000%	15.00mg	0.00g	2.50g	1.00g		0.50g
GFS Whole Grain white dinner roll	1 GFS Whole Grain Honey Wheat Dinner Rolls	70.00	0.00g	0.000%	110.00mg	1.00g	12.00g	1.00g		3.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
Middle School Parfait with Banana Bread & Granola	1	759.95	3.56g	4.213%	541.64mg	19.14g	131.84g	6.90g *		16.54g
MINH WG Vegetable Rice	0.5 cup	152.78	0.28g	1.667%	248.98mg	0.00g	30.56g	1.70g		3.40g
MS hummus loco	1 hummus plate	348.16	2.00g	5.170%	358.25mg	5.00g	54.21g	8.50g		15.22g
Orange Glazed Carrots	1/2 cup - #8 scoop	108.71	0.32g	2.682%	55.83mg	2.26g	22.53g	1.54g *		1.48g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Soybutter Meal	1	440.00	5.50g	11.250%	570.00mg	20.50g	43.00g	5.00g		18.00g
Spicy Chicken Sandwich	1 sandwich	380.00	2.50g	5.921%	590.00mg	15.00g	40.00g	5.00g		18.00g
Turkey & Cheese Sub	1	341.25	5.51g *	14.536% *	869.96mg	14.59g	31.70g	2.58g		21.76g
Veggie Chef Salad Butcher Hatherly School - 2022 w/ roll	1	197.15	3.75g	17.110%	317.91mg	8.73g	13.68g	4.18g		17.40g

## 12/12/2022 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 28, 2022 through January 2, 2023

## 12/12/2022 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Chicken Chef Salad Butcher Hatherly School	1	379.65	6.61g	15.681%	715.91mg	19.42g	28.12g	7.18g		25.11g
fat free white milk prairie farms	1 fat free white milk prairie farms	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g
GFS Whole Grain white dinner roll	1 GFS Whole Grain Honey Wheat Dinner Rolls	70.00	0.00g	0.000%	110.00mg	1.00g	12.00g	1.00g		3.00g
Green Beans - frozen	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
Middle School Parfait with Banana Bread & Granola	1	759.95	3.56g	4.213%	541.64mg	19.14g	131.84g	6.90g *		16.54g
MS hummus loco	1 hummus plate	348.16	2.00g	5.170%	358.25mg	5.00g	54.21g	8.50g		15.22g
Par Baked Pizza Big Daddy's Middle School	1 slice	350.00	8.00g	20.571%	470.00mg	17.00g	34.00g	3.00g		19.00g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Soybutter Meal	1	440.00	5.50g	11.250%	570.00mg	20.50g	43.00g	5.00g		18.00g
Turkey & Cheese Sub	1	341.25	5.51g *	14.536% *	869.96mg	14.59g	31.70g	2.58g		21.76g
Veggie Chef Salad Butcher Hatherly School - 2022 w/ roll	1	197.15	3.75g	17.110%	317.91mg	8.73g	13.68g	4.18g		17.40g
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

## 12/13/2022 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 28, 2022 through January 2, 2023

## 12/13/2022 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Brown Gravy - Low Sodium	.25 cup	24.92	0.00g	0.000%	1.75mg *	0.50g	4.98g	0.00g		1.00g
Chicken Chef Salad Butcher Hatherly School	1	379.65	6.61g	15.681%	715.91mg	19.42g	28.12g	7.18g		25.11g
Corn on the cob - frozen	1	90.00	0.00g	0.000%	0.00mg	0.80g	19.00g	0.80g		3.40g
Farm RICH Breaded Mozzarella Cheese Sticks, Reduced Fat	6 each	300.00	4.00g	12.000%	540.00mg	12.00g	32.00g	4.00g		20.00g
fat free white milk prairie farms	1 fat free white milk prairie farms	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g
GFS Whole Grain white dinner roll	1 GFS Whole Grain Honey Wheat Dinner Rolls	70.00	0.00g	0.000%	110.00mg	1.00g	12.00g	1.00g		3.00g
JTM Meatballs	1 JTM Meatballs	160.00	4.00g	22.500%	230.00mg	10.00g	5.00g	1.00g		13.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
Middle School Parfait with Banana Bread & Granola	1	759.95	3.56g	4.213%	541.64mg	19.14g	131.84g	6.90g *		16.54g
MS hummus loco	1 hummus plate	348.16	2.00g	5.170%	358.25mg	5.00g	54.21g	8.50g		15.22g
Redskin Mashed Potatoes	1 Redskin Mashed Potatoes	88.85	0.54g	5.470%	376.38mg	1.91g	16.80g	1.37g		1.70g
sauce, marinara	1 sauce, marinara	50.00	0.00g	0.000%	390.00mg	1.50g	8.00g	2.00g		2.00g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Soybutter Meal	1	440.00	5.50g	11.250%	570.00mg	20.50g	43.00g	5.00g		18.00g
Turkey & Cheese Sub	1	341.25	5.51g *	14.536% *	869.96mg	14.59g	31.70g	2.58g		21.76g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 28, 2022 through January 2, 2023

## 12/13/2022 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Veggie Chef Salad Butcher Hatherly School - 2022 w/ 1 roll	1	197.15	3.75g	17.110%	317.91mg	8.73g	13.68g	4.18g		17.40g

## 12/14/2022 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Bosco Sticks - Whole Grain	2 Bosco Sticks - Whole Grain	300.00	5.00g	15.000%	440.00mg	10.00g	34.00g	4.00g		20.00g
Carrots & Corn	1/2 cup	33.00 *	0.00g *	0.000% *	0.00mg *	0.00g *	7.80g *	0.82g *		1.20g *
Chicken Chef Salad Butcher Hatherly School	1	379.65	6.61g	15.681%	715.91mg	19.42g	28.12g	7.18g		25.11g
fat free white milk prairie farms	1 fat free white milk prairie farms	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g
fruited jello	1/2 cup (#8 scoop)	114.49	N/A	N/A	38.42mg *	N/A	29.54g	1.10g *		0.37g *
GFS Whole Grain white dinner roll	1 GFS Whole Grain Honey Wheat Dinner Rolls	70.00	0.00g	0.000%	110.00mg	1.00g	12.00g	1.00g		3.00g
Grilled Italian Sub WW Bun for Hatherly Butcher	1	435.90	6.62g *	14.127%	2025.29mg	18.93g	33.85g	2.00g		31.32g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
Middle School Parfait with Banana Bread & Granola	1	759.95	3.56g	4.213%	541.64mg	19.14g	131.84g	6.90g *		16.54g
MS hummus loco	1 hummus plate	348.16	2.00g	5.170%	358.25mg	5.00g	54.21g	8.50g		15.22g
sauce, marinara	1 sauce, marinara	50.00	0.00g	0.000%	390.00mg	1.50g	8.00g	2.00g		2.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 28, 2022 through January 2, 2023

## 12/14/2022 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Soybutter Meal	1	440.00	5.50g	11.250%	570.00mg	20.50g	43.00g	5.00g		18.00g
Turkey & Cheese Sub	1	341.25	5.51g *	14.536% *	869.96mg	14.59g	31.70g	2.58g		21.76g
Veggie Chef Salad Butcher Hatherly School - 2022 w/ roi	1	197.15	3.75g	17.110%	317.91mg	8.73g	13.68g	4.18g		17.40g

## 12/15/2022 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
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
Broccoli cuts	.50 cup	17.50	0.00g	0.000%	12.50mg	0.00g	2.50g	1.00g		1.00g
Chicken Chef Salad Butcher Hatherly School	1	379.65	6.61g	15.681%	715.91mg	19.42g	28.12g	7.18g		25.11g
fat free white milk prairie farms	1 fat free white milk prairie farms	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g
GFS Whole Grain white dinner roll	1 GFS Whole Grain Honey Wheat Dinner Rolls	70.00	0.00g	0.000%	110.00mg	1.00g	12.00g	1.00g		3.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
Middle School Parfait with Banana Bread & Granola	1	759.95	3.56g	4.213%	541.64mg	19.14g	131.84g	6.90g *		16.54g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 28, 2022 through January 2, 2023

## 12/15/2022 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
MS hummus loco	1 hummus plate	348.16	2.00g	5.170%	358.25mg	5.00g	54.21g	8.50g		15.22g
Refried Beans Canned	1/2 cup ( #8Scoop)	136.43	0.49g	3.214%	516.49mg	1.95g	22.41g	5.85g		7.80g
Side Salad	1	38.23	0.00g	0.000%	55.26mg	0.00g	8.06g	2.66g		2.68g
Soybutter Meal	1	440.00	5.50g	11.250%	570.00mg	20.50g	43.00g	5.00g		18.00g
Turkey & Cheese Sub	1	341.25	5.51g *	14.536% *	869.96mg	14.59g	31.70g	2.58g		21.76g
Tyson Breaded Whole Grain Chicken Drumsticks	1 Tyson Breaded Whole Grain Chicken Drumsticks	220.00	3.00g	12.273%	530.00mg	13.00g	6.00g	1.00g		19.00g
Veggie Chef Salad Butcher Hatherly School - 2022 w/ roi	1	197.15	3.75g	17.110%	317.91mg	8.73g	13.68g	4.18g		17.40g
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

## 12/16/2022 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
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 Butcher Hatherly School	1	379.65	6.61g	15.681%	715.91mg	19.42g	28.12g	7.18g		25.11g
Cool Tropics RIPS 100% Juice Blue Raspberry Slushie	1 Slushie	60.00	0.00g	0.000%	15.00mg	0.00g	15.00g	0.00g		0.00g
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 January 2, 2023

## 12/16/2022 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
	farms									
GFS Whole Grain white dinner roll	1 GFS Whole Grain Honey Wheat Dinner Rolls	70.00	0.00g	0.000%	110.00mg	1.00g	12.00g	1.00g		3.00g
Hot Off the Grill Beef Taco Stick	1 Taco Stick	350.00	8.00g	20.571%	630.00mg	13.00g	32.00g	4.00g		20.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
Middle School Parfait with Banana Bread & Granola	1	759.95	3.56g	4.213%	541.64mg	19.14g	131.84g	6.90g *		16.54g
MS hummus loco	1 hummus plate	348.16	2.00g	5.170%	358.25mg	5.00g	54.21g	8.50g		15.22g
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
Soybutter Meal	1	440.00	5.50g	11.250%	570.00mg	20.50g	43.00g	5.00g		18.00g
Turkey & Cheese Sub	1	341.25	5.51g *	14.536% *	869.96mg	14.59g	31.70g	2.58g		21.76g
Veggie Chef Salad Butcher Hatherly School - 2022 w/ roil	1	197.15	3.75g	17.110%	317.91mg	8.73g	13.68g	4.18g		17.40g
Whole Grain 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

## 12/19/2022 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 28, 2022 through January 2, 2023

## 12/19/2022 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Chicken Chef Salad Butcher Hatherly School	1	379.65	6.61g	15.681%	715.91mg	19.42g	28.12g	7.18g		25.11g
fat free white milk prairie farms	1 fat free white milk prairie farms	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g
GFS Whole Grain white dinner roll	1 GFS Whole Grain Honey Wheat Dinner Rolls	70.00	0.00g	0.000%	110.00mg	1.00g	12.00g	1.00g		3.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
Middle School Parfait with Banana Bread & Granola	1	759.95	3.56g	4.213%	541.64mg	19.14g	131.84g	6.90g *		16.54g
MS hummus loco	1 hummus plate	348.16	2.00g	5.170%	358.25mg	5.00g	54.21g	8.50g		15.22g
Par Baked Pizza Big Daddy's Middle School	1 slice	350.00	8.00g	20.571%	470.00mg	17.00g	34.00g	3.00g		19.00g
Peas Frozen	1/2 cup (#8 scoop)	71.35	0.00g	0.000%	101.93mg	0.00g	12.23g	3.67g		5.40g
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
Soybutter Meal	1	440.00	5.50g	11.250%	570.00mg	20.50g	43.00g	5.00g		18.00g
Turkey & Cheese Sub	1	341.25	5.51g *	14.536% *	869.96mg	14.59g	31.70g	2.58g		21.76g
Veggie Chef Salad Butcher Hatherly School - 2022 w/ roll	1	197.15	3.75g	17.110%	317.91mg	8.73g	13.68g	4.18g		17.40g

## 12/20/2022 Hatherly Educational Center - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Assorted Condiments	1 oz.	44.98	0.46g *	9.127% *	326.40mg	2.94g *	4.64g	0.12g *		0.00g *
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Goldfish Cheddar Cracker 100 Calorie WG	1 Whole Grain Goldfish	100.00	0.50g	4.500%	170.00mg	3.50g	14.00g	1.00g		2.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
November 28, 2022 through January 2, 2023

12/20/2022 **Hatherly Educational Center - Lunch**

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
	Graham									
Light Mozzarella String Cheese - IW	1 Light Mozzarella String Cheese - iW	60.00	2.00g	30.000%	200.00mg	3.00g	1.00g	0.00g		7.00g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	280.00	3.00g	9.643%	200.00mg	14.00g	28.00g	4.00g		9.00g

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