

Recipe Nutrition Summary

for Warren Consolidated Schools
September 5, 2022 through September 9, 2022

Site: Cousino High School; Menu Designation: Planned; Period: Breakfast

9/5/2022 Cousino High School - Breakfast

	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
Apple Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g
Appleway Oatmeal Apple Bar	1 Appleway Oatmeal Apple Bar	140.00	0.50g	3.214%	90.00mg	4.50g	23.00g	1.00g		2.00g
Appleway Oatmeal Choc Chip Bar	1 Appleway Oatmeal Choc Chip Bar	140.00	1.00g	6.429%	230.00mg	4.50g	23.00g	1.00g		2.00g
Appleway Oatmeal Strawberry Bar	1 Appleway Oatmeal Strawberry Bar	140.00	0.50g	3.214%	75.00mg	4.50g	23.00g	1.00g		2.00g
Aryzta Whole Grain Chocolate & Chocolate Chip Muffin	1 Aryzta Whole Grain Chocolate & Chocolate Chip Mu	190.00	2.00g	9.474%	130.00mg	6.00g	33.00g	2.00g		3.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Bagel Egg and Cheese Breakfast Sandwich	1	238.00	3.50g	13.235%	416.50mg	9.00g	30.50g	4.00g		12.00g
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
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Breakfast juice	1/2 cup	60.50	0.00g	0.000%	5.00mg	0.00g	13.50g	0.00g		0.00g
Breakfast Round Ubr	1 round breakfast ubr	240.00	2.00g	7.500%	200.00mg	6.00g	42.00g	7.00g		5.00g
Cheerios Strawberry Cereal Bar	1 Cheerios Strawberry Cereal Bar	160.00	0.50g	2.813%	95.00mg	3.50g	30.00g	3.00g		2.00g
Cinnamon Frosted Flakes	1 Cinnamon Frosted Flakes	100.00	0.00g	0.000%	180.00mg	0.00g	24.00g	2.00g		2.00g
Cocoa Puffs Cereal Bar	1 Cocoa Puffs Cereal Bar	160.00	0.00g	0.000%	105.00mg	3.50g	30.00g	3.00g		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
French Toast Benefit Bar	1 French Toast Benefit Bar	280.00	0.00g	0.000%	210.00mg	9.00g	47.00g	3.00g		5.00g

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

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9/5/2022 **Cousino High 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>
Golden Grahams Cereal Bar	1 Golden Grahams Cereal Bar	150.00	0.50g	3.000%	110.00mg	3.00g	30.00g	3.00g		2.00g
Kellogg's Apple Jacks Cereal, Reduced Sugar, Whole Grain	1 Kellogg's Apple Jacks Cereal, Reduced Sugar, Who	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%	160.00mg	1.00g	24.00g	2.00g		2.00g
Lenders White Whole Grain 2 oz Bagel IW	1 Lenders White Whole Grain 2 oz Bagel iW	140.00	0.00g	0.000%	160.00mg	1.00g	28.00g	4.00g		6.00g
Light Cream Cheese Cup	1 Light Cream Cheese Cup	45.00	2.50g	50.000%	80.00mg	3.50g	1.00g	0.00g		2.00g
Light Mozzarella String Cheese - IW	1 Light Mozzarella String Cheese - iW	60.00	2.00g	30.000%	200.00mg	3.00g	1.00g	0.00g		7.00g
Mini Chocolate WG Donuts	1 Mini Chocolate WG Donuts	320.00	7.00g	19.688%	270.00mg	15.00g	41.00g	2.00g		5.00g
Mini Powered WG Donuts	1 Mini Powered WG Donuts	270.00	3.00g	10.000%	230.00mg	11.00g	41.00g	2.00g		4.00g
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	240.00mg	9.00g	47.00g	3.00g		N/A
Otis Spunkmeyer Delicious Essentials Whole Grain Banana Muff	1 Otis Spunkmeyer Delicious Essentials Whole Grain	190.00	2.00g	9.474%	130.00mg	6.00g	30.00g	2.00g		3.00g
Otis Spunkmeyer Delicious Essentials Whole Grain Blueberry Muff	1 Otis Spunkmeyer Delicious Essentials Whole Grain	190.00	2.00g	9.474%	130.00mg	6.00g	30.00g	2.00g		3.00g
pastry, pop-tart hot fudge frosted	1 pastry, pop-tart hot fudge frosted	370.00	2.00g	4.865%	390.00mg	6.00g	76.00g	6.00g		6.00g
Pop-Tart Blueberry Frstd72-2ct WG	1 Pkg	360.00	2.00g	5.000%	360.00mg	5.00g	76.00g	6.00g		4.00g
Super Bakery Banana Bread	1 Super Bakery Banana Bread	260.00	1.50g	5.192%	240.00mg	8.00g	45.00g	2.00g		5.00g
Super Bakery White Whole Wheat Cinnamon Buns	1 Super Bakery White Whole Wheat Cinnamon Buns	240.00	3.00g	11.250%	280.00mg	7.00g	40.00g	3.00g		5.00g
Super Bakery Wild Berry Bread	1 Wild Berry Bread	270.00	1.50g	5.000%	250.00mg	8.00g	45.00g	2.00g		5.00g
Trix Cereal Bar	1 Trix Cereal Bar	160.00	0.50g	2.813%	105.00mg	3.50g	29.00g	3.00g		2.00g

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9/5/2022 Cousino High 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>
Turkey Sausage and Cheese Bagel	each	253.00	3.50g	12.451%	416.50mg	9.50g	29.50g	4.00g		15.00g
WW Cinnamon Pop-Tart	1 WW Cinnamon Pop-Tart	370.00	2.00g	4.865%	400.00mg	6.00g	74.00g	6.00g		5.00g
WW Strawberry Pop-Tart	1 WW Strawberry Pop-Tart	350.00	2.00g	5.143%	370.00mg	5.00g	76.00g	6.00g		4.00g
Yogurt Danimals Blended Strawberry-Banana Flavor NonFat	1 Yogurt Danimals Blended Strawberry-Banana Flavor	70.00	0.00g	0.000%	70.00mg	0.00g	12.00g	0.00g		4.00g

9/6/2022 Cousino High 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 Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g
Appleway Oatmeal Apple Bar	1 Appleway Oatmeal Apple Bar	140.00	0.50g	3.214%	90.00mg	4.50g	23.00g	1.00g		2.00g
Appleway Oatmeal Choc Chip Bar	1 Appleway Oatmeal Choc Chip Bar	140.00	1.00g	6.429%	230.00mg	4.50g	23.00g	1.00g		2.00g
Appleway Oatmeal Strawberry Bar	1 Appleway Oatmeal Strawberry Bar	140.00	0.50g	3.214%	75.00mg	4.50g	23.00g	1.00g		2.00g
Aryzta Whole Grain Chocolate & Chocolate Chip Muffin	1 Aryzta Whole Grain Chocolate & Chocolate Chip Mu	190.00	2.00g	9.474%	130.00mg	6.00g	33.00g	2.00g		3.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted 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
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Breakfast juice	1/2 cup	60.50	0.00g	0.000%	5.00mg	0.00g	13.50g	0.00g		0.00g
Breakfast Round Ubr	1 round breakfast ubr	240.00	2.00g	7.500%	200.00mg	6.00g	42.00g	7.00g		5.00g
Cheerios Strawberry Cereal Bar	1 Cheerios Strawberry Cereal Bar	160.00	0.50g	2.813%	95.00mg	3.50g	30.00g	3.00g		2.00g

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9/6/2022 **Cousino High 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>
Cinnamon Frosted Flakes	1 Cinnamon Frosted Flakes	100.00	0.00g	0.000%	180.00mg	0.00g	24.00g	2.00g		2.00g
Cocoa Puffs Cereal Bar	1 Cocoa Puffs Cereal Bar	160.00	0.00g	0.000%	105.00mg	3.50g	30.00g	3.00g		3.00g
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
Eggo Mini Maple Waffles	1 bag	190.00	1.50g	7.105%	210.00mg	5.00g	36.00g	4.00g		4.00g
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
French Toast Benefit Bar	1 French Toast Benefit Bar	280.00	0.00g	0.000%	210.00mg	9.00g	47.00g	3.00g		5.00g
Golden Grahams Cereal Bar	1 Golden Grahams Cereal Bar	150.00	0.50g	3.000%	110.00mg	3.00g	30.00g	3.00g		2.00g
Kellogg's Apple Jacks Cereal, Reduced Sugar, Whole Grain	1 Kellogg's Apple Jacks Cereal, Reduced Sugar, Who	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Kellogg's Eggo Whole Grain Mini Original French Toast	1 Kellogg's Eggo Whole Grain Mini Original French	200.00	1.50g	6.750%	240.00mg	5.00g	37.00g	3.00g		4.00g
Kelloggs Fruit Loops Reduced Sugar	1 Kelloggs Fruit Loops Reduced Sugar	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Lenders White Whole Grain 2 oz Bagel IW	1 Lenders White Whole Grain 2 oz Bagel iW	140.00	0.00g	0.000%	160.00mg	1.00g	28.00g	4.00g		6.00g
Light Cream Cheese Cup	1 Light Cream Cheese Cup	45.00	2.50g	50.000%	80.00mg	3.50g	1.00g	0.00g		2.00g
Light Mozzarella String Cheese - IW	1 Light Mozzarella String Cheese - iW	60.00	2.00g	30.000%	200.00mg	3.00g	1.00g	0.00g		7.00g
Mini Chocolate WG Donuts	1 Mini Chocolate WG Donuts	320.00	7.00g	19.688%	270.00mg	15.00g	41.00g	2.00g		5.00g
Mini Powered WG Donuts	1 Mini Powered WG Donuts	270.00	3.00g	10.000%	230.00mg	11.00g	41.00g	2.00g		4.00g
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	240.00mg	9.00g	47.00g	3.00g		N/A
Otis Spunkmeyer Delicious Essentials Whole Grain Banana Muff	1 Otis Spunkmeyer Delicious Essentials Whole Grain	190.00	2.00g	9.474%	130.00mg	6.00g	30.00g	2.00g		3.00g
Otis Spunkmeyer Delicious Essentials Whole Grain Blueberry M	1 Otis Spunkmeyer Delicious Essentials Whole Grain	190.00	2.00g	9.474%	130.00mg	6.00g	30.00g	2.00g		3.00g

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September 5, 2022 through September 9, 2022

9/6/2022 Cousino High 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>
pastry, pop-tart hot fudge frosted	1 pastry, pop-tart hot fudge frosted	370.00	2.00g	4.865%	390.00mg	6.00g	76.00g	6.00g		6.00g
Pop-Tart Blueberry Frstd72-2ct WG	1 Pkg	360.00	2.00g	5.000%	360.00mg	5.00g	76.00g	6.00g		4.00g
Super Bakery Banana Bread	1 Super Bakery Banana Bread	260.00	1.50g	5.192%	240.00mg	8.00g	45.00g	2.00g		5.00g
Super Bakery White Whole Wheat Cinnamon Buns	1 Super Bakery White Whole Wheat Cinnamon Buns	240.00	3.00g	11.250%	280.00mg	7.00g	40.00g	3.00g		5.00g
Super Bakery Wild Berry Bread	1 Wild Berry Bread	270.00	1.50g	5.000%	250.00mg	8.00g	45.00g	2.00g		5.00g
Trix Cereal Bar	1 Trix Cereal Bar	160.00	0.50g	2.813%	105.00mg	3.50g	29.00g	3.00g		2.00g
WW Cinnamon Pop-Tart	1 WW Cinnamon Pop-Tart	370.00	2.00g	4.865%	400.00mg	6.00g	74.00g	6.00g		5.00g
WW Strawberry Pop-Tart	1 WW Strawberry Pop-Tart	350.00	2.00g	5.143%	370.00mg	5.00g	76.00g	6.00g		4.00g
Yogurt Danimals Blended Strawberry-Banana Flavor NonFat	1 Yogurt Danimals Blended Strawberry-Banana Flavor	70.00	0.00g	0.000%	70.00mg	0.00g	12.00g	0.00g		4.00g

9/7/2022 Cousino High 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 Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g
Appleway Oatmeal Apple Bar	1 Appleway Oatmeal Apple Bar	140.00	0.50g	3.214%	90.00mg	4.50g	23.00g	1.00g		2.00g
Appleway Oatmeal Choc Chip Bar	1 Appleway Oatmeal Choc Chip Bar	140.00	1.00g	6.429%	230.00mg	4.50g	23.00g	1.00g		2.00g
Appleway Oatmeal Strawberry Bar	1 Appleway Oatmeal Strawberry Bar	140.00	0.50g	3.214%	75.00mg	4.50g	23.00g	1.00g		2.00g
Aryzta Whole Grain Chocolate & Chocolate Chip Muffin	1 Aryzta Whole Grain Chocolate & Chocolate Chip Mu	190.00	2.00g	9.474%	130.00mg	6.00g	33.00g	2.00g		3.00g
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
September 5, 2022 through September 9, 2022

9/7/2022 **Cousino High 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>
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
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Breakfast juice	1/2 cup	60.50	0.00g	0.000%	5.00mg	0.00g	13.50g	0.00g		0.00g
Breakfast Round Ubr	1 round breakfast ubr	240.00	2.00g	7.500%	200.00mg	6.00g	42.00g	7.00g		5.00g
Cheerios Strawberry Cereal Bar	1 Cheerios Strawberry Cereal Bar	160.00	0.50g	2.813%	95.00mg	3.50g	30.00g	3.00g		2.00g
Cinnamon Frosted Flakes	1 Cinnamon Frosted Flakes	100.00	0.00g	0.000%	180.00mg	0.00g	24.00g	2.00g		2.00g
Cocoa Puffs Cereal Bar	1 Cocoa Puffs Cereal Bar	160.00	0.00g	0.000%	105.00mg	3.50g	30.00g	3.00g		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
French Toast Benefit Bar	1 French Toast Benefit Bar	280.00	0.00g	0.000%	210.00mg	9.00g	47.00g	3.00g		5.00g
Golden Grahams Cereal Bar	1 Golden Grahams Cereal Bar	150.00	0.50g	3.000%	110.00mg	3.00g	30.00g	3.00g		2.00g
Kellogg's Apple Jacks Cereal, Reduced Sugar, Whole Grain	1 Kellogg's Apple Jacks Cereai, Reduced Sugar, Who	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%	160.00mg	1.00g	24.00g	2.00g		2.00g
Lenders White Whole Grain 2 oz Bagel IW	1 Lenders White Whole Grain 2 oz Bagei IW	140.00	0.00g	0.000%	160.00mg	1.00g	28.00g	4.00g		6.00g
Light Cream Cheese Cup	1 Light Cream Cheese Cup	45.00	2.50g	50.000%	80.00mg	3.50g	1.00g	0.00g		2.00g
Light Mozzarella String Cheese - IW	1 Light Mozzarella String Cheese - iW	60.00	2.00g	30.000%	200.00mg	3.00g	1.00g	0.00g		7.00g
Los Cabos Turkey Sausage, Egg & Cheese Wrap Breakfast Sandwi	1 Los Cabos Turkey Sausage, Egg & Cheese Wrap Brea	236.24	3.73g	14.210%	320.00mg	10.15g	26.99g	4.00g		11.00g
Mini Chocolate WG Donuts	1 Mini Chocolate WG Donuts	320.00	7.00g	19.688%	270.00mg	15.00g	41.00g	2.00g		5.00g

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

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9/7/2022 Cousino High 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>
Mini Powered WG Donuts	1 Mini Powered WG Donuts	270.00	3.00g	10.000%	230.00mg	11.00g	41.00g	2.00g		4.00g
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	240.00mg	9.00g	47.00g	3.00g		N/A
Otis Spunkmeyer Delicious Essentials Whole Grain Banana Muff	1 Otis Spunkmeyer Delicious Essentials Whole Grain	190.00	2.00g	9.474%	130.00mg	6.00g	30.00g	2.00g		3.00g
Otis Spunkmeyer Delicious Essentials Whole Grain Blueberry Muff	1 Otis Spunkmeyer Delicious Essentials Whole Grain	190.00	2.00g	9.474%	130.00mg	6.00g	30.00g	2.00g		3.00g
pastry, pop-tart hot fudge frosted	1 pastry, pop-tart hot fudge frosted	370.00	2.00g	4.865%	390.00mg	6.00g	76.00g	6.00g		6.00g
Pillsbury Apple Filling Strudel Pastries	1 Pillsbury Apple Filling Strudel Pastries	210.00	1.00g	4.286%	250.00mg	6.00g	36.00g	2.00g		4.00g
Pop-Tart Blueberry Frstd72-2ct WG	1 Pkg	360.00	2.00g	5.000%	360.00mg	5.00g	76.00g	6.00g		4.00g
Super Bakery Banana Bread	1 Super Bakery Banana Bread	260.00	1.50g	5.192%	240.00mg	8.00g	45.00g	2.00g		5.00g
Super Bakery Wild Berry Bread	1 Wild Berry Bread	270.00	1.50g	5.000%	250.00mg	8.00g	45.00g	2.00g		5.00g
Trix Cereal Bar	1 Trix Cereal Bar	160.00	0.50g	2.813%	105.00mg	3.50g	29.00g	3.00g		2.00g
WW Cinnamon Pop-Tart	1 WW Cinnamon Pop-Tart	370.00	2.00g	4.865%	400.00mg	6.00g	74.00g	6.00g		5.00g
WW Strawberry Pop-Tart	1 WW Strawberry Pop-Tart	350.00	2.00g	5.143%	370.00mg	5.00g	76.00g	6.00g		4.00g
Yogurt Danimals Blended Strawberry-Banana Flavor NonFat	1 Yogurt Danimals Blended Strawberry-Banana Flavor	70.00	0.00g	0.000%	70.00mg	0.00g	12.00g	0.00g		4.00g

9/8/2022 Cousino High 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 Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g
Apple Cinnamon Texas Toast	1 Apple Cinnamon Texas Toast	260.00	1.00g	3.462%	290.00mg	6.00g	45.00g	2.00g		8.00g

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

Recipe Nutrition Summary

for Warren Consolidated Schools
September 5, 2022 through September 9, 2022

9/8/2022 **Cousino High 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>
Appleway Oatmeal Apple Bar	1 Appleway Oatmeal Apple Bar	140.00	0.50g	3.214%	90.00mg	4.50g	23.00g	1.00g		2.00g
Appleway Oatmeal Choc Chip Bar	1 Appleway Oatmeal Choc Chip Bar	140.00	1.00g	6.429%	230.00mg	4.50g	23.00g	1.00g		2.00g
Appleway Oatmeal Strawberry Bar	1 Appleway Oatmeal Strawberry Bar	140.00	0.50g	3.214%	75.00mg	4.50g	23.00g	1.00g		2.00g
Aryzta Whole Grain Chocolate & Chocolate Chip Muffin	1 Aryzta Whole Grain Chocolate & Chocolate Chip Mu	190.00	2.00g	9.474%	130.00mg	6.00g	33.00g	2.00g		3.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted 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
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Breakfast juice	1/2 cup	60.50	0.00g	0.000%	5.00mg	0.00g	13.50g	0.00g		0.00g
Breakfast Round Ubr	1 round breakfast ubr	240.00	2.00g	7.500%	200.00mg	6.00g	42.00g	7.00g		5.00g
Cheerios Strawberry Cereal Bar	1 Cheerios Strawberry Cereal Bar	160.00	0.50g	2.813%	95.00mg	3.50g	30.00g	3.00g		2.00g
Cinnamon Frosted Flakes	1 Cinnamon Frosted Flakes	100.00	0.00g	0.000%	180.00mg	0.00g	24.00g	2.00g		2.00g
Cocoa Puffs Cereal Bar	1 Cocoa Puffs Cereal Bar	160.00	0.00g	0.000%	105.00mg	3.50g	30.00g	3.00g		3.00g
Eggo Whole Grain Mini Confetti Pancakes	1 pkg	220.00	1.00g	4.091%	300.00mg	7.00g	36.00g	4.00g		4.00g
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
French Toast Benefit Bar	1 French Toast Benefit Bar	280.00	0.00g	0.000%	210.00mg	9.00g	47.00g	3.00g		5.00g
Golden Grahams Cereal Bar	1 Golden Grahams Cereal Bar	150.00	0.50g	3.000%	110.00mg	3.00g	30.00g	3.00g		2.00g
Kellogg's Apple Jacks Cereal, Reduced Sugar, Whole Grain	1 Kellogg's Apple Jacks Cereal, Reduced Sugar, Who	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g

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Recipe Nutrition Summary

for Warren Consolidated Schools
September 5, 2022 through September 9, 2022

9/8/2022 Cousino High 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>
Kellogg's Eggo Whole Grain Mini Maple Pancakes	1 Kellogg's Eggo Whole Grain Mini Maple Pancakes	200.00	1.00g	4.500%	210.00mg	6.00g	36.00g	4.00g		4.00g
Kelloggs Fruit Loops Reduced Sugar	1 Kelloggs Fruit Loops Reduced Sugar	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Lenders White Whole Grain 2 oz Bagel IW	1 Lenders White Whole Grain 2 oz Bagei iW	140.00	0.00g	0.000%	160.00mg	1.00g	28.00g	4.00g		6.00g
Light Cream Cheese Cup	1 Light Cream Cheese Cup	45.00	2.50g	50.000%	80.00mg	3.50g	1.00g	0.00g		2.00g
Light Mozzarella String Cheese - IW	1 Light Mozzarella String Cheese - iW	60.00	2.00g	30.000%	200.00mg	3.00g	1.00g	0.00g		7.00g
Mini Chocolate WG Donuts	1 Mini Chocolate WG Donuts	320.00	7.00g	19.688%	270.00mg	15.00g	41.00g	2.00g		5.00g
Mini Powered WG Donuts	1 Mini Powered WG Donuts	270.00	3.00g	10.000%	230.00mg	11.00g	41.00g	2.00g		4.00g
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	240.00mg	9.00g	47.00g	3.00g		N/A
Otis Spunkmeyer Delicious Essentials Whole Grain Banana Muff	1 Otis Spunkmeyer Delicious Essentials Whole Grain	190.00	2.00g	9.474%	130.00mg	6.00g	30.00g	2.00g		3.00g
Otis Spunkmeyer Delicious Essentials Whole Grain Blueberry Muff	1 Otis Spunkmeyer Delicious Essentials Whole Grain	190.00	2.00g	9.474%	130.00mg	6.00g	30.00g	2.00g		3.00g
pastry, pop-tart hot fudge frosted	1 pastry, pop-tart hot fudge frosted	370.00	2.00g	4.865%	390.00mg	6.00g	76.00g	6.00g		6.00g
Pop-Tart Blueberry Frstd72-2ct WG	1 Pkg	360.00	2.00g	5.000%	360.00mg	5.00g	76.00g	6.00g		4.00g
Super Bakery Banana Bread	1 Super Bakery Banana Bread	260.00	1.50g	5.192%	240.00mg	8.00g	45.00g	2.00g		5.00g
Super Bakery White Whole Wheat Cinnamon Buns	1 Super Bakery White Whole Wheat Cinnamon Buns	240.00	3.00g	11.250%	280.00mg	7.00g	40.00g	3.00g		5.00g
Super Bakery Wild Berry Bread	1 Wild Berry Bread	270.00	1.50g	5.000%	250.00mg	8.00g	45.00g	2.00g		5.00g
Trix Cereal Bar	1 Trix Cereal Bar	160.00	0.50g	2.813%	105.00mg	3.50g	29.00g	3.00g		2.00g
WW Cinnamon Pop-Tart	1 WW Cinnamon Pop-Tart	370.00	2.00g	4.865%	400.00mg	6.00g	74.00g	6.00g		5.00g
WW Strawberry Pop-Tart	1 WW Strawberry Pop-Tart	350.00	2.00g	5.143%	370.00mg	5.00g	76.00g	6.00g		4.00g

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Recipe Nutrition Summary

for Warren Consolidated Schools
September 5, 2022 through September 9, 2022

9/8/2022 Cousino High 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%	70.00mg	0.00g	12.00g	0.00g		4.00g

9/9/2022 Cousino High 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 Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g
Appleway Oatmeal Apple Bar	1 Appleway Oatmeal Apple Bar	140.00	0.50g	3.214%	90.00mg	4.50g	23.00g	1.00g		2.00g
Appleway Oatmeal Choc Chip Bar	1 Appleway Oatmeal Choc Chip Bar	140.00	1.00g	6.429%	230.00mg	4.50g	23.00g	1.00g		2.00g
Appleway Oatmeal Strawberry Bar	1 Appleway Oatmeal Strawberry Bar	140.00	0.50g	3.214%	75.00mg	4.50g	23.00g	1.00g		2.00g
Aryzta Whole Grain Chocolate & Chocolate Chip Muffin	1 Aryzta Whole Grain Chocolate & Chocolate Chip Mu	190.00	2.00g	9.474%	130.00mg	6.00g	33.00g	2.00g		3.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted 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
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Breakfast juice	1/2 cup	60.50	0.00g	0.000%	5.00mg	0.00g	13.50g	0.00g		0.00g
Breakfast Round Ubr	1 round breakfast ubr	240.00	2.00g	7.500%	200.00mg	6.00g	42.00g	7.00g		5.00g
Cheerios Strawberry Cereal Bar	1 Cheerios Strawberry Cereal Bar	160.00	0.50g	2.813%	95.00mg	3.50g	30.00g	3.00g		2.00g
Cinnamon Frosted Flakes	1 Cinnamon Frosted Flakes	100.00	0.00g	0.000%	180.00mg	0.00g	24.00g	2.00g		2.00g
Cocoa Puffs Cereal Bar	1 Cocoa Puffs Cereal Bar	160.00	0.00g	0.000%	105.00mg	3.50g	30.00g	3.00g		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

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Recipe Nutrition Summary

for Warren Consolidated Schools
September 5, 2022 through September 9, 2022

9/9/2022 Cousino High 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>
French Toast Benefit Bar	1 French Toast Benefit Bar	280.00	0.00g	0.000%	210.00mg	9.00g	47.00g	3.00g		5.00g
Golden Grahams Cereal Bar	1 Golden Grahams Cereal Bar	150.00	0.50g	3.000%	110.00mg	3.00g	30.00g	3.00g		2.00g
Kellogg's Apple Jacks Cereal, Reduced Sugar, Whole Grain	1 Kellogg's Apple Jacks Cereal, Reduced Sugar, Who	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%	160.00mg	1.00g	24.00g	2.00g		2.00g
Lenders White Whole Grain 2 oz Bagel IW	1 Lenders White Whole Grain 2 oz Bagel iW	140.00	0.00g	0.000%	160.00mg	1.00g	28.00g	4.00g		6.00g
Light Cream Cheese Cup	1 Light Cream Cheese Cup	45.00	2.50g	50.000%	80.00mg	3.50g	1.00g	0.00g		2.00g
Light Mozzarella String Cheese - IW	1 Light Mozzarella String Cheese - iW	60.00	2.00g	30.000%	200.00mg	3.00g	1.00g	0.00g		7.00g
Mini Chocolate WG Donuts	1 Mini Chocolate WG Donuts	320.00	7.00g	19.688%	270.00mg	15.00g	41.00g	2.00g		5.00g
Mini Powered WG Donuts	1 Mini Powered WG Donuts	270.00	3.00g	10.000%	230.00mg	11.00g	41.00g	2.00g		4.00g
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	240.00mg	9.00g	47.00g	3.00g		N/A
Otis Spunkmeyer Delicious Essentials Whole Grain Banana Muff	1 Otis Spunkmeyer Delicious Essentials Whole Grain	190.00	2.00g	9.474%	130.00mg	6.00g	30.00g	2.00g		3.00g
Otis Spunkmeyer Delicious Essentials Whole Grain Blueberry M	1 Otis Spunkmeyer Delicious Essentials Whole Grain	190.00	2.00g	9.474%	130.00mg	6.00g	30.00g	2.00g		3.00g
pastry, pop-tart hot fudge frosted	1 pastry, pop-tart hot fudge frosted	370.00	2.00g	4.865%	390.00mg	6.00g	76.00g	6.00g		6.00g
Pop-Tart Blueberry Frstd72-2ct WG	1 Pkg	360.00	2.00g	5.000%	360.00mg	5.00g	76.00g	6.00g		4.00g
Super Bakery Banana Bread	1 Super Bakery Banana Bread	260.00	1.50g	5.192%	240.00mg	8.00g	45.00g	2.00g		5.00g
Super Bakery White Whole Wheat Cinnamon Buns	1 Super Bakery White Whole Wheat Cinnamon Buns	240.00	3.00g	11.250%	280.00mg	7.00g	40.00g	3.00g		5.00g
Super Bakery Wild Berry Bread	1 Wild Berry Bread	270.00	1.50g	5.000%	250.00mg	8.00g	45.00g	2.00g		5.00g

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

Recipe Nutrition Summary

for Warren Consolidated Schools
September 5, 2022 through September 9, 2022

9/9/2022 Cousino High 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>
Tony's Cheese and Egg Breakfast Pizza Bagel,	1 Tony's Cheese and Egg Breakfast Pizza Bagel,	180.00	3.00g	15.000%	380.00mg	6.00g	23.00g	2.00g		9.00g
Tony's Egg & Turkey Sausage Breakfast Pizza Bagel	1 Tony's Egg & Turkey Sausage Breakfast Pizza Bage	180.00	6.00g	30.000%	380.00mg	6.00g	23.00g	2.00g		10.00g
Trix Cereal Bar	1 Trix Cereal Bar	160.00	0.50g	2.813%	105.00mg	3.50g	29.00g	3.00g		2.00g
WW Cinnamon Pop-Tart	1 WW Cinnamon Pop-Tart	370.00	2.00g	4.865%	400.00mg	6.00g	74.00g	6.00g		5.00g
WW Strawberry Pop-Tart	1 WW Strawberry Pop-Tart	350.00	2.00g	5.143%	370.00mg	5.00g	76.00g	6.00g		4.00g
Yogurt Danimals Blended Strawberry-Banana Flavor NonFat	1 Yogurt Danimals Blended Strawberry-Banana Flavor	70.00	0.00g	0.000%	70.00mg	0.00g	12.00g	0.00g		4.00g

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