

# Recipe Nutrition Summary

for Warren Consolidated Schools

May 3, 2021 through May 29, 2021

Site: Warren Mott High School; Menu Designation: Planned; Period: Lunch

## 5/3/2021 Warren Mott High School - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Apple Slices	1 pkg	30.00	0.00g	0.000%	0.00mg	0.00g	7.00g	1.00g		0.00g
Applesauce Unsweetened	1/2 cup ( #8Scoop)	50.00	0.00g	0.000%	15.00mg	0.00g	13.00g	2.00g		0.00g
banana, stage 3-5 petite	1 banana, stage 3-5 petite	72.00	0.00g	0.000%	0.00mg	0.00g	19.00g	1.60g		0.80g
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
broccoli, florets regular cut cleaned	1/2 (#8 scoop)	12.00	0.00g	0.000%	12.00mg	0.00g	2.00g	0.00g		1.00g
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
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
MS hummus loco	1 hummus plate	521.65	4.02g	6.944%	875.74mg	16.67g	64.56g	11.60g		18.32g
Mustard Packet	1 mustard packet	5.00	0.00g	0.000%	65.00mg	0.00g	0.00g	0.00g		0.00g
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
Raw baby carrots	.5	38.16	0.00g	0.000%	48.68mg	0.00g	9.21g	2.63g		1.32g
Suncup 100% Fruit Punch Juice Cup, Frozen	1 Juice Cup	60.00	0.00g	0.000%	5.00mg	0.00g	14.00g	0.00g		0.00g
Turkey & Cheese Sub	1	331.25	6.01g *	16.333% *	879.96mg	14.09g	30.70g	4.58g		22.76g
Veggie Chef Salad High School	1	197.15	3.75g	17.110%	327.91mg	8.23g	13.68g	4.18g		18.40g

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

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May 3, 2021 through May 29, 2021

## 5/3/2021 Warren Mott High 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>
WCS Chicken Parmesan	1 each	732.78	2.50g *	3.071% *	778.98mg	3.94g *	103.59g	8.39g *		33.05g
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
zucchini, Sliced	1 zucchini, Sliced	9.60	0.00g	0.000%	1.00mg	0.00g	1.80g	0.00g		0.10g

## 5/6/2021 Warren Mott High 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>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Beef Hot Dog on a W/W Bun	1	366.00	10.00g	24.590%	966.00mg	26.00g	20.00g	4.00g		15.00g
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
broccoli, florets regular cut cleaned	1/2 (#8 scoop)	12.00	0.00g	0.000%	12.00mg	0.00g	2.00g	0.00g		1.00g
celery stalk	1/2 (#8 scoop)cup	7.00	0.00g	0.000%	40.00mg	0.00g	1.50g	1.00g		0.50g
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 Chef Salad chicken patty	1	456.37	4.50g	8.874%	752.94mg	13.50g	45.04g	9.71g		38.46g
HS Ham & Cheese Sub	1	357.92	7.51g	18.888%	1183.30mg	15.59g	31.70g	4.58g		26.43g
Italian Sub	1	416.45	4.76g *	11.021% *	1400.07mg	18.18g	32.20g	4.58g		33.32g
ketchup packet	1 ketchup packet	10.00	0.00g	0.000%	75.00mg	0.00g	2.00g	0.00g		0.00g
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

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

# Recipe Nutrition Summary

for Warren Consolidated Schools

May 3, 2021 through May 29, 2021

## 5/6/2021 Warren Mott High 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	521.65	4.02g	6.944%	875.74mg	16.67g	64.56g	11.60g		18.32g
ORANGES,RAW,ALL COMM VAR	1 ORANGES,RAW,ALL COMM VAR	61.57	0.02g	0.287%	0.00mg	0.16g	15.39g	3.14g		1.23g
Peaches Diced	1/2 cup ( #8Scoop)	72.67	0.00g	0.000%	6.41mg	0.00g	19.24g	2.14g		1.07g
PEARS,RAW	1 PEARS,RAW	84.36	0.03g	0.347%	1.48mg	0.21g	22.54g	4.59g		0.53g
Popcorn Chicken Bowl	1	552.74	2.53g *	4.119% *	1494.91mg	20.61g	65.37g	3.77g		17.29g
PPI Mayonnaise, Packets	1 PPI Mayonnaise, Packets	60.00	1.00g	15.000%	60.00mg	6.00g	1.00g	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
Suncup 100% Fruit Punch Juice Cup, Frozen	1 Juice Cup	60.00	0.00g	0.000%	5.00mg	0.00g	14.00g	0.00g		0.00g
tomato, cherry	1	21.00	0.00g	0.000%	8.80mg	0.00g	4.90g	0.98g		1.00g

## 5/10/2021 Warren Mott High 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>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Apple Slices	1 pkg	30.00	0.00g	0.000%	0.00mg	0.00g	7.00g	1.00g		0.00g
Applesauce Unsweetened	1/2 cup ( #8Scoop)	50.00	0.00g	0.000%	15.00mg	0.00g	13.00g	2.00g		0.00g
banana, stage 3-5 petite	1 banana, stage 3-5 petite	72.00	0.00g	0.000%	0.00mg	0.00g	19.00g	1.60g		0.80g
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
broccoli, florets regular cut cleaned	1/2 (#8 scoop)	12.00	0.00g	0.000%	12.00mg	0.00g	2.00g	0.00g		1.00g
cheese ravioli with marinara sauce	3 each	253.85	0.00g *	0.000% *	1073.08mg	5.46g	34.08g	3.46g		17.46g
Egg and Cheese omelette	1	210.00	6.00g	25.714%	500.00mg	17.00g	3.00g	0.00g		12.00g

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## 5/10/2021 Warren Mott High 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 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
HASHBROWN RND 6-5# MCCAIN	2 each	100.00	0.00g	0.000%	105.00mg	3.50g	16.00g	1.00g		1.00g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
Mott & Cousino Cheeseburger	1 each	520.00	14.00g	24.231%	640.00mg	33.00g	26.00g	5.00g		31.00g
MS hummus loco	1 hummus plate	521.65	4.02g	6.944%	875.74mg	16.67g	64.56g	11.60g		18.32g
Mustard Packet	1 mustard packet	5.00	0.00g	0.000%	65.00mg	0.00g	0.00g	0.00g		0.00g
Papetti's Whole Grain Cinnamon French Toast, with Glaze, Fro	2 Papetti's Whole Grain Cinnamon French Toast, wit	400.00	4.00g	9.000%	560.00mg	16.00g	52.00g	4.00g		14.00g
PPI Mayonnaise, Packets	1 PPI Mayonnaise, Packets	60.00	1.00g	15.000%	60.00mg	6.00g	1.00g	0.00g		0.00g
Raw baby carrots	.5	38.16	0.00g	0.000%	48.68mg	0.00g	9.21g	2.63g		1.32g
Suncup 100% Fruit Punch Juice Cup, Frozen	1 Juice Cup	60.00	0.00g	0.000%	5.00mg	0.00g	14.00g	0.00g		0.00g
Turkey & Cheese Sub	1	331.25	6.01g *	16.333% *	879.96mg	14.09g	30.70g	4.58g		22.76g
Veggie Chef Salad High School	1	197.15	3.75g	17.110%	327.91mg	8.23g	13.68g	4.18g		18.40g
zucchini, Sliced	1 zucchini, Sliced	9.60	0.00g	0.000%	1.00mg	0.00g	1.80g	0.00g		0.10g

## 5/13/2021 Warren Mott High 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>
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

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## 5/13/2021 Warren Mott High 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>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Biscuits	1 each	167.99	1.50g	8.061%	395.28mg	6.81g	22.40g	0.88g		3.36g
broccoli, florets regular cut cleaned	1/2 (#8 scoop)	12.00	0.00g	0.000%	12.00mg	0.00g	2.00g	0.00g		1.00g
celery stalk	1/2 (#8 scoop)cup	7.00	0.00g	0.000%	40.00mg	0.00g	1.50g	1.00g		0.50g
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
Italian Sub	1	416.45	4.76g *	11.021% *	1400.07mg	18.18g	32.20g	4.58g		33.32g
ketchup packet	1 ketchup packet	10.00	0.00g	0.000%	75.00mg	0.00g	2.00g	0.00g		0.00g
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
MS hummus loco	1 hummus plate	521.65	4.02g	6.944%	875.74mg	16.67g	64.56g	11.60g		18.32g
ORANGES,RAW,ALL COMM VAR	1 ORANGES,RAW,ALL COMM VAR	61.57	0.02g	0.287%	0.00mg	0.16g	15.39g	3.14g		1.23g
Peached Diced	1/2 cup ( #8Scoop)	72.67	0.00g	0.000%	6.41mg	0.00g	19.24g	2.14g		1.07g
PEARS,RAW	1 PEARS,RAW	84.36	0.03g	0.347%	1.48mg	0.21g	22.54g	4.59g		0.53g
Philly Steak & Cheese	1 sandwich	400.00	10.50g	23.625%	835.00mg	20.00g	35.00g	5.00g		14.00g *
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
Suncup 100% Fruit Punch Juice Cup, Frozen	1 Juice Cup	60.00	0.00g	0.000%	5.00mg	0.00g	14.00g	0.00g		0.00g

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

# Recipe Nutrition Summary

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May 3, 2021 through May 29, 2021

## 5/13/2021 Warren Mott High 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>
tomato, cherry	1	21.00	0.00g	0.000%	8.80mg	0.00g	4.90g	0.98g		1.00g
Tony's Cheese French Bread Pizza, 50/50 Cheese Blend	1 Pizza	290.00	4.00g	12.414%	440.00mg	11.00g	33.00g	0.00g		17.00g

## 5/17/2021 Warren Mott High 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>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Apple Slices	1 pkg	30.00	0.00g	0.000%	0.00mg	0.00g	7.00g	1.00g		0.00g
Applesauce Unsweetened	1/2 cup ( #8Scoop)	50.00	0.00g	0.000%	15.00mg	0.00g	13.00g	2.00g		0.00g
banana, stage 3-5 petite	1 banana, stage 3-5 petite	72.00	0.00g	0.000%	0.00mg	0.00g	19.00g	1.60g		0.80g
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
broccoli, florets regular cut cleaned	1/2 (#8 scoop)	12.00	0.00g	0.000%	12.00mg	0.00g	2.00g	0.00g		1.00g
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
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
MS ham and cheese on pretzel roll	1	350.00	6.00g	15.429%	1290.00mg	11.50g	33.00g	3.00g		27.10g
MS hummus loco	1 hummus plate	521.65	4.02g	6.944%	875.74mg	16.67g	64.56g	11.60g		18.32g
Mustard Packet	1 mustard packet	5.00	0.00g	0.000%	65.00mg	0.00g	0.00g	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
quesadilla, cheese	1 quesadilla, cheese	330.00	3.50g	9.545%	830.00mg	12.00g	40.00g	4.00g		16.00g
Raw baby carrots	.5	38.16	0.00g	0.000%	48.68mg	0.00g	9.21g	2.63g		1.32g

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

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May 3, 2021 through May 29, 2021

## 5/17/2021 Warren Mott High 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>
salsa	1/2 cup	30.00	0.00g	0.000%	210.00mg	0.00g	6.00g	0.00g		0.00g
Sour Cream	1 Sour Cream	60.00	3.00g	45.000%	50.00mg	5.00g	2.00g	N/A		1.00g
Suncup 100% Fruit Punch Juice Cup, Frozen	1 Juice Cup	60.00	0.00g	0.000%	5.00mg	0.00g	14.00g	0.00g		0.00g
Turkey & Cheese Sub	1	331.25	6.01g *	16.333% *	879.96mg	14.09g	30.70g	4.58g		22.76g
Veggie Chef Salad High School	1	197.15	3.75g	17.110%	327.91mg	8.23g	13.68g	4.18g		18.40g
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
zucchini, Sliced	1 zucchini, Sliced	9.60	0.00g	0.000%	1.00mg	0.00g	1.80g	0.00g		0.10g

## 5/20/2021 Warren Mott High 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>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
bread, ultra loco whole grain 6.5"	1 bread, ultra loco whole grain 6.5"	70.00	0.00g	0.000%	4.79mg	0.00g	13.00g	0.44g		0.45g
broccoli, florets regular cut cleaned	1/2 (#8 scoop)	12.00	0.00g	0.000%	12.00mg	0.00g	2.00g	0.00g		1.00g
celery stalk	1/2 (#8 scoop)cup	7.00	0.00g	0.000%	40.00mg	0.00g	1.50g	1.00g		0.50g
Chicken Shawarma	1 breast	224.42	2.42g *	9.707% *	369.45mg *	13.19g	1.63g	1.26g		26.93g
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 Chef Salad chicken patty	1	456.37	4.50g	8.874%	752.94mg	13.50g	45.04g	9.71g		38.46g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools

May 3, 2021 through May 29, 2021

## 5/20/2021 Warren Mott High 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>
HS Ham & Cheese Sub	1	357.92	7.51g	18.888%	1183.30mg	15.59g	31.70g	4.58g		26.43g
Italian Sub	1	416.45	4.76g *	11.021% *	1400.07mg	18.18g	32.20g	4.58g		33.32g
ketchup packet	1 ketchup packet	10.00	0.00g	0.000%	75.00mg	0.00g	2.00g	0.00g		0.00g
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
MS hummus loco	1 hummus plate	521.65	4.02g	6.944%	875.74mg	16.67g	64.56g	11.60g		18.32g
mujaddara	1 cup	264.40	1.38g	4.708%	194.95mg	9.75g	36.70g	7.62g		8.03g
ORANGES,RAW,ALL COMM VAR	1 ORANGES,RAW,ALL COMM VAR	61.57	0.02g	0.287%	0.00mg	0.16g	15.39g	3.14g		1.23g
Peached Diced	1/2 cup ( #8Scoop)	72.67	0.00g	0.000%	6.41mg	0.00g	19.24g	2.14g		1.07g
PEARS,RAW	1 PEARS,RAW	84.36	0.03g	0.347%	1.48mg	0.21g	22.54g	4.59g		0.53g
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
Spicy Chicken on a Bun	each	400.00	3.00g	6.750%	525.00mg	17.00g	42.00g	8.00g		20.00g
Suncup 100% Fruit Punch Juice Cup, Frozen	1 Juice Cup	60.00	0.00g	0.000%	5.00mg	0.00g	14.00g	0.00g		0.00g
tomato, cherry	1	21.00	0.00g	0.000%	8.80mg	0.00g	4.90g	0.98g		1.00g
Tzatziki Sauce	2 oz	26.67	0.55g	18.650%	191.53mg	0.67g	2.76g	0.61g		4.55g
WG Cheese Lasagna Roll Up	1 Whole Grain Cheese Lasagna Roll Up	352.44	5.82g	14.868%	1050.67mg	10.22g	38.89g	4.98g		24.20g

## 5/24/2021 Warren Mott High 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>
2 for 1 Chicken Fajitas	2 fajitas	439.00	11.33g	23.235%	900.86mg	22.57g	30.87g	4.29g		28.90g
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g

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# Recipe Nutrition Summary

for Warren Consolidated Schools

May 3, 2021 through May 29, 2021

## 5/24/2021 Warren Mott High 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>
Apple Slices	1 pkg	30.00	0.00g	0.000%	0.00mg	0.00g	7.00g	1.00g		0.00g
Applesauce Unsweetened	1/2 cup ( #8Scoop)	50.00	0.00g	0.000%	15.00mg	0.00g	13.00g	2.00g		0.00g
banana, stage 3-5 petite	1 banana, stage 3-5 petite	72.00	0.00g	0.000%	0.00mg	0.00g	19.00g	1.60g		0.80g
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
broccoli, florets regular cut cleaned	1/2 (#8 scoop)	12.00	0.00g	0.000%	12.00mg	0.00g	2.00g	0.00g		1.00g
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
Macaroni and Cheese Whole Grain/elbow	6 oz	299.99	N/A	N/A	659.99mg	15.00g	27.00g	2.00g		16.00g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
MS hummus loco	1 hummus plate	521.65	4.02g	6.944%	875.74mg	16.67g	64.56g	11.60g		18.32g
Mustard Packet	1 mustard packet	5.00	0.00g	0.000%	65.00mg	0.00g	0.00g	0.00g		0.00g
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
Raw baby carrots	.5	38.16	0.00g	0.000%	48.68mg	0.00g	9.21g	2.63g		1.32g
Suncup 100% Fruit Punch Juice Cup, Frozen	1 Juice Cup	60.00	0.00g	0.000%	5.00mg	0.00g	14.00g	0.00g		0.00g
Turkey & Cheese Sub	1	331.25	6.01g *	16.333% *	879.96mg	14.09g	30.70g	4.58g		22.76g
Veggie Chef Salad High School	1	197.15	3.75g	17.110%	327.91mg	8.23g	13.68g	4.18g		18.40g

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# Recipe Nutrition Summary

for Warren Consolidated Schools

May 3, 2021 through May 29, 2021

## 5/24/2021 Warren Mott High 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>
zucchini, Sliced	1 zucchini, Sliced	9.60	0.00g	0.000%	1.00mg	0.00g	1.80g	0.00g		0.10g

## 5/27/2021 Warren Mott High 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>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
breakfast bowl	1 bowl	376.30	7.46g	17.849%	826.92mg	25.64g	20.00g	2.00g *		15.51g
broccoli, florets regular cut cleaned	1/2 (#8 scoop)	12.00	0.00g	0.000%	12.00mg	0.00g	2.00g	0.00g		1.00g
celery stalk	1/2 (#8 scoop)cup	7.00	0.00g	0.000%	40.00mg	0.00g	1.50g	1.00g		0.50g
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
High School Grilled Cheese	1	432.00	10.00g *	20.833% *	986.00mg	21.20g	44.00g	4.00g *		18.20g
HS Ham & Cheese Sub	1	357.92	7.51g	18.888%	1183.30mg	15.59g	31.70g	4.58g		26.43g
Italian Sub	1	416.45	4.76g *	11.021% *	1400.07mg	18.18g	32.20g	4.58g		33.32g
ketchup packet	1 ketchup packet	10.00	0.00g	0.000%	75.00mg	0.00g	2.00g	0.00g		0.00g
Kung Pao Turkey Meatballs & Noodles	1/2 cup noodle & 6 meatballs	362.39	2.10g	5.210%	732.27mg	9.86g	53.56g	6.88g *		21.40g
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
MS hummus loco	1 hummus plate	521.65	4.02g	6.944%	875.74mg	16.67g	64.56g	11.60g		18.32g
ORANGES,RAW,ALL COMM VAR	1 ORANGES,RAW,ALL COMM VAR	61.57	0.02g	0.287%	0.00mg	0.16g	15.39g	3.14g		1.23g
Peached Diced	1/2 cup ( #8Scoop)	72.67	0.00g	0.000%	6.41mg	0.00g	19.24g	2.14g		1.07g
PEARS,RAW	1 PEARS,RAW	84.36	0.03g	0.347%	1.48mg	0.21g	22.54g	4.59g		0.53g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools

May 3, 2021 through May 29, 2021

## 5/27/2021 Warren Mott High 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>
PPI Mayonnaise, Packets	1 PPI Mayonnaise, Packets	60.00	1.00g	15.000%	60.00mg	6.00g	1.00g	0.00g		0.00g
S&F Foods Apple Cinnamon Texas Toast	1 Texas Toast	260.00	1.00g	3.462%	290.00mg	6.00g	45.00g	2.00g		8.00g
Soybutter Meal with goldfish crackers	1	450.00	6.00g	12.000%	600.00mg	22.00g	43.00g	5.00g		20.00g
Suncup 100% Fruit Punch Juice Cup, Frozen	1 Juice Cup	60.00	0.00g	0.000%	5.00mg	0.00g	14.00g	0.00g		0.00g
tomato, cherry	1	21.00	0.00g	0.000%	8.80mg	0.00g	4.90g	0.98g		1.00g

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