

Recipe Nutrition Summary

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

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

11/28/2022 Black Elementary 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 Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g
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	48.14	0.02g	0.301%	77.13mg	0.07g	10.86g	3.81g		1.87g
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
Cinnamon applesauce	1/2 cup	51.61	0.00g	0.039%	15.07mg	0.01g	13.52g	2.35g		0.03g
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
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
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
Potato Smiles	1/2 cup--4 pcs	128.53	0.80g	5.625%	184.77mg	4.82g	20.08g	1.61g		1.61g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	280.00	3.00g	9.643%	200.00mg	14.00g	28.00g	4.00g		9.00g
Whole Grain Gold Fish Crackers	1 Whole Grain Gold Fish Crackers	100.00	1.00g	9.000%	170.00mg	4.00g	14.00g	1.00g		3.00g
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

11/29/2022 Black Elementary 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 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

* = Calculations based on incomplete data including amounts marked

Recipe Nutrition Summary

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11/29/2022 Black Elementary 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
Chickpea, Tomato, & Cucumber Salad	.5 cup	109.19	0.00g	0.014%	428.12mg	0.93g	15.99g	3.37g		4.15g
Elementary Salad with Hummus and Pita	1 Salad	368.49	2.02g	4.922%	629.89mg	9.07g	52.79g	9.57g		21.43g
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
Goldfish Cinnamon Graham Cracker	1 package	120.00	1.00g	7.500%	140.00mg	4.00g	19.00g	1.00g		1.00g
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
Macaroni and cheese, reduced sodium, whole grain	1 Macaroni and cheese, reduced sodium, whole grain	300.00	9.00g	27.000%	780.00mg	15.00g	26.00g	0.00g		16.00g
Mixed Fruit	1/2 cup #8 scoop	68.00	0.00g	0.000%	7.56mg	0.00g	18.00g	1.20g		0.00g

11/30/2022 Black Elementary 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 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
fat free chocolate prairie farm	1 fat free chocolate prairie farm	110.00	N/A	N/A	180.00mg	N/A	19.00g	N/A		8.00g
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
Goldfish Cheddar Cracker 100 Calorie WG	1 Whole Grain Goldfish Graham	100.00	0.50g	4.500%	170.00mg	3.50g	14.00g	1.00g		2.00g
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
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g

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Recipe Nutrition Summary

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

11/30/2022 Black Elementary 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>
Peaches Diced Canned	.50 cup	68.00	0.00g	0.000%	6.00mg	0.00g	18.00g	2.00g		1.00g
Raw baby carrots	.5	38.16	0.00g	0.000%	48.68mg	0.00g	9.21g	2.63g		1.32g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	280.00	3.00g	9.643%	200.00mg	14.00g	28.00g	4.00g		9.00g
Vegetable Soup	1 cup	46.81 *	0.00g *	0.015% *	628.57mg *	0.68g *	8.74g *	1.93g *		1.74g
Whole Grain Grilled Cheese Sandwich	1 Sandwich	280.00	6.00g	19.286%	580.00mg	10.00g	31.00g	3.00g		19.00g

12/1/2022 Black Elementary 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 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
Broccoli cuts	.50 cup	17.50	0.00g	0.000%	12.50mg	0.00g	2.50g	1.00g		1.00g
Elementary Salad with Hummus and Pita	1 Salad	368.49	2.02g	4.922%	629.89mg	9.07g	52.79g	9.57g		21.43g
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
warm spiced pears	1	146.22	0.44g	2.708%	35.37mg	2.44g	32.19g	2.70g		0.00g
Whole Grain Chicken Tenders	3 each	260.00	2.50g	8.654%	390.00mg	15.00g	16.00g	3.00g		15.00g

* = Calculations based on incomplete data including amounts marked

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Recipe Nutrition Summary

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

12/2/2022 Black Elementary 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 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
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
Goldfish Cheddar Cracker 100 Calorie WG	1 Whole Grain Goldfish Graham	100.00	0.50g	4.500%	170.00mg	3.50g	14.00g	1.00g		2.00g
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
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
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 & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	280.00	3.00g	9.643%	200.00mg	14.00g	28.00g	4.00g		9.00g
Tony's 4x6 Cheese Pizza	1 Pizza	300.00	5.00g	15.000%	440.00mg	11.00g	34.00g	4.00g		16.00g

12/5/2022 Black Elementary 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 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
Farm Rich Crunchers Cheese Pizza Bites	4 bites	420.00	9.00g	19.286%	670.00mg	20.00g	41.00g	6.00g		20.00g

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Recipe Nutrition Summary

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

12/5/2022 Black Elementary 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>
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
Goldfish Cheddar Cracker 100 Calorie WG	1 Whole Grain Goldfish Graham	100.00	0.50g	4.500%	170.00mg	3.50g	14.00g	1.00g		2.00g
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
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
Marinara Sauce	4 oz	45.36	0.00g	0.000%	353.80mg	1.36g	7.26g	1.81g		1.81g
Mixed Fruit	1/2 cup #8 scoop	68.00	0.00g	0.000%	7.56mg	0.00g	18.00g	1.20g		0.00g
Roasted Broccoli	1/2 cup	61.42	0.46g	6.698%	24.28mg	3.20g	4.86g	1.94g		1.94g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	280.00	3.00g	9.643%	200.00mg	14.00g	28.00g	4.00g		9.00g

12/6/2022 Black Elementary 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 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
Cinnamon applesauce	1/2 cup	51.61	0.00g	0.039%	15.07mg	0.01g	13.52g	2.35g		0.03g
Elementary Salad with Hummus and Pita	1 Salad	368.49	2.02g	4.922%	629.89mg	9.07g	52.79g	9.57g		21.43g
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

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Recipe Nutrition Summary

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

12/6/2022 Black Elementary 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>
Vegetarian Beans Canned	1/2 cup (#8Scoop)	145.08	0.00g	0.000%	553.69mg	0.00g	29.70g	6.11g		7.12g

12/7/2022 Black Elementary 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 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
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
Goldfish Cheddar Cracker 100 Calorie WG	1 Whole Grain Goldfish Graham	100.00	0.50g	4.500%	170.00mg	3.50g	14.00g	1.00g		2.00g
JTM Reduced Sodium Beef Taco Meat	3 oz	132.84	2.77g	18.750%	321.03mg	7.75g	2.21g	1.11g		15.50g
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
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
Pears Sliced Canned	.5 cup	62.00	0.00g	0.000%	4.00mg	0.00g	16.00g	2.00g		0.00g
salsa	1/2 cup	30.00	0.00g	0.000%	210.00mg	0.00g	6.00g	0.00g		0.00g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	280.00	3.00g	9.643%	200.00mg	14.00g	28.00g	4.00g		9.00g
Tostitos Baked Scoops	bag	110.00	0.00g	0.000%	125.00mg	2.50g	19.00g	1.00g		2.00g
Ultimate Cheddar Cheese Sauce Pouch_2oz	2oz	86.67	4.00g	41.538%	266.67mg	6.00g	3.33g	0.00g		4.67g

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Recipe Nutrition Summary

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

12/8/2022 Black Elementary 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 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
Elementary Salad with Hummus and Pita	1 Salad	368.49	2.02g	4.922%	629.89mg	9.07g	52.79g	9.57g		21.43g
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
Lenders White Whole Grain 2 oz Bagel IW	1 Lenders White Whole Grain 2 oz Bagel IW	140.00	0.00g	0.000%	160.00mg	1.00g	28.00g	4.00g		6.00g
Light Cream Cheese Cup	1 Light Cream Cheese Cup	45.00	2.50g	50.000%	80.00mg	3.50g	1.00g	0.00g		2.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	200.00mg	3.00g	1.00g	0.00g		7.00g
Raw baby carrots	.5	38.16	0.00g	0.000%	48.68mg	0.00g	9.21g	2.63g		1.32g
Yogurt Danimals Blended Strawberry-Banana Flavor NonFat	1 Yogurt Danimals Blended Strawberry-Banana Flavor	70.00	0.00g	0.000%	70.00mg	0.00g	12.00g	0.00g		4.00g

12/9/2022 Black Elementary 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 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
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

* = Calculations based on incomplete data including amounts marked

Recipe Nutrition Summary

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

12/9/2022 Black Elementary 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>
	prairie farms									
Goldfish Cheddar Cracker 100 Calorie WG	1 Whole Grain Goldfish Graham	100.00	0.50g	4.500%	170.00mg	3.50g	14.00g	1.00g		2.00g
Green Beans - frozen	1/2 cup	29.14	0.00g	0.000%	0.00mg	0.00g	4.86g	1.94g		0.97g
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
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
Mini Banana Split	1/2 cup	97.52	0.26g	2.357%	26.61mg	0.48g	22.01g	1.52g *		2.39g
sauce, marinara	1 sauce, marinara	50.00	0.00g	0.000%	390.00mg	1.50g	8.00g	2.00g		2.00g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	280.00	3.00g	9.643%	200.00mg	14.00g	28.00g	4.00g		9.00g

12/12/2022 Black Elementary 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 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
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
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
Goldfish Cheddar Cracker 100 Calorie WG	1 Whole Grain Goldfish Graham	100.00	0.50g	4.500%	170.00mg	3.50g	14.00g	1.00g		2.00g
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
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

* = Calculations based on incomplete data including amounts marked

Recipe Nutrition Summary

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

12/12/2022 Black Elementary 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>
Pears Sliced Canned	.5 cup	62.00	0.00g	0.000%	4.00mg	0.00g	16.00g	2.00g		0.00g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	280.00	3.00g	9.643%	200.00mg	14.00g	28.00g	4.00g		9.00g
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

12/13/2022 Black Elementary 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 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
Chickpea, Tomato, & Cucumber Salad	.5 cup	109.19	0.00g	0.014%	428.12mg	0.93g	15.99g	3.37g		4.15g
Eggo Chocolate Chip French Toast	1 Eggo Chocolate Chip French Toast	210.00	1.50g	6.429%	260.00mg	6.00g	35.00g	4.00g		5.00g
Elementary Salad with Hummus and Pita	1 Salad	368.49	2.02g	4.922%	629.89mg	9.07g	52.79g	9.57g		21.43g
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
Jennie-O Turkey Sausage Links	1 Jennie-O Turkey Sausage Links	120.00	2.00g	15.000%	180.00mg	8.00g	0.00g	0.00g		12.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
Suncup 100% Fruit Punch Juice Cup, Frozen	1 Juice Cup	60.00	0.00g	0.000%	15.00mg	0.00g	14.00g	0.00g		0.00g

12/14/2022 Black Elementary 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 Condiments	1 oz.	44.98	0.46g *	9.127% *	326.40mg	2.94g *	4.64g	0.12g *		0.00g
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

Recipe Nutrition Summary

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

12/14/2022 Black Elementary 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 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
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
Goldfish Cheddar Cracker 100 Calorie WG	1 Whole Grain Goldfish Graham	100.00	0.50g	4.500%	170.00mg	3.50g	14.00g	1.00g		2.00g
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
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
Mixed Fruit	1/2 cup #8 scoop	68.00	0.00g	0.000%	7.56mg	0.00g	18.00g	1.20g		0.00g
Roasted Broccoli	1/2 cup	61.42	0.46g	6.698%	24.28mg	3.20g	4.86g	1.94g		1.94g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	280.00	3.00g	9.643%	200.00mg	14.00g	28.00g	4.00g		9.00g
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

12/15/2022 Black Elementary 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 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
Elem Pumpkin Pudding	.5 cup	87.85	0.37g	3.800%	155.09mg	0.62g	16.68g	0.95g		2.45g
Elementary Salad with Hummus and Pita	1 Salad	368.49	2.02g	4.922%	629.89mg	9.07g	52.79g	9.57g		21.43g

* = Calculations based on incomplete data including amounts marked

Recipe Nutrition Summary

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

12/15/2022 Black Elementary 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>
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
Land O'Lakes Colby Jack Cheese, Cubed	1 bag	90.00	4.00g	40.000%	180.00mg	7.00g	1.00g	0.00g		7.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
Roasted Chick Peas	1/2 cup	142.00	0.20g	1.268%	440.00mg	2.40g	19.00g	4.00g		5.00g
Turkey Ham and Cheese on a Whole Grain Hawaiian Bun	1 Turkey Ham and Cheese on a Whole Grain Hawaiian	186.16	1.37g	3.556%	392.23mg	4.25g	27.21g	1.99g		10.62g

12/16/2022 Black Elementary 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 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	48.14	0.02g	0.301%	77.13mg	0.07g	10.86g	3.81g		1.87g
Beacon Street Caf Whole Grain Stuffed Cheese Stick	2 sticks	290.00	6.00g	18.621%	500.00mg	11.00g	28.00g	2.00g		19.00g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
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
Goldfish Cheddar Cracker 100 Calorie WG Graham	1 Whole Grain Goldfish Graham	100.00	0.50g	4.500%	170.00mg	3.50g	14.00g	1.00g		2.00g
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
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
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

* = Calculations based on incomplete data including amounts marked

Recipe Nutrition Summary

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

12/16/2022 Black Elementary 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 & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	280.00	3.00g	9.643%	200.00mg	14.00g	28.00g	4.00g		9.00g
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

12/19/2022 Black Elementary 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 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
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	170.00	6.00g	31.765%	500.00mg	16.00g	1.00g	0.00g		6.00g
Goldfish Cheddar Cracker 100 Calorie WG Graham	1 Whole Grain Goldfish Graham	100.00	0.50g	4.500%	170.00mg	3.50g	14.00g	1.00g		2.00g
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
Lunch juice	1/2 cup	60.00	0.00g	0.000%	12.50mg	0.00g	13.50g	0.00g		0.00g
Peaches Diced Canned	.50 cup	68.00	0.00g	0.000%	6.00mg	0.00g	18.00g	2.00g		1.00g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	280.00	3.00g	9.643%	200.00mg	14.00g	28.00g	4.00g		9.00g
Vegetarian Beans Canned	1/2 cup (#8Scoop)	145.08	0.00g	0.000%	553.69mg	0.00g	29.70g	6.11g		7.12g
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

12/20/2022 Black Elementary 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 Condiments	1 oz.	44.98	0.46g *	9.127% *	326.40mg	2.94g *	4.64g	0.12g *		0.00g

* = Calculations based on incomplete data including amounts marked

Recipe Nutrition Summary

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

12/20/2022 Black Elementary 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 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 Graham	100.00	0.50g	4.500%	170.00mg	3.50g	14.00g	1.00g		2.00g
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

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