

# Recipe Nutrition Summary

for Warren Consolidated Schools  
September 13, 2021 through September 18, 2021

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

## 9/13/2021 Beer Middle School - Breakfast

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
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 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
Bagel Egg and Cheese Breakfast Sandwich	1	243.00	3.50g	12.963%	446.50mg	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
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
Cheerios Apple Cinnamon Cereal, Whole Grain	1 Bowl	110.00	0.00g	0.000%	110.00mg	1.50g	22.00g	2.00g		2.00g
Cheerios Fruity Cereal, Whole Grain	1 Bowl	120.00	0.00g	0.000%	140.00mg	1.50g	25.00g	2.00g		2.00g
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
Cocoa Puffs Cereal Bar	1 Cocoa Puffs Cereal Bar	150.00	0.50g	3.000%	110.00mg	3.00g	30.00g	3.00g		3.00g
Cream Cheese, Light	1 cheese, cream light	60.00	4.00g	60.000%	95.00mg	5.00g	1.00g	0.00g		2.00g
Double Chocolate Oatmeal Bar	1 Double Chocolate Oatmeal Bar	150.00	1.00g	6.000%	115.00mg	5.00g	24.00g	3.00g		2.00g
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
Lenders White Whole Grain 2 oz Bagel IW	1 Lenders White Whole Grain 2 oz Bagel iW	140.00	0.00g	0.000%	180.00mg	1.00g	28.00g	4.00g		6.00g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
September 13, 2021 through September 18, 2021

## 9/13/2021 Beer Middle 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>
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		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
Pop-Tart Hot Fudge WG	1	370.00	2.00g	4.865%	390.00mg	6.00g	76.00g	6.00g		5.00g
Strawberry Yogurt Cup	1 Strawberry Yogurt Cup	70.00	0.00g	0.000%	60.00mg	0.00g	14.00g	0.00g		4.00g
Super Bakery Banana Bread	1 Super Bakery Banana Bread	280.00	2.00g	6.429%	220.00mg	10.00g	44.00g	2.00g		5.00g
Super Bakery White Whole Wheat Cinnamon Bun	1 Cinnamon Bun	240.00	2.00g	7.500%	300.00mg	8.00g	38.00g	3.00g		5.00g
Trix Cereal Bar	1	380.60	1.60g	3.783%	271.00mg	8.00g	74.40g	6.50g		6.30g
White Milk 1%	1 White Milk 1%	110.00	1.50g	12.273%	130.00mg	2.50g	11.00g	0.00g		8.00g
Whole Grain Banana Muffin	1 Whole Grain Banana Muffin	170.00	1.00g	5.294%	150.00mg	5.00g	28.00g	0.00g		3.00g
Whole Grain Blueberry Muffin	1 Whole Grain Blueberry Muffin	200.00	1.50g	6.750%	140.00mg	7.00g	32.00g	2.00g		2.00g
Whole Grain Cinnamon Bun Stick	1 Whole Grain Cinnamon Bun Stick	150.00	1.00g	6.000%	115.00mg	2.50g	30.00g	3.00g		4.00g
Whole Grain Double Chocolate Muffin	1 Whole Grain Double Chocolate Muffin	180.00	1.50g	7.500%	120.00mg	6.00g	28.00g	2.00g		2.00g
WW Cinnamon Pop-Tart	1 WW Cinnamon Pop-Tart	360.00	2.00g	5.000%	360.00mg	6.00g	74.00g	6.00g		4.00g
WW Strawberry Pop-Tart	1 WW Strawberry Pop-Tart	360.00	2.00g	5.000%	360.00mg	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%	60.00mg	0.00g	14.00g	0.00g		4.00g

## 9/14/2021 Beer Middle 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>
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

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

# Recipe Nutrition Summary

## for Warren Consolidated Schools

### September 13, 2021 through September 18, 2021

9/14/2021 **Beer Middle 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>
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
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
Bosco Apple-Stuffed Breadsticks	1 Bosco Apple-Stuffed Breadsticks	190.00	0.50g	2.368%	170.00mg	2.50g	38.00g	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
Cheerios Apple Cinnamon Cereal, Whole Grain	1 Bowl	110.00	0.00g	0.000%	110.00mg	1.50g	22.00g	2.00g		2.00g
Cheerios Fruity Cereal, Whole Grain	1 Bowl	120.00	0.00g	0.000%	140.00mg	1.50g	25.00g	2.00g		2.00g
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
Cocoa Puffs Cereal Bar	1 Cocoa Puffs Cereal Bar	150.00	0.50g	3.000%	110.00mg	3.00g	30.00g	3.00g		3.00g
Cream Cheese, Light	1 cheese, cream light	60.00	4.00g	60.000%	95.00mg	5.00g	1.00g	0.00g		2.00g
Double Chocolate Oatmeal Bar	1 Double Chocolate Oatmeal Bar	150.00	1.00g	6.000%	115.00mg	5.00g	24.00g	3.00g		2.00g
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
Lenders White Whole Grain 2 oz Bagel IW	1 Lenders White Whole Grain 2 oz Bagel iW	140.00	0.00g	0.000%	180.00mg	1.00g	28.00g	4.00g		6.00g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
September 13, 2021 through September 18, 2021

## 9/14/2021 Beer Middle 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>
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
Pop-Tart Hot Fudge WG	1	370.00	2.00g	4.865%	390.00mg	6.00g	76.00g	6.00g		5.00g
Strawberry Yogurt Cup	1 Strawberry Yogurt Cup	70.00	0.00g	0.000%	60.00mg	0.00g	14.00g	0.00g		4.00g
Super Bakery Banana Bread	1 Super Bakery Banana Bread	280.00	2.00g	6.429%	220.00mg	10.00g	44.00g	2.00g		5.00g
Super Bakery White Whole Wheat Cinnamon Bun	1 Cinnamon Bun	240.00	2.00g	7.500%	300.00mg	8.00g	38.00g	3.00g		5.00g
Trix Cereal Bar	1	380.60	1.60g	3.783%	271.00mg	8.00g	74.40g	6.50g		6.30g
White Milk 1%	1 White Milk 1%	110.00	1.50g	12.273%	130.00mg	2.50g	11.00g	0.00g		8.00g
Whole Grain Banana Muffin	1 Whole Grain Banana Muffin	170.00	1.00g	5.294%	150.00mg	5.00g	28.00g	0.00g		3.00g
Whole Grain Blueberry Muffin	1 Whole Grain Blueberry Muffin	200.00	1.50g	6.750%	140.00mg	7.00g	32.00g	2.00g		2.00g
Whole Grain Cinnamon Bun Stick	1 Whole Grain Cinnamon Bun Stick	150.00	1.00g	6.000%	115.00mg	2.50g	30.00g	3.00g		4.00g
Whole Grainn Double Chocolate Muffin	1 Whole Grainn Double Chocolate Muffin	180.00	1.50g	7.500%	120.00mg	6.00g	28.00g	2.00g		2.00g
WW Cinnamon Pop-Tart	1 WW Cinnamon Pop-Tart	360.00	2.00g	5.000%	360.00mg	6.00g	74.00g	6.00g		4.00g
WW Strawberry Pop-Tart	1 WW Strawberry Pop-Tart	360.00	2.00g	5.000%	360.00mg	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%	60.00mg	0.00g	14.00g	0.00g		4.00g

## 9/15/2021 Beer Middle 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>
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 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

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

# Recipe Nutrition Summary

## for Warren Consolidated Schools

### September 13, 2021 through September 18, 2021

9/15/2021 **Beer Middle 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>
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
Cheerios Apple Cinnamon Cereal, Whole Grain	1 Bowl	110.00	0.00g	0.000%	110.00mg	1.50g	22.00g	2.00g		2.00g
Cheerios Fruity Cereal, Whole Grain	1 Bowl	120.00	0.00g	0.000%	140.00mg	1.50g	25.00g	2.00g		2.00g
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
Cocoa Puffs Cereal Bar	1 Cocoa Puffs Cereal Bar	150.00	0.50g	3.000%	110.00mg	3.00g	30.00g	3.00g		3.00g
Cream Cheese, Light	1 cheese, cream light	60.00	4.00g	60.000%	95.00mg	5.00g	1.00g	0.00g		2.00g
Double Chocolate Oatmeal Bar	1 Double Chocolate Oatmeal Bar	150.00	1.00g	6.000%	115.00mg	5.00g	24.00g	3.00g		2.00g
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 Nutri-Grain Apple Cereal Bars, Whol...	1 Bar	160.00	0.50g	2.812%	135.00mg	4.00g	30.00g	3.00g		2.00g
Kellogg's Nutri-Grain Blueberry Cereal Bars, Whole Grain	1 bar	160.00	0.50g	2.812%	135.00mg	4.00g	30.00g	3.00g		2.00g
Kellogg's Nutri-Grain Strawberry Cereal Bars, Whol...	1 Bar	160.00	0.50g	2.812%	150.00mg	4.00g	30.00g	3.00g		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%	180.00mg	1.00g	28.00g	4.00g		6.00g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
Milk - Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
September 13, 2021 through September 18, 2021

## 9/15/2021 Beer Middle 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>
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 Mini Pull-Apart Rolls	1 Pillsbury Cinnamon Mini Pull-Apart Rolls	240.00	1.50g	5.625%	270.00mg	7.00g	39.00g	2.00g		5.00g
Pop-Tart Blueberry Frstd72-2ct WG	1 Pkg	360.00	2.00g	5.000%	360.00mg	5.00g	76.00g	6.00g		4.00g
Pop-Tart Hot Fudge WG	1	370.00	2.00g	4.865%	390.00mg	6.00g	76.00g	6.00g		5.00g
Strawberry Yogurt Cup	1 Strawberry Yogurt Cup	70.00	0.00g	0.000%	60.00mg	0.00g	14.00g	0.00g		4.00g
Super Bakery Banana Bread	1 Super Bakery Banana Bread	280.00	2.00g	6.429%	220.00mg	10.00g	44.00g	2.00g		5.00g
Super Bakery White Whole Wheat Cinnamon Bun	1 Cinnamon Bun	240.00	2.00g	7.500%	300.00mg	8.00g	38.00g	3.00g		5.00g
Trix Cereal Bar	1	380.60	1.60g	3.783%	271.00mg	8.00g	74.40g	6.50g		6.30g
White Milk 1%	1 White Milk 1%	110.00	1.50g	12.273%	130.00mg	2.50g	11.00g	0.00g		8.00g
Whole Grain Banana Muffin	1 Whole Grain Banana Muffin	170.00	1.00g	5.294%	150.00mg	5.00g	28.00g	0.00g		3.00g
Whole Grain Blueberry Muffin	1 Whole Grain Blueberry Muffin	200.00	1.50g	6.750%	140.00mg	7.00g	32.00g	2.00g		2.00g
Whole Grain Cinnamon Bun Stick	1 Whole Grain Cinnamon Bun Stick	150.00	1.00g	6.000%	115.00mg	2.50g	30.00g	3.00g		4.00g
Whole Grainn Double Chocolate Muffin	1 Whole Grainn Double Chocolate Muffin	180.00	1.50g	7.500%	120.00mg	6.00g	28.00g	2.00g		2.00g
WW Cinnamon Pop-Tart	1 WW Cinnamon Pop-Tart	360.00	2.00g	5.000%	360.00mg	6.00g	74.00g	6.00g		4.00g
WW Strawberry Pop-Tart	1 WW Strawberry Pop-Tart	360.00	2.00g	5.000%	360.00mg	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%	60.00mg	0.00g	14.00g	0.00g		4.00g

## 9/16/2021 Beer Middle 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>
Apple Cinnamon Benefit Bar	1 Apple Cinnamon	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
September 13, 2021 through September 18, 2021

9/16/2021 **Beer Middle 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>	
	Breakfast Bar										
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	
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	
Cheerios Apple Cinnamon Cereal, Whole Grain	1 Bowl	110.00	0.00g	0.000%	110.00mg	1.50g	22.00g	2.00g		2.00g	
Cheerios Fruity Cereal, Whole Grain	1 Bowl	120.00	0.00g	0.000%	140.00mg	1.50g	25.00g	2.00g		2.00g	
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	
Cocoa Puffs Cereal Bar	1 Cocoa Puffs Cereal Bar	150.00	0.50g	3.000%	110.00mg	3.00g	30.00g	3.00g		3.00g	
Cream Cheese, Light	1 cheese, cream light	60.00	4.00g	60.000%	95.00mg	5.00g	1.00g	0.00g		2.00g	
Double Chocolate Oatmeal Bar	1 Double Chocolate Oatmeal Bar	150.00	1.00g	6.000%	115.00mg	5.00g	24.00g	3.00g		2.00g	
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 Nutri-Grain Apple Cereal Bars, Whol...	1 Bar	160.00	0.50g	2.812%	135.00mg	4.00g	30.00g	3.00g		2.00g	
Kellogg's Nutri-Grain Blueberry Cereal Bars, Whole Grain	1 bar	160.00	0.50g	2.812%	135.00mg	4.00g	30.00g	3.00g		2.00g	
Kellogg's Nutri-Grain Strawberry Cereal Bars, Whol...	1 Bar	160.00	0.50g	2.812%	150.00mg	4.00g	30.00g	3.00g		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%	180.00mg	1.00g	28.00g	4.00g		6.00g	
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A	

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
September 13, 2021 through September 18, 2021

9/16/2021 **Beer Middle 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>
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		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
Pancake Mini Eggos	1 Pancake Mini Eggos	200.00	1.00g	4.500%	300.00mg	5.00g	34.00g	3.00g		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
Pop-Tart Hot Fudge WG	1	370.00	2.00g	4.865%	390.00mg	6.00g	76.00g	6.00g		5.00g
Strawberry Yogurt Cup	1 Strawberry Yogurt Cup	70.00	0.00g	0.000%	60.00mg	0.00g	14.00g	0.00g		4.00g
Super Bakery Banana Bread	1 Super Bakery Banana Bread	280.00	2.00g	6.429%	220.00mg	10.00g	44.00g	2.00g		5.00g
Super Bakery White Whole Wheat Cinnamon Bun	1 Cinnamon Bun	240.00	2.00g	7.500%	300.00mg	8.00g	38.00g	3.00g		5.00g
Trix Cereal Bar	1	380.60	1.60g	3.783%	271.00mg	8.00g	74.40g	6.50g		6.30g
White Milk 1%	1 White Milk 1%	110.00	1.50g	12.273%	130.00mg	2.50g	11.00g	0.00g		8.00g
Whole Grain Banana Muffin	1 Whole Grain Banana Muffin	170.00	1.00g	5.294%	150.00mg	5.00g	28.00g	0.00g		3.00g
Whole Grain Blueberry Muffin	1 Whole Grain Blueberry Muffin	200.00	1.50g	6.750%	140.00mg	7.00g	32.00g	2.00g		2.00g
Whole Grain Cinnamon Bun Stick	1 Whole Grain Cinnamon Bun Stick	150.00	1.00g	6.000%	115.00mg	2.50g	30.00g	3.00g		4.00g
Whole Grainn Double Chocolate Muffin	1 Whole Grainn Double Chocolate Muffin	180.00	1.50g	7.500%	120.00mg	6.00g	28.00g	2.00g		2.00g
WW Cinnamon Pop-Tart	1 WW Cinnamon Pop-Tart	360.00	2.00g	5.000%	360.00mg	6.00g	74.00g	6.00g		4.00g
WW Strawberry Pop-Tart	1 WW Strawberry Pop-Tart	360.00	2.00g	5.000%	360.00mg	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%	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 13, 2021 through September 18, 2021

9/16/2021 **Beer Middle 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>
--	---------------------	-----------------	----------------------	--	---------------	------------	--------------	----------------------	---------------	----------------

9/17/2021 **Beer Middle 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>
--	---------------------	-----------------	----------------------	--	---------------	------------	--------------	----------------------	---------------	----------------

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 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
----------------	---------	-------	-------	--------	--------	-------	--------	-------	--	-------

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
-----------------------	-------------------------	--------	-------	--------	----------	-------	--------	-------	--	-------

Cheerios Apple Cinnamon Cereal, Whole Grain	1 Bowl	110.00	0.00g	0.000%	110.00mg	1.50g	22.00g	2.00g		2.00g
---	--------	--------	-------	--------	----------	-------	--------	-------	--	-------

Cheerios Fruity Cereal, Whole Grain	1 Bowl	120.00	0.00g	0.000%	140.00mg	1.50g	25.00g	2.00g		2.00g
-------------------------------------	--------	--------	-------	--------	----------	-------	--------	-------	--	-------

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
---	--------	--------	-------	--------	----------	-------	--------	-------	--	-------

Cocoa Puffs Cereal Bar	1 Cocoa Puffs Cereal Bar	150.00	0.50g	3.000%	110.00mg	3.00g	30.00g	3.00g		3.00g
------------------------	--------------------------	--------	-------	--------	----------	-------	--------	-------	--	-------

Cream Cheese, Light	1 cheese, cream light	60.00	4.00g	60.000%	95.00mg	5.00g	1.00g	0.00g		2.00g
---------------------	-----------------------	-------	-------	---------	---------	-------	-------	-------	--	-------

Double Chocolate Oatmeal Bar	1 Double Chocolate Oatmeal Bar	150.00	1.00g	6.000%	115.00mg	5.00g	24.00g	3.00g		2.00g
------------------------------	--------------------------------	--------	-------	--------	----------	-------	--------	-------	--	-------

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 Nutri-Grain Apple Cereal Bars, Whol...	1 Bar	160.00	0.50g	2.812%	135.00mg	4.00g	30.00g	3.00g		2.00g
--	-------	--------	-------	--------	----------	-------	--------	-------	--	-------

Kellogg's Nutri-Grain Blueberry Cereal Bars, Whole Grain	1 bar	160.00	0.50g	2.812%	135.00mg	4.00g	30.00g	3.00g		2.00g
--	-------	--------	-------	--------	----------	-------	--------	-------	--	-------

Kellogg's Nutri-Grain Strawberry Cereal Bars, Whol...	1 Bar	160.00	0.50g	2.812%	150.00mg	4.00g	30.00g	3.00g		2.00g
---	-------	--------	-------	--------	----------	-------	--------	-------	--	-------

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
September 13, 2021 through September 18, 2021

9/17/2021 **Beer Middle 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>
Lenders White Whole Grain 2 oz Bagel IW	1 Lenders White Whole Grain 2 oz Bagel iW	140.00	0.00g	0.000%	180.00mg	1.00g	28.00g	4.00g		6.00g
Max Egg & Turkey Bacon Sandwiches	1 Max Egg & Turkey Bacon Sandwiches	210.00	2.50g	10.714%	360.00mg	8.00g	25.00g	2.00g		9.00g
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A
Milk -Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		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
Pop-Tart Blueberry Frstd72-2ct WG	1 Pkg	360.00	2.00g	5.000%	360.00mg	5.00g	76.00g	6.00g		4.00g
Pop-Tart Hot Fudge WG	1	370.00	2.00g	4.865%	390.00mg	6.00g	76.00g	6.00g		5.00g
Strawberry Yogurt Cup	1 Strawberry Yogurt Cup	70.00	0.00g	0.000%	60.00mg	0.00g	14.00g	0.00g		4.00g
Super Bakery Banana Bread	1 Super Bakery Banana Bread	280.00	2.00g	6.429%	220.00mg	10.00g	44.00g	2.00g		5.00g
Super Bakery White Whole Wheat Cinnamon Bun	1 Cinnamon Bun	240.00	2.00g	7.500%	300.00mg	8.00g	38.00g	3.00g		5.00g
Trix Cereal Bar	1	380.60	1.60g	3.783%	271.00mg	8.00g	74.40g	6.50g		6.30g
White Milk 1%	1 White Milk 1%	110.00	1.50g	12.273%	130.00mg	2.50g	11.00g	0.00g		8.00g
Whole Grain Banana Muffin	1 Whole Grain Banana Muffin	170.00	1.00g	5.294%	150.00mg	5.00g	28.00g	0.00g		3.00g
Whole Grain Blueberry Muffin	1 Whole Grain Blueberry Muffin	200.00	1.50g	6.750%	140.00mg	7.00g	32.00g	2.00g		2.00g
Whole Grain Cinnamon Bun Stick	1 Whole Grain Cinnamon Bun Stick	150.00	1.00g	6.000%	115.00mg	2.50g	30.00g	3.00g		4.00g
Whole Grainn Double Chocolate Muffin	1 Whole Grainn Double Chocolate Muffin	180.00	1.50g	7.500%	120.00mg	6.00g	28.00g	2.00g		2.00g
WW Cinnamon Pop-Tart	1 WW Cinnamon Pop-Tart	360.00	2.00g	5.000%	360.00mg	6.00g	74.00g	6.00g		4.00g

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

# Recipe Nutrition Summary

for Warren Consolidated Schools  
September 13, 2021 through September 18, 2021

9/17/2021 **Beer Middle 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>
WW Strawberry Pop-Tart	1 WW Strawberry Pop-Tart	360.00	2.00g	5.000%	360.00mg	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%	60.00mg	0.00g	14.00g	0.00g		4.00g

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