

Recipe Nutrition Summary

for Warren Consolidated Schools
October 4, 2021 through October 30, 2021

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

10/4/2021 Black Elementary 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>
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
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiments	1 oz.	44.98	0.46g *	9.127% *	326.40mg	2.94g *	4.64g	0.12g *		0.00g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Breaded Chicken Sandwich	1 sandwich	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Corn Frozen	1/2 cup	74.16	N/A	N/A	3.71mg	0.74g	15.57g	1.48g		2.22g
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
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Pears Sliced Canned	.5 cup	62.00	0.00g	0.000%	4.00mg	0.00g	16.00g	2.00g		0.00g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
Whole Grain Cheddar Goldfish Crackers	1 pkt	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g

10/5/2021 Black Elementary 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>
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
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g

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

Recipe Nutrition Summary

for Warren Consolidated Schools
October 4, 2021 through October 30, 2021

10/5/2021 Black Elementary 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>
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Elementary Hummus & Greek Salad Bar	1 Salad	410.53	5.28g	11.576%	1008.88mg	13.23g	50.07g	5.73g		16.72g
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
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
sausage link, turkey	2 sausage link, turkey	130.00	3.00g	20.769%	450.00mg	10.00g	1.00g	0.00g		10.00g
tomato, cherry	1	21.00	0.00g	0.000%	8.80mg	0.00g	4.90g	0.98g		1.00g

10/6/2021 Black Elementary 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>
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
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Carrots frozen	1/2 cup (#8 scoop)	36.68	0.00g	0.000%	58.42mg	1.36g	8.15g	2.72g		1.09g
Cinnamon applesauce	1/2 cup	51.61	0.00g	0.039%	15.07mg	0.01g	13.52g	2.35g		0.03g
Elem Grilled Cheese on WCS Made Whole WHeat Bread	1	311.33	6.14g	17.580%	1164.00mg	13.12g	30.73g	3.17g		18.97g
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
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
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
October 4, 2021 through October 30, 2021

10/6/2021 Black Elementary 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>
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
Whole Grain Gold Fish Crackers	1 Whole Grain Gold Fish Crackers	100.00	1.00g	9.000%	170.00mg	4.00g	14.00g	1.00g		3.00g

10/7/2021 Black Elementary 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>
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
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Chicken Strips	3 Chicken Strips	260.00	2.50g	8.654%	390.00mg	15.00g	16.00g	3.00g		15.00g
Elementary Hummus & Greek Salad Bar	1 Salad	410.53	5.28g	11.576%	1008.88mg	13.23g	50.07g	5.73g		16.72g
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
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
Mixed Fruit	1/2 cup #8 scoop	68.00	0.00g	0.000%	7.56mg	0.00g	18.00g	1.20g		0.00g
State & Capital cookies	1 bag	130.00	1.00g	6.923%	95.00mg	4.00g	22.00g	1.00g		2.00g
Vegetarian Beans Canned	1/2 cup (#8Scoop)	145.08	0.00g	0.000%	553.69mg	0.00g	29.70g	6.11g		7.12g *

10/8/2021 Black Elementary 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>
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
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g

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10/8/2021 Black Elementary 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>
Assorted Condiments	1 oz.	44.98	0.46g *	9.127% *	326.40mg	2.94g *	4.64g	0.12g *		0.00g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
BROCCOLI,RAW	1/2 cup	12.00	0.00g	0.000%	12.00mg	0.00g	2.00g	0.00g		1.00g
Elem Strawberry Parfait	.5 cup	63.00	0.13g	1.786%	15.33mg	0.19g	14.88g	2.20g *		0.88g
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
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
Tony's 4x6 Cheese Pizza	1 Pizza	300.00	5.00g	15.000%	440.00mg	11.00g	34.00g	4.00g		16.00g
Whole Grain Cheddar Goldfish Crackers	1 pkt	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g

10/11/2021 Black Elementary 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>
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
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Beef hot Dog on a Whole Wheat Bun	1 hot dog	272.00	6.00g	19.853%	120.00mg *	18.00g	22.00g	4.00g		12.00g

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

Recipe Nutrition Summary

for Warren Consolidated Schools
October 4, 2021 through October 30, 2021

10/11/2021 Black Elementary 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
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Peaches Diced Canned	.50 cup	68.00	0.00g	0.000%	6.00mg	0.00g	18.00g	2.00g		1.00g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
Vegetarian Beans Canned	1/2 cup (#8Scoop)	145.08	0.00g	0.000%	553.69mg	0.00g	29.70g	6.11g		7.12g *
Whole Grain Cheddar Goldfish Crackers	1 pkt	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g

10/12/2021 Black Elementary 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>
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 Slices	1 pkg	30.00	0.00g	0.000%	0.00mg	0.00g	7.00g	1.00g		0.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Cream Cheese, Light	1 cheese, cream light	60.00	4.00g	60.000%	95.00mg	5.00g	1.00g	0.00g		2.00g
Elementary Hummus & Greek Salad Bar	1 Salad	410.53	5.28g	11.576%	1008.88mg	13.23g	50.07g	5.73g		16.72g
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
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
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g

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

Recipe Nutrition Summary

for Warren Consolidated Schools
October 4, 2021 through October 30, 2021

10/12/2021 Black Elementary 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>
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Raw baby carrots	.5	38.16	0.00g	0.000%	48.68mg	0.00g	9.21g	2.63g		1.32g
Strawberry Yogurt Cup	1 Strawberry Yogurt Cup	70.00	0.00g	0.000%	60.00mg	0.00g	14.00g	0.00g		4.00g

10/13/2021 Black Elementary 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>
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
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
cheese ravioli with marinara sauce	3 each	253.85	0.00g *	0.000% *	1073.08mg	5.46g	34.08g	3.46g		17.46g
Corn Frozen	1/2 cup	74.16	N/A	N/A	3.71mg	0.74g	15.57g	1.48g		2.22g
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
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Pear Delite	.5 cups	72.61	0.00g	0.000%	6.06mg	0.00g	18.58g	2.56g		0.07g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
Strawberry Fat Free Milk	1 Strawberry Fat Free Milk	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		8.00g
Whole Grain Gold Fish Crackers	1 Whole Grain Gold Fish Crackers	100.00	1.00g	9.000%	170.00mg	4.00g	14.00g	1.00g		3.00g

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

Recipe Nutrition Summary

for Warren Consolidated Schools
October 4, 2021 through October 30, 2021

10/14/2021 Black Elementary 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>
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
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiments	1 oz.	44.98	0.46g *	9.127% *	326.40mg	2.94g *	4.64g	0.12g *		0.00g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Chicken nuggets	1 serving of 5	240.00	2.50g	9.375%	470.00mg	14.00g	16.00g	3.00g		13.00g
Elementary Hummus & Greek Salad Bar	1 Salad	410.53	5.28g	11.576%	1008.88mg	13.23g	50.07g	5.73g		16.72g
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
fruited jello	1/2 cup (#8 scoop)	114.49	N/A	N/A	38.42mg *	N/A	29.54g	1.10g *		0.37g *
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
Roasted Broccoli	1/2 cup	61.42	0.46g	6.698%	24.28mg	3.20g	4.86g	1.94g		1.94g
Scooby Graham Snacks	1	120.00	1.00g	7.500%	115.00mg	3.50g	21.00g	1.00g		2.00g

10/15/2021 Black Elementary 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>
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
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Blueberry Yogurt Prafait	.5 cup	82.80	0.13g	1.359%	14.59mg	0.92g	18.78g	2.93g *		1.61g

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

Recipe Nutrition Summary

for Warren Consolidated Schools
October 4, 2021 through October 30, 2021

10/15/2021 Black Elementary 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
Galaxy 4" Whole Grain Round Cheese Pizza	1 Galaxy 4" Whole Grain Round Cheese Pizza	280.00	6.00g	19.286%	440.00mg	12.00g	26.00g	3.00g		15.00g
Green Beans - frozen	1/2 cup	29.14	0.00g	0.000%	0.00mg	0.00g	4.86g	1.94g		0.97g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
Whole Grain Cheddar Goldfish Crackers	1 pkt	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g

10/18/2021 Black Elementary 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>
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
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
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
Hamburger Patty	1 Hamburger Patty	120.00	3.50g	26.250%	120.00mg	8.00g	1.00g	1.00g		13.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
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
October 4, 2021 through October 30, 2021

10/18/2021 Black Elementary 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>
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
Potato Smiles	1/2 cup--4 pcs	130.62	0.50g	0.385%	180.85mg	4.52g	20.09g	2.01g		2.01g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
Whole Grain Cheddar Goldfish Crackers	1 pkt	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g
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

10/19/2021 Black Elementary 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>
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 Slices	1 pkg	30.00	0.00g	0.000%	0.00mg	0.00g	7.00g	1.00g		0.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Elementary Hummus & Greek Salad Bar	1 Salad	410.53	5.28g	11.576%	1008.88mg	13.23g	50.07g	5.73g		16.72g
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
JTM mini Corn Dog	6 corn dogs	270.00	2.00g	6.667%	370.00mg	11.00g	33.00g	3.00g		9.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
Vegetarian Beans Canned	1/2 cup (#8Scoop)	145.08	0.00g	0.000%	553.69mg	0.00g	29.70g	6.11g		7.12g *

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

Recipe Nutrition Summary

for Warren Consolidated Schools
October 4, 2021 through October 30, 2021

10/20/2021 Black Elementary 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>
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
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Carrots frozen	1/2 cup (#8 scoop)	36.68	0.00g	0.000%	58.42mg	1.36g	8.15g	2.72g		1.09g
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
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
Macaroni and Cheese Whole Grain/elbow	6 oz	299.99	N/A	N/A	659.99mg	15.00g	27.00g	2.00g		16.00g
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Pears Sliced Canned	.5 cup	62.00	0.00g	0.000%	4.00mg	0.00g	16.00g	2.00g		0.00g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
White Wheat Breadstick	1 White Wheat Breadstick	60.00	0.00g	0.000%	70.00mg	0.50g	13.00g	1.00g		2.00g
Whole Grain Gold Fish Crackers	1 Whole Grain Gold Fish Crackers	100.00	1.00g	9.000%	170.00mg	4.00g	14.00g	1.00g		3.00g

10/21/2021 Black Elementary 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>
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
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g

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

Recipe Nutrition Summary

for Warren Consolidated Schools
October 4, 2021 through October 30, 2021

10/21/2021 Black Elementary 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>
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Beacon Street Caf Whole Grain Stuffed Cheese Stick	2 sticks	310.00	7.00g	20.323%	590.00mg	13.00g	31.00g	3.00g		18.00g
Cucumber select	1/2 cup	22.50	0.00g	0.000%	0.00mg	0.00g	4.50g	1.49g		1.50g
Elementary Hummus & Greek Salad Bar	1 Salad	410.53	5.28g	11.576%	1008.88mg	13.23g	50.07g	5.73g		16.72g
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
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
Marinara Sauce	4 oz	54.43	0.00g	0.000%	444.52mg	1.81g	8.16g	1.81g		1.81g
Mixed Fruit	1/2 cup #8 scoop	68.00	0.00g	0.000%	7.56mg	0.00g	18.00g	1.20g		0.00g

10/22/2021 Black Elementary 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>
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
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiments	1 oz.	44.98	0.46g *	9.127% *	326.40mg	2.94g *	4.64g	0.12g *		0.00g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
BROCCOLI,RAW	1/2 cup	12.00	0.00g	0.000%	12.00mg	0.00g	2.00g	0.00g		1.00g
Elem Strawberry Parfait	.5 cup	63.00	0.13g	1.786%	15.33mg	0.19g	14.88g	2.20g *		0.88g
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
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g

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

Recipe Nutrition Summary

for Warren Consolidated Schools
October 4, 2021 through October 30, 2021

10/22/2021 Black Elementary 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>
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
Tony's 4x6 Cheese Pizza	1 Pizza	300.00	5.00g	15.000%	440.00mg	11.00g	34.00g	4.00g		16.00g
Whole Grain Cheddar Goldfish Crackers	1 pkt	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g

10/25/2021 Black Elementary 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>
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
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiments	1 oz.	44.98	0.46g *	9.127% *	326.40mg	2.94g *	4.64g	0.12g *		0.00g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Breaded Chicken Sandwich	1 sandwich	370.00	2.50g	6.081%	585.00mg	2.00g *	40.00g	8.00g		19.00g
Corn Frozen	1/2 cup	74.16	N/A	N/A	3.71mg	0.74g	15.57g	1.48g		2.22g
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
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Pears Sliced Canned	.5 cup	62.00	0.00g	0.000%	4.00mg	0.00g	16.00g	2.00g		0.00g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
Whole Grain Cheddar Goldfish Crackers	1 pkt	100.00	1.00g	9.000%	170.00mg	3.50g	14.00g	1.00g		3.00g

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

Recipe Nutrition Summary

for Warren Consolidated Schools
October 4, 2021 through October 30, 2021

10/26/2021 Black Elementary 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>
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
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Elementary Hummus & Greek Salad Bar	1 Salad	410.53	5.28g	11.576%	1008.88mg	13.23g	50.07g	5.73g		16.72g
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
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
sausage link, turkey	2 sausage link, turkey	130.00	3.00g	20.769%	450.00mg	10.00g	1.00g	0.00g		10.00g
tomato, cherry	1	21.00	0.00g	0.000%	8.80mg	0.00g	4.90g	0.98g		1.00g

10/27/2021 Black Elementary 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>
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
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
BROCCOLI,RAW	1/2 cup	12.00	0.00g	0.000%	12.00mg	0.00g	2.00g	0.00g		1.00g
Carrots frozen	1/2 cup (#8 scoop)	36.68	0.00g	0.000%	58.42mg	1.36g	8.15g	2.72g		1.09g

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

Recipe Nutrition Summary

for Warren Consolidated Schools
October 4, 2021 through October 30, 2021

10/27/2021 Black Elementary 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>
Elem Pumpkin Pudding	.5 cup	87.85	0.37g	3.800%	155.09mg	0.62g	16.68g	0.95g		2.45g
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
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
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g
Penne Pasta with Alfredo Sauce	1 Penne Pasta with Alfredo Sauce	290.00	7.00g	21.724%	1140.00mg	12.00g	30.00g	2.00g		17.00g
Soybutter & Grape Jelly Sandwich	1 Soybutter & Jam Sandwich	290.00	3.00g	9.310%	220.00mg	16.00g	28.00g	4.00g		9.00g
Whole Grain Gold Fish Crackers	1 Whole Grain Gold Fish Crackers	100.00	1.00g	9.000%	170.00mg	4.00g	14.00g	1.00g		3.00g

10/28/2021 Black Elementary 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>
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
Animal Shape Chicken Nuggets	4 Nuggets	333.33	4.67g	12.600%	466.67mg	18.67g	20.00g	2.67g		18.67g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted Condiment-SCC	1 oz	21.75	0.10g *	3.953% *	297.56mg	0.61g	4.08g	0.39g *		0.21g *
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Assorted Vegetables	.50 cup	24.77	0.00g	0.000%	45.86mg	0.00g	5.26g	1.87g		1.13g
Black Eyed Peas	1 Black Eyed Peas	100.00	0.00g	0.000%	470.00mg	0.00g	19.00g	4.00g		5.00g
Elementary Hummus & Greek Salad Bar	1 Salad	410.53	5.28g	11.576%	1008.88mg	13.23g	50.07g	5.73g		16.72g
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"

Recipe Nutrition Summary

for Warren Consolidated Schools
October 4, 2021 through October 30, 2021

10/28/2021 **Black Elementary 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>
Keebler Bug Bites Cinnamon Graham Crackers	1 Pkt	120.00	1.00g	7.500%	115.00mg	3.50g	21.00g	1.00g		2.00g
Lunch juice	1/2 cup	60.00	0.00g	0.000%	7.50mg	0.00g	13.50g	0.00g		0.00g
Sidekicks Eeek! Slushie	1 Slushie	90.00	0.00g	0.000%	25.00mg	0.00g	22.00g	0.00g		0.00g

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