

# Recipe Nutrition Summary

for Warren Consolidated Schools

September 9, 2019 through September 14, 2019

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

## 9/9/2019 Black Elementary School - Breakfast

	<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
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Canned Fruits	.5 cup	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Banana Chocolate Benefit Bar	1 Banana Chocolate Breakfast Bar	280.00	3.00g	9.643%	220.00mg	8.00g	48.00g	3.00g		5.00g
Breakfast Round Ubr	1 round breakfast ubr	240.00	2.00g	7.500%	210.00mg	6.00g	43.00g	6.00g		5.00g
Eggo Mini Maple Waffles	1 bag	200.00	1.50g	6.750%	220.00mg	5.00g	35.00g	4.00g		4.00g
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
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	N/A	9.00g	47.00g	3.00g		N/A
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g

## 9/10/2019 Black Elementary School - Breakfast

	<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
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Canned Fruits	.5 cup	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Banana Chocolate Benefit Bar	1 Banana Chocolate Breakfast Bar	280.00	3.00g	9.643%	220.00mg	8.00g	48.00g	3.00g		5.00g
Breakfast Round Ubr	1 round breakfast ubr	240.00	2.00g	7.500%	210.00mg	6.00g	43.00g	6.00g		5.00g
Cereal, cheerios bowl	1 cereal, cheerios bowl	100.00	0.50g	4.500%	140.00mg	2.00g	20.00g	3.00g		3.00g

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

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## 9/10/2019 Black Elementary School - Breakfast

	<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>
Cereal, cinnamon toast R/S bowl	1 cereal, cinnamon toast R/S bowl	110.00	0.50g	4.091%	160.00mg	3.00g	22.00g	3.00g		1.00g
Cereal, trix R/S bowl	1 cereal, trix R/S bowl	110.00	0.00g	0.000%	140.00mg	1.00g	24.00g	1.00g		1.00g
Cocoa Puff Cereal, whole grain, reduced sugar	1 Bowl	110.00	0.00g	0.000%	120.00mg	1.50g	25.00g	2.00g		2.00g
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
General Mills Lucky Charms Cereal, Whole Grain, Bowl	1 bowl	110.00	0.00g	0.000%	180.00mg	1.00g	23.00g	2.00g		2.00g
Kellogg's Apple Jacks Cereal, Reduced Sugar, Whole Grain	1 bowl	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Kelloggs Fruit Loops Reduced Sugar	1 Kelloggs Fruit Loops Reduced Sugar	110.00	0.50g	4.091%	170.00mg	1.00g	24.00g	3.00g		2.00g
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Nabisco Lil' Squares Honey Graham Cracker	1 pkt	130.00	0.00g	0.000%	150.00mg	3.00g	24.00g	2.00g		2.00g
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	N/A	9.00g	47.00g	3.00g		N/A
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Pillsbury Cinnamon Toast Crunch Breakfast Bars	1 Bar	250.00	3.00g	10.800%	280.00mg	8.00g	40.00g	2.00g		6.00g

## 9/11/2019 Black Elementary School - Breakfast

	<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
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Canned Fruits	.5 cup	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Banana Chocolate Benefit Bar	1 Banana Chocolate Breakfast Bar	280.00	3.00g	9.643%	220.00mg	8.00g	48.00g	3.00g		5.00g
Breakfast Round Ubr	1 round breakfast ubr	240.00	2.00g	7.500%	210.00mg	6.00g	43.00g	6.00g		5.00g

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

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## 9/11/2019 Black Elementary School - Breakfast

	<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
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	N/A	9.00g	47.00g	3.00g		N/A
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Pillsbury Mini Cinn Bagels	1 Pillsbury Mini Cinn Bagels	240.00	2.50g	9.375%	180.00mg	6.00g	41.00g	2.00g		6.00g
Tony's WG Turkey Sausage breakfast pizza	1 Tony's WG Turkey Sausage breakfast pizza	240.00	N/A	N/A	500.00mg	7.00g	32.00g	3.00g		11.00g

## 9/12/2019 Black Elementary School - Breakfast

	<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
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Canned Fruits	.5 cup	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Banana Chocolate Benefit Bar	1 Banana Chocolate Breakfast Bar	280.00	3.00g	9.643%	220.00mg	8.00g	48.00g	3.00g		5.00g
Breakfast Round Ubr	1 round breakfast ubr	240.00	2.00g	7.500%	210.00mg	6.00g	43.00g	6.00g		5.00g
Cereal, cheerios bowl	1 cereal, cheerios bowl	100.00	0.50g	4.500%	140.00mg	2.00g	20.00g	3.00g		3.00g
Cereal, cinnamon toast R/S bowl	1 cereal, cinnamon toast R/S bowl	110.00	0.50g	4.091%	160.00mg	3.00g	22.00g	3.00g		1.00g
Cereal, trix R/S bowl	1 cereal, trix R/S bowl	110.00	0.00g	0.000%	140.00mg	1.00g	24.00g	1.00g		1.00g
Cocoa Puff Cereal, whole grain, reduced sugar	1 Bowl	110.00	0.00g	0.000%	120.00mg	1.50g	25.00g	2.00g		2.00g
Eggo Chocolate Chip French Toast	1 Eggo Chocolate Chip French Toast	210.00	1.50g	6.429%	260.00mg	6.00g	35.00g	4.00g		5.00g
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"

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## 9/12/2019 Black Elementary School - Breakfast

	<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>
General Mills Lucky Charms Cereal, Whole Grain, Bowl	1 bowl	110.00	0.00g	0.000%	180.00mg	1.00g	23.00g	2.00g		2.00g
Kellogg's Apple Jacks Cereal, Reduced Sugar, Whole Grain	1 bowl	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Kelloggs Fruit Loops Reduced Sugar	1 Kelloggs Fruit Loops Reduced Sugar	110.00	0.50g	4.091%	170.00mg	1.00g	24.00g	3.00g		2.00g
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Nabisco Lil' Squares Honey Graham Cracker	1 pkt	130.00	0.00g	0.000%	150.00mg	3.00g	24.00g	2.00g		2.00g
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	N/A	9.00g	47.00g	3.00g		N/A
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g

## 9/13/2019 Black Elementary School - Breakfast

	<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
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Canned Fruits	.5 cup	55.25	0.00g *	0.000% *	6.58mg *	0.00g *	14.70g	1.20g		0.00g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Banana Chocolate Benefit Bar	1 Banana Chocolate Breakfast Bar	280.00	3.00g	9.643%	220.00mg	8.00g	48.00g	3.00g		5.00g
Breakfast Round Ubr	1 round breakfast ubr	240.00	2.00g	7.500%	210.00mg	6.00g	43.00g	6.00g		5.00g
Cinnamon Toast Crunch Crisps	1 snack, cinnamon toast crunch crisps	110.00	0.50g	4.091%	160.00mg	3.00g	22.00g	2.00g		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
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	N/A	9.00g	47.00g	3.00g		N/A
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Strawberry Yogurt Cup	1 Strawberry Yogurt Cup	70.00	0.00g	0.000%	60.00mg	0.00g	14.00g	0.00g		4.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools

September 9, 2019 through September 14, 2019

9/13/2019 **Black Elementary School - Breakfast**

	<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>
Yogurt Danimals Blended Strawberry-Banana Flavor NonFat	1 Yogurt Danimals Blended Strawberry-Banana Flavor	70.00	0.00g	0.000%	60.00mg	0.00g	14.00g	0.00g		4.00g

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