

Recipe Nutrition Summary

for Warren Consolidated Schools

March 1, 2021 through April 1, 2021

Site: Butcher Community Center; Menu Designation: Planned; Period: Lunch

3/1/2021 Butcher Community Center - Lunch

| | <u>Serving Size</u> | <u>Calories</u> | <u>Saturated Fat</u> | <u>Calories from Saturated Fat (%)</u> | <u>Sodium</u> | <u>Fat</u> | <u>Carbs</u> | <u>Dietary Fiber</u> | <u>Sugars</u> | <u>Protein</u> |
|---|---|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| Apple Juice | 1 juice, apple 100% fresh | 60.00 | 0.00g | 0.000% | 10.00mg | 0.00g | 13.00g | 0.00g | | 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 |
| Brite Harbor Lite Italian Dressing Packet | 1 Brite Harbor Lite Italian Dressing Packet | 50.00 | 0.50g | 9.000% | 260.00mg | 4.50g | 3.00g | 0.00g | | 0.00g |
| 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 |
| GFS Low Sodium Lite Ranch Dressing | 1 dressing, ranch buttermilk packet | 30.00 | 0.00g | 0.000% | 55.00mg | 2.50g | 2.00g | 0.00g | | 0.00g |
| GFS Whole Grain Honey Wheat Dinner Rolls | 1 GFS Whole Grain Honey Wheat Dinner Rolls | 80.00 | 0.00g | 0.000% | 90.00mg | 1.00g | 13.00g | 1.00g | | 3.00g |
| M.S. Turkey & Cheese Sub Sandwich | 1 | 307.02 | 4.01g | 11.758% | 1491.59mg | 6.93g | 34.68g | 4.94g | | 28.34g |
| Macaroni and Cheese Whole Grain/elbow | 6 oz | 299.99 | N/A | N/A | 659.99mg | 15.00g | 27.00g | 2.00g | | 16.00g |
| Par Baked Pizza Big Daddy's Middle School | 1 slice | 360.00 | 8.00g | 20.000% | 490.00mg | 16.00g | 35.00g | 4.00g | | 18.00g |
| PPI Mayonnaise, Packets | 1 PPI Mayonnaise, Packets | 60.00 | 1.00g | 15.000% | 60.00mg | 6.00g | 1.00g | 0.00g | | 0.00g |
| Soybutter Meal with goldfish crackers | 1 | 450.00 | 6.00g | 12.000% | 600.00mg | 22.00g | 43.00g | 5.00g | | 20.00g |
| Veggie Chef Salad Middle School | 1 | 357.15 | 3.75g | 9.445% | 507.91mg | 10.23g | 39.68g | 6.18g | | 24.40g |

3/4/2021 Butcher Community Center - Lunch

| | <u>Serving Size</u> | <u>Calories</u> | <u>Saturated Fat</u> | <u>Calories from Saturated Fat (%)</u> | <u>Sodium</u> | <u>Fat</u> | <u>Carbs</u> | <u>Dietary Fiber</u> | <u>Sugars</u> | <u>Protein</u> |
|---------------------|---------------------------|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| Apple Juice | 1 juice, apple 100% fresh | 60.00 | 0.00g | 0.000% | 10.00mg | 0.00g | 13.00g | 0.00g | | 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 "N/A"

Recipe Nutrition Summary

for Warren Consolidated Schools

March 1, 2021 through April 1, 2021

3/4/2021 Butcher Community Center - Lunch

| | <u>Serving Size</u> | <u>Calories</u> | <u>Saturated Fat</u> | <u>Calories from Saturated Fat (%)</u> | <u>Sodium</u> | <u>Fat</u> | <u>Carbs</u> | <u>Dietary Fiber</u> | <u>Sugars</u> | <u>Protein</u> |
|--|--|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| Bosco Sticks - Whole Grain | 2 Bosco Sticks - Whole Grain | 300.00 | 5.00g | 15.000% | 440.00mg | 10.00g | 34.00g | 4.00g | | 20.00g |
| Chicken Chef Salad Middle School | 1 | 539.65 | 6.61g | 11.032% | 895.91mg | 8.42g * | 54.12g | 9.18g | | 31.11g |
| Chicken nuggets | 1 serving of 5 | 240.00 | 2.50g | 9.375% | 470.00mg | 14.00g | 16.00g | 3.00g | | 13.00g |
| 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 |
| GFS Low Sodium Lite Ranch Dressing | 1 dressing, ranch buttermilk packet | 30.00 | 0.00g | 0.000% | 55.00mg | 2.50g | 2.00g | 0.00g | | 0.00g |
| GFS Whole Grain Honey Wheat Dinner Rolls | 1 GFS Whole Grain Honey Wheat Dinner Rolls | 80.00 | 0.00g | 0.000% | 90.00mg | 1.00g | 13.00g | 1.00g | | 3.00g |
| HS Ham & Cheese Sub | 1 | 357.92 | 7.51g | 18.888% | 1183.30mg | 15.59g | 31.70g | 4.58g | | 26.43g |
| Litehouse Classic Ranch Dressing Packet | 1 Litehouse Classic Ranch Dressing Packet | 210.00 | 3.00g | 12.857% | 330.00mg | 21.00g | 5.00g | 0.00g | | 0.00g |
| PPI Mayonnaise, Packets | 1 PPI Mayonnaise, Packets | 60.00 | 1.00g | 15.000% | 60.00mg | 6.00g | 1.00g | 0.00g | | 0.00g |
| sauce, bbq packet | 1 sauce, bbq packet | 20.00 | 0.00g | 0.000% | 90.00mg | 0.00g | 5.00g | 0.00g | | 0.00g |
| sauce, marinara | 1 sauce, marinara | 60.00 | 0.00g | 0.000% | 490.00mg | 2.00g | 9.00g | 2.00g | | 2.00g |
| Soybutter Meal with goldfish crackers | 1 | 450.00 | 6.00g | 12.000% | 600.00mg | 22.00g | 43.00g | 5.00g | | 20.00g |

3/8/2021 Butcher Community Center - Lunch

| | <u>Serving Size</u> | <u>Calories</u> | <u>Saturated Fat</u> | <u>Calories from Saturated Fat (%)</u> | <u>Sodium</u> | <u>Fat</u> | <u>Carbs</u> | <u>Dietary Fiber</u> | <u>Sugars</u> | <u>Protein</u> |
|---|---|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| Apple Juice | 1 juice, apple 100% fresh | 60.00 | 0.00g | 0.000% | 10.00mg | 0.00g | 13.00g | 0.00g | | 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 |
| Brite Harbor Lite Italian Dressing Packet | 1 Brite Harbor Lite Italian Dressing Packet | 50.00 | 0.50g | 9.000% | 260.00mg | 4.50g | 3.00g | 0.00g | | 0.00g |
| Chicken Strips | 3 Chicken Strips | 260.00 | 2.50g | 8.654% | 390.00mg | 15.00g | 16.00g | 3.00g | | 15.00g |

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

Recipe Nutrition Summary

for Warren Consolidated Schools

March 1, 2021 through April 1, 2021

3/8/2021 Butcher Community Center - Lunch

| | <u>Serving Size</u> | <u>Calories</u> | <u>Saturated Fat</u> | <u>Calories from Saturated Fat (%)</u> | <u>Sodium</u> | <u>Fat</u> | <u>Carbs</u> | <u>Dietary Fiber</u> | <u>Sugars</u> | <u>Protein</u> |
|---|-------------------------------------|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| 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 |
| GFS Low Sodium Lite Ranch Dressing | 1 dressing, ranch buttermilk packet | 30.00 | 0.00g | 0.000% | 55.00mg | 2.50g | 2.00g | 0.00g | | 0.00g |
| Krusteaz Whole Grain Waffle | 1 Waffle | 105.00 | 0.50g | 4.286% | 175.00mg | 3.50g | 16.50g | 2.50g | | 2.00g |
| M.S. Turkey & Cheese Sub Sandwich | 1 | 307.02 | 4.01g | 11.758% | 1491.59mg | 6.93g | 34.68g | 4.94g | | 28.34g |
| Par Baked Pizza Big Daddy's Middle School | 1 slice | 360.00 | 8.00g | 20.000% | 490.00mg | 16.00g | 35.00g | 4.00g | | 18.00g |
| PPI Mayonnaise, Packets | 1 PPI Mayonnaise, Packets | 60.00 | 1.00g | 15.000% | 60.00mg | 6.00g | 1.00g | 0.00g | | 0.00g |
| sauce, bbq packet | 1 sauce, bbq packet | 20.00 | 0.00g | 0.000% | 90.00mg | 0.00g | 5.00g | 0.00g | | 0.00g |
| Soybutter Meal with goldfish crackers | 1 | 450.00 | 6.00g | 12.000% | 600.00mg | 22.00g | 43.00g | 5.00g | | 20.00g |
| syrup, pancake cup | 1 syrup, pancake cup | 110.00 | 0.00g | 0.000% | 20.00mg | 0.00g | 29.00g | 0.00g | | 0.00g |
| Veggie Chef Salad Middle School | 1 | 357.15 | 3.75g | 9.445% | 507.91mg | 10.23g | 39.68g | 6.18g | | 24.40g |

3/11/2021 Butcher Community Center - Lunch

| | <u>Serving Size</u> | <u>Calories</u> | <u>Saturated Fat</u> | <u>Calories from Saturated Fat (%)</u> | <u>Sodium</u> | <u>Fat</u> | <u>Carbs</u> | <u>Dietary Fiber</u> | <u>Sugars</u> | <u>Protein</u> |
|----------------------------------|-----------------------------------|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| Apple Juice | 1 juice, apple 100% fresh | 60.00 | 0.00g | 0.000% | 10.00mg | 0.00g | 13.00g | 0.00g | | 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 |
| Bosco Sticks - Whole Grain | 2 Bosco Sticks - Whole Grain | 300.00 | 5.00g | 15.000% | 440.00mg | 10.00g | 34.00g | 4.00g | | 20.00g |
| Chicken Chef Salad Middle School | 1 | 539.65 | 6.61g | 11.032% | 895.91mg | 8.42g * | 54.12g | 9.18g | | 31.11g |
| 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 |

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

Recipe Nutrition Summary

for Warren Consolidated Schools

March 1, 2021 through April 1, 2021

3/11/2021 Butcher Community Center - Lunch

| | <u>Serving Size</u> | <u>Calories</u> | <u>Saturated Fat</u> | <u>Calories from Saturated Fat (%)</u> | <u>Sodium</u> | <u>Fat</u> | <u>Carbs</u> | <u>Dietary Fiber</u> | <u>Sugars</u> | <u>Protein</u> |
|--|--|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| 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 Low Sodium Lite Ranch Dressing | 1 dressing, ranch buttermilk packet | 30.00 | 0.00g | 0.000% | 55.00mg | 2.50g | 2.00g | 0.00g | | 0.00g |
| HS Ham & Cheese Sub | 1 | 357.92 | 7.51g | 18.888% | 1183.30mg | 15.59g | 31.70g | 4.58g | | 26.43g |
| JTM Food Group Sloppy Joe | 3.63oz | 150.00 | 2.00g | 12.000% | 420.00mg | 6.00g | 10.00g | 2.00g | | 13.00g |
| Lighthouse Classic Ranch Dressing Packet | 1 Lighthouse Classic Ranch Dressing Packet | 210.00 | 3.00g | 12.857% | 330.00mg | 21.00g | 5.00g | 0.00g | | 0.00g |
| PPI Mayonnaise, Packets | 1 PPI Mayonnaise, Packets | 60.00 | 1.00g | 15.000% | 60.00mg | 6.00g | 1.00g | 0.00g | | 0.00g |
| sauce, bbq packet | 1 sauce, bbq packet | 20.00 | 0.00g | 0.000% | 90.00mg | 0.00g | 5.00g | 0.00g | | 0.00g |
| sauce, marinara | 1 sauce, marinara | 60.00 | 0.00g | 0.000% | 490.00mg | 2.00g | 9.00g | 2.00g | | 2.00g |
| Soybutter Meal with goldfish crackers | 1 | 450.00 | 6.00g | 12.000% | 600.00mg | 22.00g | 43.00g | 5.00g | | 20.00g |
| Whole Wheat Hot Dog Bun GFS | 1 Whole Wheat Hot Dog Bun GFS | 100.00 | 0.00g | 0.000% | 120.00mg | 2.00g | 21.00g | 4.00g | | 5.00g |

3/15/2021 Butcher Community Center - Lunch

| | <u>Serving Size</u> | <u>Calories</u> | <u>Saturated Fat</u> | <u>Calories from Saturated Fat (%)</u> | <u>Sodium</u> | <u>Fat</u> | <u>Carbs</u> | <u>Dietary Fiber</u> | <u>Sugars</u> | <u>Protein</u> |
|---|---|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| 2 pieces Tyson Breaded Whole Grain Chicken Drumsticks | 2 Drumsticks | 190.00 | 2.50g | 11.842% | 450.00mg | 11.00g | 5.00g | 0.00g | | 16.00g |
| Apple Juice | 1 juice, apple 100% fresh | 60.00 | 0.00g | 0.000% | 10.00mg | 0.00g | 13.00g | 0.00g | | 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 |
| Brite Harbor Lite Italian Dressing Packet | 1 Brite Harbor Lite Italian Dressing Packet | 50.00 | 0.50g | 9.000% | 260.00mg | 4.50g | 3.00g | 0.00g | | 0.00g |
| 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 |
| GFS Low Sodium Lite Ranch Dressing | 1 dressing, ranch buttermilk | 30.00 | 0.00g | 0.000% | 55.00mg | 2.50g | 2.00g | 0.00g | | 0.00g |

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

Recipe Nutrition Summary

for Warren Consolidated Schools

March 1, 2021 through April 1, 2021

3/15/2021 Butcher Community Center - Lunch

| | <u>Serving Size</u> | <u>Calories</u> | <u>Saturated Fat</u> | <u>Calories from Saturated Fat (%)</u> | <u>Sodium</u> | <u>Fat</u> | <u>Carbs</u> | <u>Dietary Fiber</u> | <u>Sugars</u> | <u>Protein</u> |
|---|---------------------------|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| | packet | | | | | | | | | |
| M.S. Turkey & Cheese Sub Sandwich | 1 | 307.02 | 4.01g | 11.758% | 1491.59mg | 6.93g | 34.68g | 4.94g | | 28.34g |
| Muffin Town Smart Choice Cornbread | 1 Cornbread | 180.00 | 0.50g | 2.500% | 90.00mg | 6.00g | 28.00g | 1.00g | | 3.00g |
| Par Baked Pizza Big Daddy's Middle School | 1 slice | 360.00 | 8.00g | 20.000% | 490.00mg | 16.00g | 35.00g | 4.00g | | 18.00g |
| PPI Mayonnaise, Packets | 1 PPI Mayonnaise, Packets | 60.00 | 1.00g | 15.000% | 60.00mg | 6.00g | 1.00g | 0.00g | | 0.00g |
| sauce, bbq packet | 1 sauce, bbq packet | 20.00 | 0.00g | 0.000% | 90.00mg | 0.00g | 5.00g | 0.00g | | 0.00g |
| Soybutter Meal with goldfish crackers | 1 | 450.00 | 6.00g | 12.000% | 600.00mg | 22.00g | 43.00g | 5.00g | | 20.00g |
| Veggie Chef Salad Middle School | 1 | 357.15 | 3.75g | 9.445% | 507.91mg | 10.23g | 39.68g | 6.18g | | 24.40g |

3/22/2021 Butcher Community Center - Lunch

| | <u>Serving Size</u> | <u>Calories</u> | <u>Saturated Fat</u> | <u>Calories from Saturated Fat (%)</u> | <u>Sodium</u> | <u>Fat</u> | <u>Carbs</u> | <u>Dietary Fiber</u> | <u>Sugars</u> | <u>Protein</u> |
|---|---|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| Apple Juice | 1 juice, apple 100% fresh | 60.00 | 0.00g | 0.000% | 10.00mg | 0.00g | 13.00g | 0.00g | | 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 |
| Brite Harbor Lite Italian Dressing Packet | 1 Brite Harbor Lite Italian Dressing Packet | 50.00 | 0.50g | 9.000% | 260.00mg | 4.50g | 3.00g | 0.00g | | 0.00g |
| cheese, sliced yellow | 1 slice | 53.00 | 2.50g | 42.453% | 146.50mg | 4.50g | 0.50g | 0.00g | | 3.00g |
| 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 |
| GFS Low Sodium Lite Ranch Dressing | 1 dressing, ranch buttermilk packet | 30.00 | 0.00g | 0.000% | 55.00mg | 2.50g | 2.00g | 0.00g | | 0.00g |
| Hamburger Patty | 1 Hamburger Patty | 120.00 | 3.50g | 26.250% | 120.00mg | 8.00g | 1.00g | 1.00g | | 13.00g |
| M.S. Turkey & Cheese Sub Sandwich | 1 | 307.02 | 4.01g | 11.758% | 1491.59mg | 6.93g | 34.68g | 4.94g | | 28.34g |

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

Recipe Nutrition Summary

for Warren Consolidated Schools
March 1, 2021 through April 1, 2021

3/22/2021 Butcher Community Center - Lunch

| | <u>Serving Size</u> | <u>Calories</u> | <u>Saturated Fat</u> | <u>Calories from Saturated Fat (%)</u> | <u>Sodium</u> | <u>Fat</u> | <u>Carbs</u> | <u>Dietary Fiber</u> | <u>Sugars</u> | <u>Protein</u> |
|---|---|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| Par Baked Pizza Big Daddy's Middle School | 1 slice | 360.00 | 8.00g | 20.000% | 490.00mg | 16.00g | 35.00g | 4.00g | | 18.00g |
| PPI Mayonnaise, Packets | 1 PPI Mayonnaise, Packets | 60.00 | 1.00g | 15.000% | 60.00mg | 6.00g | 1.00g | 0.00g | | 0.00g |
| Soybutter Meal with goldfish crackers | 1 | 450.00 | 6.00g | 12.000% | 600.00mg | 22.00g | 43.00g | 5.00g | | 20.00g |
| Veggie Chef Salad Middle School | 1 | 357.15 | 3.75g | 9.445% | 507.91mg | 10.23g | 39.68g | 6.18g | | 24.40g |
| Whole Wheat Hamburger Bun | 1 bun, hamburgers, sliced, whole wheat 4" | 130.00 | 0.00g | 0.000% | 125.00mg | 2.00g | 25.00g | 5.00g | | 5.00g |

3/25/2021 Butcher Community Center - Lunch

| | <u>Serving Size</u> | <u>Calories</u> | <u>Saturated Fat</u> | <u>Calories from Saturated Fat (%)</u> | <u>Sodium</u> | <u>Fat</u> | <u>Carbs</u> | <u>Dietary Fiber</u> | <u>Sugars</u> | <u>Protein</u> |
|---|---|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| Apple Juice | 1 juice, apple 100% fresh | 60.00 | 0.00g | 0.000% | 10.00mg | 0.00g | 13.00g | 0.00g | | 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 |
| Bosco Sticks - Whole Grain | 2 Bosco Sticks - Whole Grain | 300.00 | 5.00g | 15.000% | 440.00mg | 10.00g | 34.00g | 4.00g | | 20.00g |
| Chicken Chef Salad Middle School | 1 | 539.65 | 6.61g | 11.032% | 895.91mg | 8.42g * | 54.12g | 9.18g | | 31.11g |
| Chicken Patty Sandwich | 1 | 353.77 | 3.14g | 7.999% | 688.50mg | 2.99g * | 33.72g | 4.48g | | 17.04g |
| 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 |
| GFS Low Sodium Lite Ranch Dressing | 1 dressing, ranch buttermilk packet | 30.00 | 0.00g | 0.000% | 55.00mg | 2.50g | 2.00g | 0.00g | | 0.00g |
| HS Ham & Cheese Sub | 1 | 357.92 | 7.51g | 18.888% | 1183.30mg | 15.59g | 31.70g | 4.58g | | 26.43g |
| Litehouse Classic Ranch Dressing Packet | 1 Litehouse Classic Ranch Dressing Packet | 210.00 | 3.00g | 12.857% | 330.00mg | 21.00g | 5.00g | 0.00g | | 0.00g |
| PPI Mayonnaise, Packets | 1 PPI Mayonnaise, Packets | 60.00 | 1.00g | 15.000% | 60.00mg | 6.00g | 1.00g | 0.00g | | 0.00g |
| sauce, bbq packet | 1 sauce, bbq packet | 20.00 | 0.00g | 0.000% | 90.00mg | 0.00g | 5.00g | 0.00g | | 0.00g |

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

Recipe Nutrition Summary

for Warren Consolidated Schools

March 1, 2021 through April 1, 2021

3/25/2021 Butcher Community Center - Lunch

| | <u>Serving Size</u> | <u>Calories</u> | <u>Saturated Fat</u> | <u>Calories from Saturated Fat (%)</u> | <u>Sodium</u> | <u>Fat</u> | <u>Carbs</u> | <u>Dietary Fiber</u> | <u>Sugars</u> | <u>Protein</u> |
|---------------------------------------|---------------------|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| sauce, marinara | 1 sauce, marinara | 60.00 | 0.00g | 0.000% | 490.00mg | 2.00g | 9.00g | 2.00g | | 2.00g |
| Soybutter Meal with goldfish crackers | 1 | 450.00 | 6.00g | 12.000% | 600.00mg | 22.00g | 43.00g | 5.00g | | 20.00g |

3/29/2021 Butcher Community Center - Lunch

| | <u>Serving Size</u> | <u>Calories</u> | <u>Saturated Fat</u> | <u>Calories from Saturated Fat (%)</u> | <u>Sodium</u> | <u>Fat</u> | <u>Carbs</u> | <u>Dietary Fiber</u> | <u>Sugars</u> | <u>Protein</u> |
|---|---|-----------------|----------------------|--|---------------|------------|--------------|----------------------|---------------|----------------|
| Apple Juice | 1 juice, apple 100% fresh | 60.00 | 0.00g | 0.000% | 10.00mg | 0.00g | 13.00g | 0.00g | | 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 |
| Brite Harbor Lite Italian Dressing Packet | 1 Brite Harbor Lite Italian Dressing Packet | 50.00 | 0.50g | 9.000% | 260.00mg | 4.50g | 3.00g | 0.00g | | 0.00g |
| 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 |
| GFS Low Sodium Lite Ranch Dressing | 1 dressing, ranch buttermilk packet | 30.00 | 0.00g | 0.000% | 55.00mg | 2.50g | 2.00g | 0.00g | | 0.00g |
| GFS Whole Grain Honey Wheat Dinner Rolls | 1 GFS Whole Grain Honey Wheat Dinner Roils | 80.00 | 0.00g | 0.000% | 90.00mg | 1.00g | 13.00g | 1.00g | | 3.00g |
| M.S. Turkey & Cheese Sub Sandwich | 1 | 307.02 | 4.01g | 11.758% | 1491.59mg | 6.93g | 34.68g | 4.94g | | 28.34g |
| Par Baked Pizza Big Daddy's Middle School | 1 slice | 360.00 | 8.00g | 20.000% | 490.00mg | 16.00g | 35.00g | 4.00g | | 18.00g |
| PPI Mayonnaise, Packets | 1 PPI Mayonnaise, Packets | 60.00 | 1.00g | 15.000% | 60.00mg | 6.00g | 1.00g | 0.00g | | 0.00g |
| Soybutter Meal with goldfish crackers | 1 | 450.00 | 6.00g | 12.000% | 600.00mg | 22.00g | 43.00g | 5.00g | | 20.00g |
| Teriyaki Beef Dippers | 1 | 427.66 | 5.11g * | 10.750% * | 1557.89mg * | 14.95g | 44.73g * | 5.06g * | | 26.01g * |
| Veggie Chef Salad Middle School | 1 | 357.15 | 3.75g | 9.445% | 507.91mg | 10.23g | 39.68g | 6.18g | | 24.40g |

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