

Recipe Nutrition Summary

for Warren Consolidated Schools
April 19, 2021 through April 30, 2021

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

4/19/2021 Beer Middle 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 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
ketchup packet	1 ketchup packet	10.00	0.00g	0.000%	75.00mg	0.00g	2.00g	0.00g		0.00g
M.S. Turkey & Cheese Sub Sandwich	1	307.02	4.01g	11.758%	1491.59mg	6.93g	34.68g	4.94g		28.34g
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
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
Veggie Chef Salad Middle School	1	357.15	3.75g	9.445%	507.91mg	10.23g	39.68g	6.18g		24.40g
WCS made Chicken Alfredo with Italian Cheese	1 cup	367.13	6.84g	16.779%	583.56mg	13.80g	33.65g	4.27g		32.58g

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

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4/19/2021 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>
Sauce_WG rotini										
zucchini, Sliced	1 zucchini, Sliced	9.60	0.00g	0.000%	1.00mg	0.00g	1.80g	0.00g		0.10g

4/22/2021 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>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Beef Taco Meat and Cheese Nachos	1	441.52	9.01g	18.369%	1013.49mg	22.03g	39.02g	5.01g		24.06g
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
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
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
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
PPI Mayonnaise, Packets	1 PPI Mayonnaise, Packets	60.00	1.00g	15.000%	60.00mg	6.00g	1.00g	0.00g		0.00g
salsa	1/2 cup	30.00	0.00g	0.000%	210.00mg	0.00g	6.00g	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

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Recipe Nutrition Summary

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4/22/2021 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>
Sour Cream	1 Sour Cream	60.00	3.00g	45.000%	50.00mg	5.00g	2.00g	N/A		1.00g
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
WCS Nachos and Cheese - 1.5oz chips for MS	1	460.15	13.01g	25.440%	1270.63mg	26.01g	38.00g	3.00g		19.01g

4/26/2021 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>
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, 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 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
Hamburger Patty	1 Hamburger Patty	120.00	3.50g	26.250%	120.00mg	8.00g	1.00g	1.00g		13.00g
ketchup packet	1 ketchup packet	10.00	0.00g	0.000%	75.00mg	0.00g	2.00g	0.00g		0.00g
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"

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4/26/2021 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>
Middle School Parfait with Banana Bread	1	759.34	4.06g	4.809%	542.25mg	21.14g	129.81g	6.90g *		17.57g
MINH WG Vegetable Rice	0.5 cup	152.78	0.28g	1.667%	248.98mg	0.00g	30.56g	1.70g		3.40g
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
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
Sweet & Sour Chicken	.50 cup	315.84	0.96g	2.736%	1245.44mg	6.56g	45.87g	2.10g		16.77g
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
zucchini, Sliced	1 zucchini, Sliced	9.60	0.00g	0.000%	1.00mg	0.00g	1.80g	0.00g		0.10g

4/29/2021 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>
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	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
celery stalk	1/2 (#8 scoop)cup	7.00	0.00g	0.000%	40.00mg	0.00g	1.50g	1.00g		0.50g
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
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
Foothill Farms Brown Gravy Mix	0.25 cup	20.67	0.00g	0.000%	333.11mg	0.00g	4.13g	0.00g		0.00g

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4/29/2021 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>
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
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
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
Mashed Potatoes	1/2 cup	70.33	0.00g	0.000%	15.07mg	0.00g	15.07g	1.00g		2.01g
Meatballs	5 each	162.00	4.00g	22.222%	234.00mg	10.00g	5.00g	1.00g		13.00g
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
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
Tomato Soup 2014	1cup	59.39	0.22g	3.270%	98.54mg	0.37g	12.99g	2.85g *		2.28g *
tomato, cherry	1	21.00	0.00g	0.000%	8.80mg	0.00g	4.90g	0.98g		1.00g

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