

Recipe Nutrition Summary

for Warren Consolidated Schools
October 3, 2022 through October 31, 2022

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

10/3/2022 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 |
| 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 |
| 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 |
| 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
October 3, 2022 through October 31, 2022

10/4/2022 **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 |
| broccoli salad | .50 cup | 192.74 | 0.01g | 0.042% | 130.12mg | 4.16g | 37.46g | 1.94g | | 1.72g |
| Brown Gravy - Low Sodium | .25 cup | 24.92 | 0.00g | 0.000% | 1.75mg * | 0.50g | 4.98g | 0.00g | | 1.00g |
| cheese, sliced yellow | 1 slice | 53.00 | 2.50g | 42.453% | 146.50mg | 4.50g | 0.50g | 0.00g | | 3.00g |
| fat free white milk prairie farms | 1 fat free white milk prairie farms | 80.00 | N/A | N/A | 120.00mg | N/A | 11.00g | N/A | | 8.00g |
| Hot Off the Grill Grilled Cheese Sandwiches | 1 Sandwiches | 280.00 | 6.00g | 19.286% | 580.00mg | 10.00g | 31.00g | 3.00g | | 19.00g |
| J.T.M. Food Group Beef Steak Patties, 2.45 Ounce | 1 patty | 165.00 | 4.80g | 26.182% | 186.00mg | 12.00g | 1.00g | 1.00g | | 12.00g |
| 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 | 739.34 | 3.56g | 4.330% | 562.25mg | 19.14g | 130.81g | 6.90g * | | 17.57g |
| Redskin Mashed Potatoes | 1 Redskin Mashed Potatoes | 88.85 | 0.54g | 5.470% | 376.38mg | 1.91g | 16.80g | 1.37g | | 1.70g |
| 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
October 3, 2022 through October 31, 2022

10/4/2022 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> |
|--|---------------------|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| 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 |
| Vegetable Soup | 1 cup | 46.81 * | 0.00g * | 0.015% * | 628.57mg * | 0.68g * | 8.74g * | 1.93g * | | 1.74g * |
| 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 |

10/5/2022 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 |
| 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, 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 |
| 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 |
| 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
October 3, 2022 through October 31, 2022

10/5/2022 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> |
|--|---------------------|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| 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 |
| 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 |

10/6/2022 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 |
| 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 |
| cheese, sliced yellow | 1 slice | 53.00 | 2.50g | 42.453% | 146.50mg | 4.50g | 0.50g | 0.00g | | 3.00g |
| Chicken nuggets | 1 serving of 5 | 240.00 | 2.50g | 9.375% | 470.00mg | 14.00g | 16.00g | 3.00g | | 13.00g |

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

Recipe Nutrition Summary

for Warren Consolidated Schools

October 3, 2022 through October 31, 2022

10/6/2022 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> |
|---|-------------------------------------|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| 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 | 739.34 | 3.56g | 4.330% | 562.25mg | 19.14g | 130.81g | 6.90g * | | 17.57g |
| 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 |

10/7/2022 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 |
| 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 |
| chicken, patty hot and spicy whole grain | 1 chicken, patty hot and | 230.00 | 2.50g | 9.783% | 350.00mg | 13.00g | 15.00g | 2.00g | | 13.00g |

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

Recipe Nutrition Summary

for Warren Consolidated Schools
October 3, 2022 through October 31, 2022

10/7/2022 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> |
|---|---|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| | spicy whole grain | | | | | | | | | |
| 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 |
| Middle School Parfait with Banana Bread & Granola | 1 | 739.34 | 3.56g | 4.330% | 562.25mg | 19.14g | 130.81g | 6.90g * | | 17.57g |
| MS hummus loco | 1 hummus plate | 348.16 | 2.00g | 5.170% | 358.25mg | 5.00g | 54.21g | 8.50g | | 15.22g |
| Orange Juice | 1 juice, orange 100% fresh | 61.00 | 0.00g | 0.000% | 0.00mg | 0.00g | 14.00g | 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 Patty | 2 Turkey Patty | 120.00 | 2.00g | 15.000% | 180.00mg | 8.00g | 0.00g | 0.00g | | 12.00g |
| 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 |
| warm spiced pears | 1 | 146.22 | 0.44g | 2.708% | 35.37mg | 2.44g | 32.19g | 2.70g | | 0.00g |
| Whole Grain French Toast Stix | 1 Whole Grain French Toast Stix | 319.96 | 2.00g | 5.625% | 539.93mg | 7.00g | 45.99g | 4.00g | | 16.00g |

10/10/2022 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"

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10/10/2022 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 |
| 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 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 |
| 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 |

10/11/2022 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 |

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

Recipe Nutrition Summary

for Warren Consolidated Schools
October 3, 2022 through October 31, 2022

10/11/2022 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> |
|---|-------------------------------------|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| 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 |
| 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 Frozen | 1/2 cup | 74.16 | N/A | N/A | 3.71mg | 0.74g | 15.57g | 1.48g | | 2.22g |
| 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 |
| 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 | 739.34 | 3.56g | 4.330% | 562.25mg | 19.14g | 130.81g | 6.90g * | | 17.57g |
| 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 |
| 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 |

10/12/2022 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 |

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

Recipe Nutrition Summary

for Warren Consolidated Schools
October 3, 2022 through October 31, 2022

10/12/2022 **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> |
|---|--|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| 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 |
| 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 |
| Middle School Parfait with Banana Bread & Granola | 1 | 739.34 | 3.56g | 4.330% | 562.25mg | 19.14g | 130.81g | 6.90g * | | 17.57g |
| 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 |

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

Recipe Nutrition Summary

for Warren Consolidated Schools
October 3, 2022 through October 31, 2022

10/13/2022 **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 |
| Apple Slices | 1 pkg | 30.00 | 0.00g | 0.000% | 0.00mg | 0.00g | 7.00g | 1.00g | | 0.00g |
| 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 |
| 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 |
| Buffalo style glazed chicken drumsticks | 1 Buffalo style glazed chicken drumsticks | 170.00 | 2.50g | 13.235% | 300.00mg | 10.00g | 4.00g | 0.00g | | 17.00g |
| Caramel Dip, Cup, 1 Ounce | 1 each | 80.00 | 0.00g | 0.000% | 70.00mg | 0.00g | 18.00g | 0.00g | | 1.00g |
| 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 |
| Middle School Parfait with Banana Bread & Granola | 1 | 739.34 | 3.56g | 4.330% | 562.25mg | 19.14g | 130.81g | 6.90g * | | 17.57g |
| Mixed Vegetables Frozen | 1/2 cup (#8 scoop) | 88.20 | 0.00g | 0.000% | 31.50mg | 0.00g | 15.12g | 3.78g | | 2.52g |
| Refried Beans Canned | 1/2 cup (#8Scoop) | 136.43 | 0.49g | 3.214% | 516.49mg | 1.95g | 22.41g | 5.85g | | 7.80g |

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

Recipe Nutrition Summary

for Warren Consolidated Schools
October 3, 2022 through October 31, 2022

10/13/2022 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> |
|--|---------------------|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| 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 |

10/14/2022 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 |
| 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 |
| 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 |
| 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 |

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

Recipe Nutrition Summary

for Warren Consolidated Schools
October 3, 2022 through October 31, 2022

10/14/2022 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> |
|-----------------------------------|-------------------------------------|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| 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 |
| 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 |

10/17/2022 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 |
| 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 |

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

Recipe Nutrition Summary

for Warren Consolidated Schools
October 3, 2022 through October 31, 2022

10/17/2022 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> |
|---|---------------------|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| 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 |
| 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 |

10/18/2022 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 |
| Broccoli cuts | .50 cup | 17.50 | 0.00g | 0.000% | 12.50mg | 0.00g | 2.50g | 1.00g | | 1.00g |
| 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 |
| JTM mini Corn Dog | 6 corn dogs | 270.00 | 2.00g | 6.667% | 360.00mg | 11.00g | 33.00g | 3.00g | | 9.00g |

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

Recipe Nutrition Summary

for Warren Consolidated Schools
October 3, 2022 through October 31, 2022

10/18/2022 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> |
|---|--|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| 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 |
| Meat and Cheese Stromboli (pork) | 1 Meat and Cheese Stromboli (pork) | 310.00 | 5.00g | 14.516% | 670.00mg | 12.00g | 32.00g | 0.00g | | 18.00g |
| Middle School Parfait with Banana Bread & Granola | 1 | 739.34 | 3.56g | 4.330% | 562.25mg | 19.14g | 130.81g | 6.90g * | | 17.57g |
| 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 |
| 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 |

10/19/2022 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 |
| 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 |

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

Recipe Nutrition Summary

for Warren Consolidated Schools
October 3, 2022 through October 31, 2022

10/19/2022 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> |
|---|--|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| 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 |
| fruited jello | 1/2 cup (#8 scoop) | 114.49 | N/A | N/A | 38.42mg * | N/A | 29.54g | 1.10g * | | 0.37g * |
| Grilled Italian Sub on KB WW Bun | 1 | 475.90 | 6.62g * | 12.940% | 1975.29mg | 18.93g | 27.85g | 4.00g | | 33.32g |
| Lunch juice | 1/2 cup | 60.00 | 0.00g | 0.000% | 12.50mg | 0.00g | 13.50g | 0.00g | | 0.00g |
| MS hummus loco | 1 hummus plate | 348.16 | 2.00g | 5.170% | 358.25mg | 5.00g | 54.21g | 8.50g | | 15.22g |
| sauce, marinara | 1 sauce, marinara | 50.00 | 0.00g | 0.000% | 390.00mg | 1.50g | 8.00g | 2.00g | | 2.00g |
| Side Salad | 1 | 38.23 | 0.00g | 0.000% | 55.26mg | 0.00g | 8.06g | 2.66g | | 2.68g |
| Soybutter Meal | 1 | 440.00 | 5.50g | 11.250% | 570.00mg | 20.50g | 43.00g | 5.00g | | 18.00g |

10/20/2022 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 |

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

Recipe Nutrition Summary

for Warren Consolidated Schools
October 3, 2022 through October 31, 2022

10/20/2022 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 |
| 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 |
| 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 | 739.34 | 3.56g | 4.330% | 562.25mg | 19.14g | 130.81g | 6.90g * | | 17.57g |
| 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 |
| Morning Star Spicy Black Bean Burger | 1 Burger | 310.00 | 1.00g | 2.903% | 650.00mg | 9.00g | 40.00g | 8.00g | | 19.00g |
| 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 |

10/21/2022 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 |

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

Recipe Nutrition Summary

for Warren Consolidated Schools
October 3, 2022 through October 31, 2022

10/21/2022 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 |
| 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 |
| 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 |
| 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 |

10/24/2022 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 * |

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

Recipe Nutrition Summary

for Warren Consolidated Schools
October 3, 2022 through October 31, 2022

10/24/2022 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 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 |
| 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 |
| 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 |
| 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 |

10/25/2022 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
October 3, 2022 through October 31, 2022

10/25/2022 **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 |
| Cheese Quesadillas | 1 | 513.96 | 19.75g | 32.835% | 693.22mg | 31.39g | 34.75g | 4.16g | | 22.85g |
| 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 | 739.34 | 3.56g | 4.330% | 562.25mg | 19.14g | 130.81g | 6.90g * | | 17.57g |
| Popcorn Chicken Bowl | 1 | 552.74 | 2.53g * | 4.119% * | 1494.91mg | 20.61g | 65.37g | 3.77g | | 17.29g |
| salsa | 1/2 cup | 30.00 | 0.00g | 0.000% | 210.00mg | 0.00g | 6.00g | 0.00g | | 0.00g |
| Side Salad | 1 | 38.23 | 0.00g | 0.000% | 55.26mg | 0.00g | 8.06g | 2.66g | | 2.68g |
| sour cream cup | 1 sour cream cup | 50.00 | 3.00g | 54.000% | 30.00mg | 5.20g | 2.00g | 0.00g | | N/A |
| Turkey & Cheese Sub 2022 w/ knickerbock Sub Bun | 1 | 381.25 | 5.51g * | 13.011% * | 819.96mg | 14.59g | 25.70g | 4.58g | | 23.76g |
| Veggie Chef Salad Middle School - 2022 w/ 1 roll | 1 | 297.15 | 3.75g | 14.381% | 432.91mg | 10.73g | 31.68g | 5.18g | | 20.40g |

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

Recipe Nutrition Summary

for Warren Consolidated Schools
October 3, 2022 through October 31, 2022

10/25/2022 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 Quesadilla | 1 Whole Grain Chicken Quesadilla | 320.00 | 2.50g | 7.031% | 770.00mg | 11.00g | 38.00g | 4.00g | | 18.00g |

10/26/2022 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 |
| Carrots & Corn | 1/2 cup | 33.00 * | 0.00g * | 0.000% * | 0.00mg * | 0.00g * | 7.80g * | 0.82g * | | 1.20g * |
| 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 |
| 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 |
| 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
October 3, 2022 through October 31, 2022

10/26/2022 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> |
|--|---------------------|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| 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 |
| 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 |

10/27/2022 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 |
| cheese, sliced yellow | 1 slice | 53.00 | 2.50g | 42.453% | 146.50mg | 4.50g | 0.50g | 0.00g | | 3.00g |
| fat free white milk prairie farms | 1 fat free white milk prairie farms | 80.00 | N/A | N/A | 120.00mg | N/A | 11.00g | N/A | | 8.00g |
| Hot Off the Grill Beef Taco Stick | 1 Taco Stick | 350.00 | 8.00g | 20.571% | 630.00mg | 13.00g | 32.00g | 4.00g | | 20.00g |
| 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 |

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

Recipe Nutrition Summary

for Warren Consolidated Schools
October 3, 2022 through October 31, 2022

10/27/2022 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> |
|---|---------------------|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| 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 | 739.34 | 3.56g | 4.330% | 562.25mg | 19.14g | 130.81g | 6.90g * | | 17.57g |
| Morning Star Spicy Black Bean Burger | 1 Burger | 310.00 | 1.00g | 2.903% | 650.00mg | 9.00g | 40.00g | 8.00g | | 19.00g |
| 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 |

10/31/2022 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 |
| Candy Corn Fruit Cup | .5 cup | 147.50 | 0.90g | 5.492% | 36.87mg | 1.00g | 33.33g | 1.35g | | 0.70g |
| 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 |

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

Recipe Nutrition Summary

for Warren Consolidated Schools
October 3, 2022 through October 31, 2022

10/31/2022 **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 |
| 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 |
| 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"