

Carbohydrate Report

District: St. Louis Public Schools

School: Central VPA

Menu: Saint Louis SLPS G1 9-12 Lunch



Mon - 02/02/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS G1 9-12 Lunch			
Recipe	Total		
Ham Sub	1.00 Sub	285.953	31.263
Ham & Cheese Sub	1.00 Sub	297.162	32.294
Turkey Sub	1.00 Sub	312.704	30.597
Turkey & Cheese Sub	1.00 Sub	310.202	31.955
Vegetable Sub	1.00 Sub	342.948	41.179
Italian Sub	1.00 Sub	363.732	32.562
Pastrami & Cheese Sandwich	1.00 Sandwich	290.354	30.395
Chicken Pesto Penne	1.50 cup	268.949*	19.203*
Chicken Pomodoro Penne	1.50 cup	218.676*	15.750*
Chicken Garlic Cream Penne	1.50 cup	267.493*	20.819*
Beef Tacos, 6" WG	2.00 Tacos	305.947	36.574
Fajita Chicken WG Tacos	2.00 Tacos	367.715	34.700
Baja Fish WG Tacos	2.00 Tacos	287.116	30.506*
Beef Corn Tacos w/ Rice	2.00 Tacos	367.023	53.760
Chicken Tacos w/ Rice	2.00 Tacos	478.949	49.672
Baja FishTacos w/ Rice	2.00 Tacos	348.192	47.692*
Cheese Pizza	1.00 slice	363.121	37.651
Ham & Cheese Sandwich	1.00 Sandwich	273.112	30.783
Ham Sandwich	1.00 Sandwich	269.277	29.875
Ham, Turkey & Cheese Sandwich	1.00 Sandwich	278.998	30.658
Turkey Sandwich	1.00 Sandwich	258.670	28.864
Turkey & Cheese Sandwich	1.00 Sandwich	274.512	30.389
Deli Stacker Sandwich	1.00 sandwich	312.701	31.382
Ham Wrap	1.00 Wrap	296.624	32.274
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955

Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
Ground Beef Pomodoro Penne	1.50 cup	140.534*	12.925*
Ground Beef Pesto Penne	1.50 cup	190.807*	16.378*
Ground Beef Garlic Cream Penne	1.50 cup	189.351*	17.994*
Italian Panini	1.00 Panini	405.873	34.613
Italian Wrap	1.00 Wrap	380.506	35.911
Shepard's Pie w/ Roll & Rice	1.00 5x5 Piece	448.506	46.266
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Pepperoni Pizza	1.00 slice	373.284	37.854
Beef & Broccoli Stir Fry w/ Brown Rice	1.00 Serving	416.779	59.933
Large Grilled Chicken Garden Salad w/ Crackers	1.00 salad	434.577	44.201
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Fresh Steamed Broccoli	1/2 cup	41.971	3.544
Sliced Jalapenos	1.00 oz	4.564	0.913
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475
Fresh Red Salsa	1/4 Cup	59.212	11.899
Mexicom	1/2 cup	92.485	16.131
Lettuce/Spinach Mix	1.00 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Monterey Vegetables	1/2 cup	109.331	6.584
Fresh Pico	1/4 Cup	18.523	4.378
Verde Salsa	1/4 Cup	10.276	1.952
Lettuce, Iceberg Shredded	1/4 cup	2.481	0.526
Salad Bar, Peppers, Red	1/2 cup	20.088	3.907
Tater Gem	1/2 cup	130.844	14.624
Fresh Banana	1.00 Banana	105.020	26.951
Pineapple Tidbits	1/2 CUP	48.599	12.150
Fat Free Chocolate Milk	1.00 carton	110.000	19.000

White 1% Low Fat Milk	1.00 carton	110.000	13.000
Mustard Dispenser	1.00 TBSP	0.000	0.000
Mayonnaise	1.00 TBSP	38.811	1.941
Ketchup	1.00 TBSP	9.901	1.980
Ranch Dressing	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.611	0.070
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		139.823*	15.647*
% of Calories			44.76%

Tue - 02/03/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)

Saint Louis SLPS G1 9-12 Lunch			
Recipe	Total		
Ham Sub	1.00 Sub	285.953	31.263
Ham & Cheese Sub	1.00 Sub	297.162	32.294
Turkey Sub	1.00 Sub	312.704	30.597
Turkey & Cheese Sub	1.00 Sub	310.202	31.955
Vegetable Sub	1.00 Sub	342.948	41.179
Italian Sub	1.00 Sub	363.732	32.562
Pastrami & Cheese Sandwich	1.00 Sandwich	290.354	30.395
Chicken Pesto Penne	1.50 cup	268.949*	19.203*
Chicken Pomodoro Penne	1.50 cup	218.676*	15.750*
Chicken Garlic Cream Penne	1.50 cup	267.493*	20.819*
Beef Tacos, 6" WG	2.00 Tacos	305.947	36.574
Fajita Chicken WG Tacos	2.00 Tacos	367.715	34.700
Baja Fish WG Tacos	2.00 Tacos	287.116	30.506*
Beef Com Tacos w/ Rice	2.00 Tacos	367.023	53.760

Chicken Tacos w/ Rice	2.00 Tacos	478.949	49.672
Baja FishTacos w/ Rice	2.00 Tacos	348.192	47.692*
Cheese Pizza	1.00 slice	363.121	37.651
Ham Sandwich	1.00 Sandwich	269.277	29.875
Ham, Turkey & Cheese Sandwich	1.00 Sandwich	278.998	30.658
Ham & Cheese Sandwich	1.00 Sandwich	273.112	30.783
Turkey Sandwich	1.00 Sandwich	258.670	28.864
Turkey & Cheese Sandwich	1.00 Sandwich	274.512	30.389
Deli Stacker Sandwich	1.00 sandwich	312.701	31.382
Ham Wrap	1.00 Wrap	296.624	32.274
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
Ground Beef Pomodoro Penne	1.50 cup	140.534*	12.925*
Ground Beef Pesto Penne	1.50 cup	190.807*	16.378*
Ground Beef Garlic Cream Penne	1.50 cup	189.351*	17.994*
Italian Panini	1.00 Panini	405.873	34.613
Italian Wrap	1.00 Wrap	380.506	35.911
Orange Chicken w/ Rice	12.00 Pieces	609.820	88.606
Cheeseburger	1.00 burger	285.437	27.012
Buffalo Chicken Pizza	1.00 slice	440.596	38.145
Turkey Taco Salad	1.00 salad	625.859	61.014
Chicken Snowbowl w/ Roll & Rice	1.00 Serving	527.990	79.959
Salad Bar, Broccoli, Florets	¹ / ₂ cup	15.557	3.038
Sliced Jalapenos	1.00 oz	4.564	0.913
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475
Fresh Red Salsa	¹ / ₄ Cup	59.212	11.899
Mexicom	¹ / ₂ cup	92.485	16.131
Lettuce/Spinach Mix	1.00 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	¹ / ₂ cup	9.072	1.633

Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Monterey Vegetables	1/2 cup	109.331	6.584
Fresh Pico	1/4 Cup	18.523	4.378
Verde Salsa	1/4 Cup	10.276	1.952
Lettuce, Iceberg Shredded	1/4 cup	2.481	0.526
Salad Bar, Peppers, Red	1/2 cup	20.088	3.907
Green Peas	1/2 cup	100.950	13.348
Tater Gem	1/2 cup	130.844	14.624
Fresh Orange	1.00 ORANGE	61.570	15.393
Applesauce, Unsweet	1/2 cup	60.000	15.000
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Mustard Dispenser	1.00 TBSP	0.000	0.000
Mayonnaise	1.00 TBSP	38.811	1.941
Ketchup	1.00 TBSP	9.901	1.980
Ranch Dressing	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.611	0.070
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		161.426*	19.071*
% of Calories			47.26%

Wed - 02/04/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis SLPS G1 9-12 Lunch			
Recipe	Total		
Ham Sub	1.00 Sub	285.953	31.263
Ham & Cheese Sub	1.00 Sub	297.162	32.294
Turkey Sub	1.00 Sub	312.704	30.597
Turkey & Cheese Sub	1.00 Sub	310.202	31.955

Item	Quantity	Unit	Price	Total
Vegetable Sub	1.00	Sub	342.948	41.179
Italian Sub	1.00	Sub	363.732	32.562
Pastrami & Cheese Sandwich	1.00	Sandwich	290.354	30.395
Chicken Pesto Penne	1.50	cup	268.949*	19.203*
Chicken Pomodoro Penne	1.50	cup	218.676*	15.750*
Chicken Garlic Cream Penne	1.50	cup	267.493*	20.819*
Beef Tacos, 6" WG	2.00	Tacos	305.947	36.574
Fajita Chicken WG Tacos	2.00	Tacos	367.715	34.700
Baja Fish WG Tacos	2.00	Tacos	287.116	30.506*
Beef Corn Tacos w/ Rice	2.00	Tacos	367.023	53.760
Chicken Tacos w/ Rice	2.00	Tacos	478.949	49.672
Baja FishTacos w/ Rice	2.00	Tacos	348.192	47.692*
Cheese Pizza	1.00	slice	363.121	37.651
Ham Sandwich	1.00	Sandwich	269.277	29.875
Ham, Turkey & Cheese Sandwich	1.00	Sandwich	278.998	30.658
Ham & Cheese Sandwich	1.00	Sandwich	273.112	30.783
Turkey Sandwich	1.00	Sandwich	258.670	28.864
Turkey & Cheese Sandwich	1.00	Sandwich	274.512	30.389
Deli Stacker Sandwich	1.00	sandwich	312.701	31.382
Ham Wrap	1.00	Wrap	296.624	32.274
Ham & Cheese Wrap	1.00	Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00	Wrap	320.202	32.955
Turkey Wrap	1.00	Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00	Wrap	332.026	33.291
Italian Wrap	1.00	Wrap	380.506	35.911
Ground Beef Pomodoro Penne	1.50	cup	140.534*	12.925*
Ground Beef Pesto Penne	1.50	cup	190.807*	16.378*
Ground Beef Garlic Cream Penne	1.50	cup	189.351*	17.994*
Italian Panini	1.00	Panini	405.873	34.613
Chili Cheese Baked Potato & Rolls	1.00	Potato	660.503	107.977
Hamburger	1.00	burger	250.000	26.000

Item Name	Quantity	Unit Price	Total Price
Sausage Crumbles Pizza	1.00 slice	403.746	38.901
Small Italian Chicken Salad w/ crackers	1.00 salad	403.768	41.770
Beef LoMein w/ Rice	1.00 cup	459.127	62.043
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Sliced Jalapenos	1.00 oz	4.564	0.913
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475
Fresh Red Salsa	1/4 Cup	59.212	11.899
Mexicom	1/2 cup	92.485	16.131
Lettuce/Spinach Mix	1.00 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Monterey Vegetables	1/2 cup	109.331	6.584
Fresh Pico	1/4 Cup	18.523	4.378
Verde Salsa	1/4 Cup	10.276	1.952
Lettuce, Iceberg Shredded	1/4 cup	2.481	0.526
Salad Bar, Peppers, Red	1/2 cup	20.088	3.907
Tater Gem	1/2 cup	130.844	14.624
Green Beans	1/2 cup	42.485	5.019
Fresh Apple	1.00 Apple	77.480	20.577
Diced Pears	1/2 Cup	60.601	15.150
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Mustard Dispenser	1.00 TBSP	0.000	0.000
Mayonnaise	1.00 TBSP	38.811	1.941
Ketchup	1.00 TBSP	9.901	1.980
Ranch Dressing	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.611	0.070
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071

Sour Cream	2.00 tablespoons	94.200	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		127.090*	14.267*
% of Calories			44.90%

Thu - 02/05/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS G1 9-12 Lunch			
Recipe	Total		
Ham Sub	1.00 Sub	285.953	31.263
Ham & Cheese Sub	1.00 Sub	297.162	32.294
Turkey Sub	1.00 Sub	312.704	30.597
Turkey & Cheese Sub	1.00 Sub	310.202	31.955
Vegetable Sub	1.00 Sub	342.948	41.179
Italian Sub	1.00 Sub	363.732	32.562
Pastrami & Cheese Sandwich	1.00 Sandwich	290.354	30.395
Chicken Pesto Penne	1.50 cup	268.949*	19.203*
Chicken Pomodoro Penne	1.50 cup	218.676*	15.750*
Chicken Garlic Cream Penne	1.50 cup	267.493*	20.819*
Beef Tacos, 6" WG	2.00 Tacos	305.947	36.574
Fajita Chicken WG Tacos	2.00 Tacos	367.715	34.700
Baja Fish WG Tacos	2.00 Tacos	287.116	30.506*
Beef Corn Tacos w/ Rice	2.00 Tacos	367.023	53.760
Chicken Tacos w/ Rice	2.00 Tacos	478.949	49.672
Baja FishTacos w/ Rice	2.00 Tacos	348.192	47.692*
Cheese Pizza	1.00 slice	363.121	37.651
Ham Sandwich	1.00 Sandwich	269.277	29.875
Ham, Turkey & Cheese Sandwich	1.00 Sandwich	278.998	30.658
Ham & Cheese Sandwich	1.00 Sandwich	273.112	30.783
Turkey Sandwich	1.00 Sandwich	258.670	28.864
Turkey & Cheese Sandwich	1.00 Sandwich	274.512	30.389
Deli Stacker Sandwich	1.00 sandwich	312.701	31.382
Ham Wrap	1.00 Wrap	296.624	32.274

Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
Ground Beef Pomodoro Penne	1.50 cup	140.534*	12.925*
Ground Beef Pesto Penne	1.50 cup	190.807*	16.378*
Ground Beef Garlic Cream Penne	1.50 cup	189.351*	17.994*
Italian Panini	1.00 Panini	405.873	34.613
Italian Wrap	1.00 Wrap	380.506	35.911
Breaded Baked Chicken w/ Roll	1.00 Serv (Per Recipe)	338.170	23.431
Sweet & Sour Chicken w/ Rice	12.00 Pieces	472.178	63.137
BBQ Chicken Pizza	1.00 slice	416.926	42.020
Large Chicken Caesar Salad w/ Crackers	1.00 salad	517.696	45.064
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Sliced Jalapenos	1.00 oz	4.564	0.913
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475
Fresh Red Salsa	1/4 Cup	59.212	11.899
Mexicom	1/2 cup	92.485	16.131
Lettuce/Spinach Mix	1.00 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Monterey Vegetables	1/2 cup	109.331	6.584
Fresh Pico	1/4 Cup	18.523	4.378
Verde Salsa	1/4 Cup	10.276	1.952
Lettuce, Iceberg Shredded	1/4 cup	2.481	0.526
Salad Bar, Peppers, Red	1/2 cup	20.088	3.907
Tater Gem	1/2 cup	130.844	14.624
Cooked Crinkle Cut Carrots	1/2 Cup	49.980	8.988
Salad Bar, Beans, Garbanzo	1/2 cup	119.330	19.888
Fresh Banana	1.00 Banana	105.020	26.951

Fruit Cocktail	1/2 Cup	61.679	14.979
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Mustard Dispenser	1.00 TBSP	0.000	0.000
Mayonnaise	1.00 TBSP	38.811	1.941
Ketchup	1.00 TBSP	9.901	1.980
Ranch Dressing	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.611	0.070
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		141.465*	15.201*
% of Calories			42.98%

Fri - 02/06/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS G1 9-12 Lunch			
Recipe	Total		
Ham Sub	1.00 Sub	285.953	31.263
Ham & Cheese Sub	1.00 Sub	297.162	32.294
Turkey Sub	1.00 Sub	312.704	30.597
Vegetable Sub	1.00 Sub	342.948	41.179
Turkey & Cheese Sub	1.00 Sub	310.202	31.955
Italian Sub	1.00 Sub	363.732	32.562
Beef Corn Tacos w/ Rice	2.00 Tacos	367.023	53.760
Pastrami & Cheese Sandwich	1.00 Sandwich	290.354	30.395
Chicken Pesto Penne	1.50 cup	268.949*	19.203*
Chicken Pomodoro Penne	1.50 cup	218.676*	15.750*
Chicken Garlic Cream Penne	1.50 cup	267.493*	20.819*
Beef Tacos, 6" WG	2.00 Tacos	305.947	36.574

Fajita Chicken WG Tacos	2.00 Tacos	367.715	34.700
Baja Fish WG Tacos	2.00 Tacos	287.116	30.506*
Chicken Tacos w/ Rice	2.00 Tacos	478.949	49.672
Baja FishTacos w/ Rice	2.00 Tacos	348.192	47.692*
Cheese Pizza	1.00 slice	363.121	37.651
Ham Sandwich	1.00 Sandwich	269.277	29.875
Ham, Turkey & Cheese Sandwich	1.00 Sandwich	278.998	30.658
Ham & Cheese Sandwich	1.00 Sandwich	273.112	30.783
Turkey Sandwich	1.00 Sandwich	258.670	28.864
Turkey & Cheese Sandwich	1.00 Sandwich	274.512	30.389
Deli Stacker Sandwich	1.00 sandwich	312.701	31.382
Ham Wrap	1.00 Wrap	296.624	32.274
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
Ground Beef Pomodoro Penne	1.50 cup	140.534*	12.925*
Ground Beef Pesto Penne	1.50 cup	190.807*	16.378*
Ground Beef Garlic Cream Penne	1.50 cup	189.351*	17.994*
Italian Wrap	1.00 Wrap	380.506	35.911
Chicken Chow Mein	1.50 cup	408.501	68.441
Italian Panini	1.00 Panini	405.873	34.613
Salisbury Steak w/ Roll & Rice	1.00 Patty	351.005	45.014
Chicken Alfredo Pizza	1.00 slice	380.624	37.075
Small Crispy Chicken Salad w/ Crackers	1.00 salad	367.172	32.268
Cheeseburger	1.00 burger	285.437	27.012
Salad Bar, Broccoli, Florets	$\frac{1}{2}$ cup	15.557	3.038
Sliced Jalapenos	1.00 oz	4.564	0.913
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475
Fresh Red Salsa	$\frac{1}{4}$ Cup	59.212	11.899
Mexicom	$\frac{1}{2}$ cup	92.485	16.131

Lettuce/Spinach Mix	1.00 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Monterey Vegetables	1/2 cup	109.331	6.584
Fresh Pico	1/4 Cup	18.523	4.378
Verde Salsa	1/4 Cup	10.276	1.952
Lettuce, Iceberg Shredded	1/4 cup	2.481	0.526
Salad Bar, Peppers, Red	1/2 cup	20.088	3.907
Tater Gem	1/2 cup	130.844	14.624
Vegetables, Frzn, 5 Way Mixed	1/2 cup	74.670	9.148
Mandarin Oranges	1/2 Cup	65.064	15.801
Sliced Peaches	1/2 Cup	92.748	22.525
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Mustard Dispenser	1.00 TBSP	0.000	0.000
Mayonnaise	1.00 TBSP	38.811	1.941
Ketchup	1.00 TBSP	9.901	1.980
Ranch Dressing	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.611	0.070
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		126.781*	14.732*
% of Calories			46.48%

Mon - 02/09/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS G1 9-12 Lunch			
Recipe	Total		
Ham Sub	1.00 Sub	285.953	31.263

Ham & Cheese Sub	1.00 Sub	297.162	32.294
Turkey Sub	1.00 Sub	312.704	30.597
Vegetable Sub	1.00 Sub	342.948	41.179
Turkey & Cheese Sub	1.00 Sub	310.202	31.955
Italian Sub	1.00 Sub	363.732	32.562
Pastrami & Cheese Sandwich	1.00 Sandwich	290.354	30.395
Chicken Pesto Penne	1.50 cup	268.949*	19.203*
Chicken Pomodoro Penne	1.50 cup	218.676*	15.750*
Chicken Garlic Cream Penne	1.50 cup	267.493*	20.819*
Beef Tacos, 6" WG	2.00 Tacos	305.947	36.574
Fajita Chicken WG Tacos	2.00 Tacos	367.715	34.700
Baja Fish WG Tacos	2.00 Tacos	287.116	30.506*
Beef Corn Tacos w/ Rice	2.00 Tacos	367.023	53.760
Chicken Tacos w/ Rice	2.00 Tacos	478.949	49.672
Baja FishTacos w/ Rice	2.00 Tacos	348.192	47.692*
Cheese Pizza	1.00 slice	363.121	37.651
Ham Sandwich	1.00 Sandwich	269.277	29.875
Ham, Turkey & Cheese Sandwich	1.00 Sandwich	278.998	30.658
Ham & Cheese Sandwich	1.00 Sandwich	273.112	30.783
Turkey Sandwich	1.00 Sandwich	258.670	28.864
Turkey & Cheese Sandwich	1.00 Sandwich	274.512	30.389
Deli Stacker Sandwich	1.00 sandwich	312.701	31.382
Ham Wrap	1.00 Wrap	296.624	32.274
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
Ground Beef Pomodoro Penne	1.50 cup	140.534*	12.925*
Ground Beef Pesto Penne	1.50 cup	190.807*	16.378*
Ground Beef Garlic Cream Penne	1.50 cup	189.351*	17.994*
Italian Wrap	1.00 Wrap	380.506	35.911

Shepard's Pie w/ Roll & Rice	1.00 5x5 Piece	448.506	46.266
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Beef & Broccoli Stir Fry w/ Brown Rice	1.00 Serving	416.779	59.933
Cordon Bleu Panini	1.00 panini	339.732	34.551
Large Chef Salad w/ Roll	1.00 salad	423.635	43.128
Supreme Pizza	1.00 slice	408.438	38.644
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Sliced Jalapenos	1.00 oz	4.564	0.913
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475
Fresh Red Salsa	1/4 Cup	59.212	11.899
Mexicom	1/2 cup	92.485	16.131
Lettuce/Spinach Mix	1.00 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Monterey Vegetables	1/2 cup	109.331	6.584
Fresh Pico	1/4 Cup	18.523	4.378
Verde Salsa	1/4 Cup	10.276	1.952
Lettuce, Iceberg Shredded	1/4 cup	2.481	0.526
Salad Bar, Peppers, Red	1/2 cup	20.088	3.907
Seasoned Crinkle Cut Sweet Potato Fries	1/2 cup	130.893	22.151
Seasoned Potato Wedges	1/2 cup	102.279	16.769
Fresh Banana	1.00 Banana	105.020	26.951
Pineapple Tidbits	1/2 CUP	48.599	12.150
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Mustard Dispenser	1.00 TBSP	0.000	0.000
Mayonnaise	1.00 TBSP	38.811	1.941
Ketchup	1.00 TBSP	9.901	1.980
Ranch Dressing	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.611	0.070
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134

Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		138.606*	15.301*
% of Calories			44.16%

Tue - 02/10/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS G1 9-12 Lunch			
Recipe	Total		
Ham Sub	1.00 Sub	285.953	31.263
Ham & Cheese Sub	1.00 Sub	297.162	32.294
Turkey Sub	1.00 Sub	312.704	30.597
Vegetable Sub	1.00 Sub	342.948	41.179
Turkey & Cheese Sub	1.00 Sub	310.202	31.955
Italian Sub	1.00 Sub	363.732	32.562
Pastrami & Cheese Sandwich	1.00 Sandwich	290.354	30.395
Chicken Pesto Penne	1.50 cup	268.949*	19.203*
Chicken Pomodoro Penne	1.50 cup	218.676*	15.750*
Chicken Garlic Cream Penne	1.50 cup	267.493*	20.819*
Beef Tacos, 6" WG	2.00 Tacos	305.947	36.574
Fajita Chicken WG Tacos	2.00 Tacos	367.715	34.700
Baja Fish WG Tacos	2.00 Tacos	287.116	30.506*
Beef Corn Tacos w/ Rice	2.00 Tacos	367.023	53.760
Chicken Tacos w/ Rice	2.00 Tacos	478.949	49.672
Baja FishTacos w/ Rice	2.00 Tacos	348.192	47.692*
Cheese Pizza	1.00 slice	363.121	37.651
Ham Sandwich	1.00 Sandwich	269.277	29.875
Ham, Turkey & Cheese Sandwich	1.00 Sandwich	278.998	30.658
Ham & Cheese Sandwich	1.00 Sandwich	273.112	30.783
Turkey Sandwich	1.00 Sandwich	258.670	28.864

Turkey & Cheese Sandwich	1.00 Sandwich	274.512	30.389
Deli Stacker Sandwich	1.00 sandwich	312.701	31.382
Ham Wrap	1.00 Wrap	296.624	32.274
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
Ground Beef Pomodoro Penne	1.50 cup	140.534*	12.925*
Ground Beef Pesto Penne	1.50 cup	190.807*	16.378*
Ground Beef Garlic Cream Penne	1.50 cup	189.351*	17.994*
Italian Wrap	1.00 Wrap	380.506	35.911
Chicken Snowbowl w/ Roll & Rice	1.00 Serving	527.990	79.959
Orange Chicken w/ Rice	12.00 Pieces	609.820	88.606
Cheeseburger	1.00 burger	285.437	27.012
Cordon Bleu Panini	1.00 panini	339.732	34.551
Chicken Salad w/ Crackers	1.00 salad	395.282	56.097
Ham & Cheese Pizza	1.00 slice	371.662	37.809
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Sliced Jalapenos	1.00 oz	4.564	0.913
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475
Fresh Red Salsa	1/4 Cup	59.212	11.899
Mexicom	1/2 cup	92.485	16.131
Lettuce/Spinach Mix	1.00 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Monterey Vegetables	1/2 cup	109.331	6.584
Fresh Pico	1/4 Cup	18.523	4.378
Verde Salsa	1/4 Cup	10.276	1.952
Lettuce, Iceberg Shredded	1/4 cup	2.481	0.526
Salad Bar, Peppers, Red	1/2 cup	20.088	3.907
Italian Mixed Veggies	1/2 cup	80.727	4.574

Seasoned Potato Wedges	1/2 cup	102.279	16.769
Fresh Orange	1.00 ORANGE	61.570	15.393
Applesauce, Unsweet	1/2 cup	60.000	15.000
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Mustard Dispenser	1.00 TBSP	0.000	0.000
Mayonnaise	1.00 TBSP	38.811	1.941
Ketchup	1.00 TBSP	9.901	1.980
Ranch Dressing	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.611	0.070
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		151.626*	18.518*
% of Calories			48.85%

Wed - 02/11/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS G1 9-12 Lunch			
Recipe	Total		
Ham Sub	1.00 Sub	285.953	31.263
Turkey Sub	1.00 Sub	312.704	30.597
Vegetable Sub	1.00 Sub	342.948	41.179
Turkey & Cheese Sub	1.00 Sub	310.202	31.955
Italian Sub	1.00 Sub	363.732	32.562
Pastrami & Cheese Sandwich	1.00 Sandwich	290.354	30.395
Chicken Pesto Penne	1.50 cup	268.949*	19.203*
Chicken Pomodoro Penne	1.50 cup	218.676*	15.750*
Chicken Garlic Cream Penne	1.50 cup	267.493*	20.819*
Beef Tacos, 6" WG	2.00 Tacos	305.947	36.574

Fajita Chicken WG Tacos	2.00 Tacos	367.715	34.700
Baja Fish WG Tacos	2.00 Tacos	287.116	30.506*
Beef Com Tacos w/ Rice	2.00 Tacos	367.023	53.760
Chicken Tacos w/ Rice	2.00 Tacos	478.949	49.672
Baja FishTacos w/ Rice	2.00 Tacos	348.192	47.692*
Cheese Pizza	1.00 slice	363.121	37.651
Ham Sandwich	1.00 Sandwich	269.277	29.875
Ham, Turkey & Cheese Sandwich	1.00 Sandwich	278.998	30.658
Ham & Cheese Sandwich	1.00 Sandwich	273.112	30.783
Turkey Sandwich	1.00 Sandwich	258.670	28.864
Turkey & Cheese Sandwich	1.00 Sandwich	274.512	30.389
Deli Stacker Sandwich	1.00 sandwich	312.701	31.382
Ham Wrap	1.00 Wrap	296.624	32.274
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
Ham & Cheese Sub	1.00 Sub	297.162	32.294
Ground Beef Pomodoro Penne	1.50 cup	140.534*	12.925*
Ground Beef Pesto Penne	1.50 cup	190.807*	16.378*
Ground Beef Garlic Cream Penne	1.50 cup	189.351*	17.994*
Italian Wrap	1.00 Wrap	380.506	35.911
Chili Cheese Baked Potato & Rolls	1.00 Potato	660.503	107.977
Hamburger	1.00 burger	250.000	26.000
Beef LoMein	1.50 cup	376.059	67.481
Cordon Bleu Panini	1.00 panini	339.732	34.551
Large BBQ Chicken Salad w/ Crackers	1.00 salad	471.032	50.089
Spicy Chicken Pizza	1.00 slice	430.621	41.901
Beef LoMein w/ Rice	1.00 cup	459.127	62.043
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Sliced Jalapenos	1.00 oz	4.564	0.913

Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475
Fresh Red Salsa	1/4 Cup	59.212	11.899
Mexicom	1/2 cup	92.485	16.131
Lettuce/Spinach Mix	1.00 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Monterey Vegetables	1/2 cup	109.331	6.584
Fresh Pico	1/4 Cup	18.523	4.378
Verde Salsa	1/4 Cup	10.276	1.952
Lettuce, Iceberg Shredded	1/4 cup	2.481	0.526
Salad Bar, Peppers, Red	1/2 cup	20.088	3.907
Seasoned Potato Wedges	1/2 cup	102.279	16.769
Mashed Potatoes	1/2 cup	26.756	3.339
Fresh Apple	1.00 Apple	77.480	20.577
Diced Pears	1/2 Cup	60.601	15.150
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Mustard Dispenser	1.00 TBSP	0.000	0.000
Mayonnaise	1.00 TBSP	38.811	1.941
Ketchup	1.00 TBSP	9.901	1.980
Ranch Dressing	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.611	0.070
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		133.976*	15.542*
% of Calories			46.40%



Saint Louis SLPS G1 9-12 Lunch

Recipe	Total		
Ham Sub	1.00 Sub	285.953	31.263
Turkey Sub	1.00 Sub	312.704	30.597
Vegetable Sub	1.00 Sub	342.948	41.179
Turkey & Cheese Sub	1.00 Sub	310.202	31.955
Italian Sub	1.00 Sub	363.732	32.562
Pastrami & Cheese Sandwich	1.00 Sandwich	290.354	30.395
Chicken Pesto Penne	1.50 cup	268.949*	19.203*
Chicken Pomodoro Penne	1.50 cup	218.676*	15.750*
Chicken Garlic Cream Penne	1.50 cup	267.493*	20.819*
Beef Tacos, 6" WG	2.00 Tacos	305.947	36.574
Fajita Chicken WG Tacos	2.00 Tacos	367.715	34.700
Baja Fish WG Tacos	2.00 Tacos	287.116	30.506*
Beef Corn Tacos w/ Rice	2.00 Tacos	367.023	53.760
Chicken Tacos w/ Rice	2.00 Tacos	478.949	49.672
Baja FishTacos w/ Rice	2.00 Tacos	348.192	47.692*
Cheese Pizza	1.00 slice	363.121	37.651
Ham Sandwich	1.00 Sandwich	269.277	29.875
Ham, Turkey & Cheese Sandwich	1.00 Sandwich	278.998	30.658
Ham & Cheese Sandwich	1.00 Sandwich	273.112	30.783
Turkey Sandwich	1.00 Sandwich	258.670	28.864
Turkey & Cheese Sandwich	1.00 Sandwich	274.512	30.389
Deli Stacker Sandwich	1.00 sandwich	312.701	31.382
Ham Wrap	1.00 Wrap	296.624	32.274
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
Ham & Cheese Sub	1.00 Sub	297.162	32.294
Ground Beef Pomodoro Penne	1.50 cup	140.534*	12.925*

Ground Beef Pesto Penne	1.50 cup	190.807*	16.378*
Ground Beef Garlic Cream Penne	1.50 cup	189.351*	17.994*
Italian Wrap	1.00 Wrap	380.506	35.911
Sweet & Sour Chicken w/ Rice	12.00 Pieces	472.178	63.137
Cordon Bleu Panini	1.00 panini	339.732	34.551
Large Cobb Salad w/ Crackers	1.00 Salad	411.271	44.652
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Pepperoni & Jalapeno Pizza	1.00 slice	374.534	38.104
Spaghetti w/ Meatsauce & Breadstick	1.00 cup	324.750	93.959
Sliced Jalapenos	1.00 oz	4.564	0.913
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475
Fresh Red Salsa	1/4 Cup	59.212	11.899
Mexicom	1/2 cup	92.485	16.131
Lettuce/Spinach Mix	1.00 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Monterey Vegetables	1/2 cup	109.331	6.584
Fresh Pico	1/4 Cup	18.523	4.378
Verde Salsa	1/4 Cup	10.276	1.952
Lettuce, Iceberg Shredded	1/4 cup	2.481	0.526
Salad Bar, Peppers, Red	1/2 cup	20.088	3.907
Salad Bar, Beans, Garbanzo	1/2 cup	119.330	19.888
Seasoned Potato Wedges	1/2 cup	102.279	16.769
Cooked Crinkle Cut Carrots	1/2 Cup	49.980	8.988
Tomato Wedges	1/4 Cup	7.851	1.697
Fruit Cocktail	1/2 Cup	61.679	14.979
Fresh Apple	1.00 Apple	77.480	20.577
SS Goldfish Physedible Strawberry	1.00 Pouch	120.000	18.000
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Mustard Dispenser	1.00 TBSP	0.000	0.000
Mayonnaise	1.00 TBSP	38.811	1.941

Ketchup	1.00 TBSP	9.901	1.980
Ranch Dressing	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.611	0.070
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		118.086*	13.854*
% of Calories			46.93%

Fri - 02/13/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS G1 9-12 Lunch				
Recipe	Total			
Weighted Daily Average		N/A	N/A	
% of Calories			N/A	

Mon - 02/16/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS G1 9-12 Lunch				
Recipe	Total			
Weighted Daily Average		N/A	N/A	
% of Calories			N/A	

Tue - 02/17/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS G1 9-12 Lunch				
Recipe	Total			
Ham Sub	1.00 Sub	285.953	31.263	
Ham & Cheese Sub	1.00 Sub	297.162	32.294	
Turkey Sub	1.00 Sub	312.704	30.597	
Turkey & Cheese Sub	1.00 Sub	310.202	31.955	
Vegetable Sub	1.00 Sub	342.948	41.179	
Italian Sub	1.00 Sub	363.732	32.562	

Pastrami & Cheese Sandwich	1.00 Sandwich	290.354	30.395
Chicken Pesto Penne	1.50 cup	268.949*	19.203*
Chicken Pomodoro Penne	1.50 cup	218.676*	15.750*
Chicken Garlic Cream Penne	1.50 cup	267.493*	20.819*
Beef Tacos, 6" WG	2.00 Tacos	305.947	36.574
Fajita Chicken WG Tacos	2.00 Tacos	367.715	34.700
Baja Fish WG Tacos	2.00 Tacos	287.116	30.506*
Beef Corn Tacos w/ Rice	2.00 Tacos	367.023	53.760
Chicken Tacos w/ Rice	2.00 Tacos	478.949	49.672
Baja FishTacos w/ Rice	2.00 Tacos	348.192	47.692*
Cheese Pizza	1.00 slice	363.121	37.651
Ham Sandwich	1.00 Sandwich	269.277	29.875
Ham, Turkey & Cheese Sandwich	1.00 Sandwich	278.998	30.658
Ham & Cheese Sandwich	1.00 Sandwich	273.112	30.783
Turkey Sandwich	1.00 Sandwich	258.670	28.864
Turkey & Cheese Sandwich	1.00 Sandwich	274.512	30.389
Deli Stacker Sandwich	1.00 sandwich	312.701	31.382
Ham Wrap	1.00 Wrap	296.624	32.274
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
Ground Beef Pomodoro Penne	1.50 cup	140.534*	12.925*
Ground Beef Pesto Penne	1.50 cup	190.807*	16.378*
Ground Beef Garlic Cream Penne	1.50 cup	189.351*	17.994*
Italian Wrap	1.00 Wrap	380.506	35.911
Chicken Snowbowl w/ Roll & Rice	1.00 Serving	527.990	79.959
Orange Chicken w/ Rice	12.00 Pieces	609.820	88.606
Cheeseburger	1.00 burger	285.437	27.012
Buffalo Chicken Pizza	1.00 slice	440.596	38.145
Turkey Pesto Panini	1.00 Panini	504.231	39.478

Turkey Taco Salad	1.00 salad	625.859	61.014
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Sliced Jalapenos	1.00 oz	4.564	0.913
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475
Fresh Red Salsa	1/4 Cup	59.212	11.899
Mexicom	1/2 cup	92.485	16.131
Lettuce/Spinach Mix	1.00 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Monterey Vegetables	1/2 cup	109.331	6.584
Fresh Pico	1/4 Cup	18.523	4.378
Verde Salsa	1/4 Cup	10.276	1.952
Lettuce, Iceberg Shredded	1/4 cup	2.481	0.526
Salad Bar, Peppers, Red	1/2 cup	20.088	3.907
Green Peas	1/2 cup	100.950	13.348
Tater Gem	1/2 cup	130.844	14.624
Fresh Orange	1.00 ORANGE	61.570	15.393
Applesauce, Unsweet	1/2 cup	60.000	15.000
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Mustard Dispenser	1.00 TBSP	0.000	0.000
Mayonnaise	1.00 TBSP	38.811	1.941
Ketchup	1.00 TBSP	9.901	1.980
Ranch Dressing	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.611	0.070
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		161.623*	19.081*

% of Calories	47.22%
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Wed - 02/18/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis SLPS G1 9-12 Lunch

Recipe	Total		
Ham Sub	1.00 Sub	285.953	31.263
Ham & Cheese Sub	1.00 Sub	297.162	32.294
Turkey Sub	1.00 Sub	312.704	30.597
Turkey & Cheese Sub	1.00 Sub	310.202	31.955
Vegetable Sub	1.00 Sub	342.948	41.179
Italian Sub	1.00 Sub	363.732	32.562
Pastrami & Cheese Sandwich	1.00 Sandwich	290.354	30.395
Chicken Pesto Penne	1.50 cup	268.949*	19.203*
Chicken Pomodoro Penne	1.50 cup	218.676*	15.750*
Chicken Garlic Cream Penne	1.50 cup	267.493*	20.819*
Beef Tacos, 6" WG	2.00 Tacos	305.947	36.574
Fajita Chicken WG Tacos	2.00 Tacos	367.715	34.700
Baja Fish WG Tacos	2.00 Tacos	287.116	30.506*
Beef Corn Tacos w/ Rice	2.00 Tacos	367.023	53.760
Chicken Tacos w/ Rice	2.00 Tacos	478.949	49.672
Baja FishTacos w/ Rice	2.00 Tacos	348.192	47.692*
Cheese Pizza	1.00 slice	363.121	37.651
Ham Sandwich	1.00 Sandwich	269.277	29.875
Ham, Turkey & Cheese Sandwich	1.00 Sandwich	278.998	30.658
Ham & Cheese Sandwich	1.00 Sandwich	273.112	30.783
Turkey Sandwich	1.00 Sandwich	258.670	28.864
Turkey & Cheese Sandwich	1.00 Sandwich	274.512	30.389
Deli Stacker Sandwich	1.00 sandwich	312.701	31.382
Ham Wrap	1.00 Wrap	296.624	32.274
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294

Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
Ground Beef Pomodoro Penne	1.50 cup	140.534*	12.925*
Ground Beef Pesto Penne	1.50 cup	190.807*	16.378*
Ground Beef Garlic Cream Penne	1.50 cup	189.351*	17.994*
Italian Wrap	1.00 Wrap	380.506	35.911
Chili Cheese Baked Potato & Rolls	1.00 Potato	660.503	107.977
Hamburger	1.00 burger	250.000	26.000
Sausage Crumbles Pizza	1.00 slice	403.746	38.901
Turkey Pesto Panini	1.00 Panini	504.231	39.478
Small Italian Chicken Salad w/ crackers	1.00 salad	403.768	41.770
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Sliced Jalapenos	1.00 oz	4.564	0.913
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475
Fresh Red Salsa	1/4 Cup	59.212	11.899
Mexicom	1/2 cup	92.485	16.131
Lettuce/Spinach Mix	1.00 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Monterey Vegetables	1/2 cup	109.331	6.584
Fresh Pico	1/4 Cup	18.523	4.378
Verde Salsa	1/4 Cup	10.276	1.952
Lettuce, Iceberg Shredded	1/4 cup	2.481	0.526
Salad Bar, Peppers, Red	1/2 cup	20.088	3.907
Tater Gem	1/2 cup	130.844	14.624
Green Beans	1/2 cup	42.485	5.019
Fresh Apple	1.00 Apple	77.480	20.577
Diced Pears	1/2 Cup	60.601	15.150
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Mustard Dispenser	1.00 TBSP	0.000	0.000

Mayonnaise	1.00 TBSP	38.811	1.941
Ketchup	1.00 TBSP	9.901	1.980
Ranch Dressing	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.611	0.070
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		119.022*	13.160*
% of Calories			44.23%

Thu - 02/19/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis SLPS G1 9-12 Lunch			
Recipe	Total		
Ham Sub	1.00 Sub	285.953	31.263
Ham & Cheese Sub	1.00 Sub	297.162	32.294
Turkey Sub	1.00 Sub	312.704	30.597
Turkey & Cheese Sub	1.00 Sub	310.202	31.955
Vegetable Sub	1.00 Sub	342.948	41.179
Italian Sub	1.00 Sub	363.732	32.562
Pastrami & Cheese Sandwich	1.00 Sandwich	290.354	30.395
Chicken Pesto Penne	1.50 cup	268.949*	19.203*
Chicken Pomodoro Penne	1.50 cup	218.676*	15.750*
Chicken Garlic Cream Penne	1.50 cup	267.493*	20.819*
Beef Tacos, 6" WG	2.00 Tacos	305.947	36.574
Fajita Chicken WG Tacos	2.00 Tacos	367.715	34.700
Baja Fish WG Tacos	2.00 Tacos	287.116	30.506*
Beef Com Tacos w/ Rice	2.00 Tacos	367.023	53.760
Chicken Tacos w/ Rice	2.00 Tacos	478.949	49.672
Baja FishTacos w/ Rice	2.00 Tacos	348.192	47.692*

Cheese Pizza	1.00 slice	363.121	37.651
Ham Sandwich	1.00 Sandwich	269.277	29.875
Ham, Turkey & Cheese Sandwich	1.00 Sandwich	278.998	30.658
Ham & Cheese Sandwich	1.00 Sandwich	273.112	30.783
Turkey Sandwich	1.00 Sandwich	258.670	28.864
Turkey & Cheese Sandwich	1.00 Sandwich	274.512	30.389
Deli Stacker Sandwich	1.00 sandwich	312.701	31.382
Ham Wrap	1.00 Wrap	296.624	32.274
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
Ground Beef Pomodoro Penne	1.50 cup	140.534*	12.925*
Ground Beef Pesto Penne	1.50 cup	190.807*	16.378*
Ground Beef Garlic Cream Penne	1.50 cup	189.351*	17.994*
Italian Wrap	1.00 Wrap	380.506	35.911
Sweet & Sour Chicken w/ Rice	12.00 Pieces	472.178	63.137
BBQ Chicken Pizza	1.00 slice	416.926	42.020
Turkey Pesto Panini	1.00 Panini	504.231	39.478
Large Chicken Caesar Salad w/ Crackers	1.00 salad	517.696	45.064
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Breaded Baked Chicken w/ Roll	1.00 Serv (Per Recipe)	338.170	23.431
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Sliced Jalapenos	1.00 oz	4.564	0.913
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475
Fresh Red Salsa	1/4 Cup	59.212	11.899
Mexicom	1/2 cup	92.485	16.131
Lettuce/Spinach Mix	1.00 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Monterey Vegetables	1/2 cup	109.331	6.584

Fresh Pico	1/4 Cup	18.523	4.378
Verde Salsa	1/4 Cup	10.276	1.952
Lettuce, Iceberg Shredded	1/4 cup	2.481	0.526
Salad Bar, Peppers, Red	1/2 cup	20.088	3.907
Tater Gem	1/2 cup	130.844	14.624
Pinto Beans	1/2 cup	79.449	14.301
Canned Sweet Potatoes (C)	1/2 Cup	111.488	26.147
Braised Mustard Greens	1.00 1/2 cup	119.588	11.973
Fresh Banana	1.00 Banana	105.020	26.951
Fruit Cocktail	1/2 Cup	61.679	14.979
Combread Square	1.00 Loaf	170.000	25.000
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Mustard Dispenser	1.00 TBSP	0.000	0.000
Mayonnaise	1.00 TBSP	38.811	1.941
Ketchup	1.00 TBSP	9.901	1.980
Ranch Dressing	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.611	0.070
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		144.547*	15.286*
% of Calories			42.30%



Fri - 02/20/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS G1 9-12 Lunch			
Recipe	Total		
Ham Sub	1.00 Sub	285.953	31.263
Ham & Cheese Sub	1.00 Sub	297.162	32.294

Turkey Sub	1.00 Sub	312.704	30.597
Turkey & Cheese Sub	1.00 Sub	310.202	31.955
Vegetable Sub	1.00 Sub	342.948	41.179
Italian Sub	1.00 Sub	363.732	32.562
Pastrami & Cheese Sandwich	1.00 Sandwich	290.354	30.395
Chicken Pesto Penne	1.50 cup	268.949*	19.203*
Chicken Pomodoro Penne	1.50 cup	218.676*	15.750*
Chicken Garlic Cream Penne	1.50 cup	267.493*	20.819*
Beef Tacos, 6" WG	2.00 Tacos	305.947	36.574
Fajita Chicken WG Tacos	2.00 Tacos	367.715	34.700
Baja Fish WG Tacos	2.00 Tacos	287.116	30.506*
Beef Corn Tacos w/ Rice	2.00 Tacos	367.023	53.760
Chicken Tacos w/ Rice	2.00 Tacos	478.949	49.672
Baja FishTacos w/ Rice	2.00 Tacos	348.192	47.692*
Cheese Pizza	1.00 slice	363.121	37.651
Ham Sandwich	1.00 Sandwich	269.277	29.875
Ham, Turkey & Cheese Sandwich	1.00 Sandwich	278.998	30.658
Ham & Cheese Sandwich	1.00 Sandwich	273.112	30.783
Turkey Sandwich	1.00 Sandwich	258.670	28.864
Turkey & Cheese Sandwich	1.00 Sandwich	274.512	30.389
Deli Stacker Sandwich	1.00 sandwich	312.701	31.382
Ham Wrap	1.00 Wrap	296.624	32.274
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
Ground Beef Pomodoro Penne	1.50 cup	140.534*	12.925*
Ground Beef Pesto Penne	1.50 cup	190.807*	16.378*
Ground Beef Garlic Cream Penne	1.50 cup	189.351*	17.994*
Italian Wrap	1.00 Wrap	380.506	35.911
Chicken Chow Mein	1.50 cup	408.501	68.441

Salisbury Steak w/ Roll & Rice	1.00 Patty	351.005	45.014
Chicken Alfredo Pizza	1.00 slice	380.624	37.075
Turkey Pesto Panini	1.00 Panini	504.231	39.478
Small Crispy Chicken Salad w/ Crackers	1.00 salad	367.172	32.268
Cheeseburger	1.00 burger	285.437	27.012
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Sliced Jalapenos	1.00 oz	4.564	0.913
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475
Fresh Red Salsa	1/4 Cup	59.212	11.899
Mexicom	1/2 cup	92.485	16.131
Lettuce/Spinach Mix	1.00 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Monterey Vegetables	1/2 cup	109.331	6.584
Fresh Pico	1/4 Cup	18.523	4.378
Verde Salsa	1/4 Cup	10.276	1.952
Lettuce, Iceberg Shredded	1/4 cup	2.481	0.526
Salad Bar, Peppers, Red	1/2 cup	20.088	3.907
Tater Gem	1/2 cup	130.844	14.624
Vegetables, Frzn, 5 Way Mixed	1/2 cup	74.670	9.148
Mandarin Oranges	1/2 Cup	65.064	15.801
Sliced Peaches	1/2 Cup	92.748	22.525
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Mustard Dispenser	1.00 TBSP	0.000	0.000
Mayonnaise	1.00 TBSP	38.811	1.941
Ketchup	1.00 TBSP	9.901	1.980
Ranch Dressing	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.611	0.070
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106

Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		126.978*	14.741*
% of Calories			46.44%

Mon - 02/23/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS G1 9-12 Lunch			
Recipe	Total		
Ham Sub	1.00 Sub	285.953	31.263
Turkey Sub	1.00 Sub	312.704	30.597
Vegetable Sub	1.00 Sub	342.948	41.179
Turkey & Cheese Sub	1.00 Sub	310.202	31.955
Italian Sub	1.00 Sub	363.732	32.562
Pastrami & Cheese Sandwich	1.00 Sandwich	290.354	30.395
Chicken Pesto Penne	1.50 cup	268.949*	19.203*
Chicken Pomodoro Penne	1.50 cup	218.676*	15.750*
Chicken Garlic Cream Penne	1.50 cup	267.493*	20.819*
Beef Tacos, 6" WG	2.00 Tacos	305.947	36.574
Fajita Chicken WG Tacos	2.00 Tacos	367.715	34.700
Baja Fish WG Tacos	2.00 Tacos	287.116	30.506*
Beef Com Tacos w/ Rice	2.00 Tacos	367.023	53.760
Chicken Tacos w/ Rice	2.00 Tacos	478.949	49.672
Baja FishTacos w/ Rice	2.00 Tacos	348.192	47.692*
Cheese Pizza	1.00 slice	363.121	37.651
Ham Sandwich	1.00 Sandwich	269.277	29.875
Ham, Turkey & Cheese Sandwich	1.00 Sandwich	278.998	30.658
Ham & Cheese Sandwich	1.00 Sandwich	273.112	30.783
Turkey Sandwich	1.00 Sandwich	258.670	28.864
Turkey & Cheese Sandwich	1.00 Sandwich	274.512	30.389
Deli Stacker Sandwich	1.00 sandwich	312.701	31.382

Ham Wrap	1.00 Wrap	296.624	32.274
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
Ham & Cheese Sub	1.00 Sub	297.162	32.294
Ground Beef Pomodoro Penne	1.50 cup	140.534*	12.925*
Ground Beef Pesto Penne	1.50 cup	190.807*	16.378*
Ground Beef Garlic Cream Penne	1.50 cup	189.351*	17.994*
Italian Wrap	1.00 Wrap	380.506	35.911
Shepard's Pie w/ Roll & Rice	1.00 5x5 Piece	448.506	46.266
Beef & Broccoli Stir Fry w/ Brown Rice	1.00 Serving	513.049	63.050
Veggie Melt Panini	1.00 Panini	424.614	45.986
Large Chef Salad w/ Roll	1.00 salad	423.635	43.128
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Supreme Pizza	1.00 slice	408.438	38.644
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Sliced Jalapenos	1.00 oz	4.564	0.913
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475
Fresh Red Salsa	1/4 Cup	59.212	11.899
Seasoned Potato Wedges	1/2 cup	102.279	16.769
Mexicom	1/2 cup	92.485	16.131
Lettuce/Spinach Mix	1.00 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Monterey Vegetables	1/2 cup	109.331	6.584
Fresh Pico	1/4 Cup	18.523	4.378
Verde Salsa	1/4 Cup	10.276	1.952
Lettuce, Iceberg Shredded	1/4 cup	2.481	0.526
Salad Bar, Peppers, Red	1/2 cup	20.088	3.907
Seasoned Crinkle Cut Sweet Potato Fries	1/2 cup	130.893	22.151

Pineapple Tidbits	1/2 CUP	48.599	12.150
Fresh Banana	1.00 Banana	105.020	26.951
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Mustard Dispenser	1.00 TBSP	0.000	0.000
Mayonnaise	1.00 TBSP	38.811	1.941
Ketchup	1.00 TBSP	9.901	1.980
Ranch Dressing	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.611	0.070
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		150.980*	16.646*
% of Calories			44.10%

Tue - 02/24/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS G1 9-12 Lunch			
Recipe	Total		
Ham Sub	1.00 Sub	285.953	31.263
Turkey Sub	1.00 Sub	312.704	30.597
Vegetable Sub	1.00 Sub	342.948	41.179
Turkey & Cheese Sub	1.00 Sub	310.202	31.955
Italian Sub	1.00 Sub	363.732	32.562
Pastrami & Cheese Sandwich	1.00 Sandwich	290.354	30.395
Chicken Pesto Penne	1.50 cup	268.949*	19.203*
Chicken Pomodoro Penne	1.50 cup	218.676*	15.750*
Chicken Garlic Cream Penne	1.50 cup	267.493*	20.819*
Beef Tacos, 6" WG	2.00 Tacos	305.947	36.574
Fajita Chicken WG Tacos	2.00 Tacos	367.715	34.700

Baja Fish WG Tacos	2.00 Tacos	287.116	30.506*
Beef Com Tacos w/ Rice	2.00 Tacos	367.023	53.760
Chicken Tacos w/ Rice	2.00 Tacos	478.949	49.672
Baja FishTacos w/ Rice	2.00 Tacos	348.192	47.692*
Cheese Pizza	1.00 slice	363.121	37.651
Ham Sandwich	1.00 Sandwich	269.277	29.875
Ham, Turkey & Cheese Sandwich	1.00 Sandwich	278.998	30.658
Ham & Cheese Sandwich	1.00 Sandwich	273.112	30.783
Turkey Sandwich	1.00 Sandwich	258.670	28.864
Turkey & Cheese Sandwich	1.00 Sandwich	274.512	30.389
Deli Stacker Sandwich	1.00 sandwich	312.701	31.382
Ham Wrap	1.00 Wrap	296.624	32.274
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
Ham & Cheese Sub	1.00 Sub	297.162	32.294
Ground Beef Pomodoro Penne	1.50 cup	140.534*	12.925*
Ground Beef Pesto Penne	1.50 cup	190.807*	16.378*
Ground Beef Garlic Cream Penne	1.50 cup	189.351*	17.994*
Italian Wrap	1.00 Wrap	380.506	35.911
Orange Chicken w/ Rice	12.00 Pieces	609.820	88.606
Veggie Melt Panini	1.00 Panini	424.614	45.986
Chicken Salad w/ Crackers	1.00 salad	395.282	56.097
Cheeseburger	1.00 burger	285.437	27.012
Ham & Cheese Pizza	1.00 slice	371.662	37.809
Grilled Cheese Sandwich & Tomato Soup	1.00 sandwich	481.603	50.914
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Sliced Jalapenos	1.00 oz	4.564	0.913
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475
Fresh Red Salsa	1/4 Cup	59.212	11.899

Seasoned Potato Wedges	1/2 cup	102.279	16.769
Mexicom	1/2 cup	92.485	16.131
Lettuce/Spinach Mix	1.00 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Monterey Vegetables	1/2 cup	109.331	6.584
Fresh Pico	1/4 Cup	18.523	4.378
Verde Salsa	1/4 Cup	10.276	1.952
Lettuce, Iceberg Shredded	1/4 cup	2.481	0.526
Salad Bar, Peppers, Red	1/2 cup	20.088	3.907
Italian Mixed Veggies	1/2 cup	80.727	4.574
Fresh Orange	1.00 ORANGE	61.570	15.393
Applesauce, Unsweet	1/2 cup	60.000	15.000
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Mustard Dispenser	1.00 TBSP	0.000	0.000
Mayonnaise	1.00 TBSP	38.811	1.941
Ketchup	1.00 TBSP	9.901	1.980
Ranch Dressing	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.611	0.070
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		115.114*	12.954*
% of Calories			45.01%

Wed - 02/25/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS G1 9-12 Lunch				
Recipe	Total			

Ham Sub	1.00 Sub	285.953	31.263
Turkey Sub	1.00 Sub	312.704	30.597
Vegetable Sub	1.00 Sub	342.948	41.179
Turkey & Cheese Sub	1.00 Sub	310.202	31.955
Italian Sub	1.00 Sub	363.732	32.562
Pastrami & Cheese Sandwich	1.00 Sandwich	290.354	30.395
Chicken Pesto Penne	1.50 cup	268.949*	19.203*
Chicken Pomodoro Penne	1.50 cup	218.676*	15.750*
Chicken Garlic Cream Penne	1.50 cup	267.493*	20.819*
Beef Tacos, 6" WG	2.00 Tacos	305.947	36.574
Fajita Chicken WG Tacos	2.00 Tacos	367.715	34.700
Baja Fish WG Tacos	2.00 Tacos	287.116	30.506*
Beef Com Tacos w/ Rice	2.00 Tacos	367.023	53.760
Chicken Tacos w/ Rice	2.00 Tacos	478.949	49.672
Baja FishTacos w/ Rice	2.00 Tacos	348.192	47.692*
Cheese Pizza	1.00 slice	363.121	37.651
Ham Sandwich	1.00 Sandwich	269.277	29.875
Ham, Turkey & Cheese Sandwich	1.00 Sandwich	278.998	30.658
Ham & Cheese Sandwich	1.00 Sandwich	273.112	30.783
Turkey Sandwich	1.00 Sandwich	258.670	28.864
Turkey & Cheese Sandwich	1.00 Sandwich	274.512	30.389
Deli Stacker Sandwich	1.00 sandwich	312.701	31.382
Ham Wrap	1.00 Wrap	296.624	32.274
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
Ham & Cheese Sub	1.00 Sub	297.162	32.294
Ground Beef Pomodoro Penne	1.50 cup	140.534*	12.925*
Ground Beef Pesto Penne	1.50 cup	190.807*	16.378*
Ground Beef Garlic Cream Penne	1.50 cup	189.351*	17.994*

Italian Wrap	1.00 Wrap	380.506	35.911
Chili Cheese Baked Potato & Rolls	1.00 Potato	660.503	107.977
Veggie Melt Panini	1.00 Panini	424.614	45.986
Large BBQ Chicken Salad w/ Crackers	1.00 salad	471.032	50.089
Hamburger	1.00 burger	250.000	26.000
Spicy Chicken Pizza	1.00 slice	430.621	41.901
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Sliced Jalapenos	1.00 oz	4.564	0.913
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475
Fresh Red Salsa	1/4 Cup	59.212	11.899
Seasoned Potato Wedges	1/2 cup	102.279	16.769
Mexicom	1/2 cup	92.485	16.131
Lettuce/Spinach Mix	1.00 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Monterey Vegetables	1/2 cup	109.331	6.584
Fresh Pico	1/4 Cup	18.523	4.378
Verde Salsa	1/4 Cup	10.276	1.952
Lettuce, Iceberg Shredded	1/4 cup	2.481	0.526
Salad Bar, Peppers, Red	1/2 cup	20.088	3.907
Mashed Potatoes	1/2 cup	26.756	3.339
Fresh Apple	1.00 Apple	77.480	20.577
Diced Pears	1/2 Cup	60.601	15.150
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Mustard Dispenser	1.00 TBSP	0.000	0.000
Mayonnaise	1.00 TBSP	38.811	1.941
Ketchup	1.00 TBSP	9.901	1.980
Ranch Dressing	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.611	0.070
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134

Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		119.963*	13.352*
% of Calories			44.52%

Thu - 02/26/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS G1 9-12 Lunch			
Recipe	Total		
Ham Sub	1.00 Sub	285.953	31.263
Turkey Sub	1.00 Sub	312.704	30.597
Vegetable Sub	1.00 Sub	342.948	41.179
Turkey & Cheese Sub	1.00 Sub	310.202	31.955
Italian Sub	1.00 Sub	363.732	32.562
Pastrami & Cheese Sandwich	1.00 Sandwich	290.354	30.395
Chicken Pesto Penne	1.50 cup	268.949*	19.203*
Chicken Pomodoro Penne	1.50 cup	218.676*	15.750*
Chicken Garlic Cream Penne	1.50 cup	267.493*	20.819*
Beef Tacos, 6" WG	2.00 Tacos	305.947	36.574
Fajita Chicken WG Tacos	2.00 Tacos	367.715	34.700
Baja Fish WG Tacos	2.00 Tacos	287.116	30.506*
Beef Com Tacos w/ Rice	2.00 Tacos	367.023	53.760
Chicken Tacos w/ Rice	2.00 Tacos	478.949	49.672
Baja FishTacos w/ Rice	2.00 Tacos	348.192	47.692*
Cheese Pizza	1.00 slice	363.121	37.651
Ham Sandwich	1.00 Sandwich	269.277	29.875
Ham, Turkey & Cheese Sandwich	1.00 Sandwich	278.998	30.658
Ham & Cheese Sandwich	1.00 Sandwich	273.112	30.783
Turkey Sandwich	1.00 Sandwich	258.670	28.864
Turkey & Cheese Sandwich	1.00 Sandwich	274.512	30.389

Deli Stacker Sandwich	1.00 sandwich	312.701	31.382
Ham Wrap	1.00 Wrap	296.624	32.274
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
Ham & Cheese Sub	1.00 Sub	297.162	32.294
Ground Beef Pomodoro Penne	1.50 cup	140.534*	12.925*
Ground Beef Pesto Penne	1.50 cup	190.807*	16.378*
Ground Beef Garlic Cream Penne	1.50 cup	189.351*	17.994*
Italian Wrap	1.00 Wrap	380.506	35.911
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Breaded Baked Chicken w/ Roll	1.00 Serv (Per Recipe)	338.170	23.431
Sweet & Sour Chicken w/ Rice	12.00 Pieces	472.178	63.137
Veggie Melt Panini	1.00 Panini	424.614	45.986
Large Cobb Salad w/ Crackers	1.00 Salad	411.271	44.652
Pepperoni & Jalapeno Pizza	1.00 slice	374.534	38.104
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Sliced Jalapenos	1.00 oz	4.564	0.913
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475
Fresh Red Salsa	1/4 Cup	59.212	11.899
Seasoned Potato Wedges	1/2 cup	102.279	16.769
Mexicom	1/2 cup	92.485	16.131
Lettuce/Spinach Mix	1.00 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Monterey Vegetables	1/2 cup	109.331	6.584
Fresh Pico	1/4 Cup	18.523	4.378
Verde Salsa	1/4 Cup	10.276	1.952
Lettuce, Iceberg Shredded	1/4 cup	2.481	0.526
Salad Bar, Peppers, Red	1/2 cup	20.088	3.907

Garbanzo Beans	1/2 cup	130.950	14.777
Corn Kemels	1/2 cup	96.859	17.842
Fresh Banana	1.00 Banana	105.020	26.951
Fruit Cocktail	1/2 Cup	61.679	14.979
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Mustard Dispenser	1.00 TBSP	0.000	0.000
Mayonnaise	1.00 TBSP	38.811	1.941
Ketchup	1.00 TBSP	9.901	1.980
Ranch Dressing	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.611	0.070
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		135.532*	14.475*
% of Calories			42.72%

Fri - 02/27/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis SLPS G1 9-12 Lunch			
Recipe	Total		
Ham Sub	1.00 Sub	285.953	31.263
Turkey Sub	1.00 Sub	312.704	30.597
Vegetable Sub	1.00 Sub	342.948	41.179
Turkey & Cheese Sub	1.00 Sub	310.202	31.955
Italian Sub	1.00 Sub	363.732	32.562
Pastrami & Cheese Sandwich	1.00 Sandwich	290.354	30.395
Chicken Pesto Penne	1.50 cup	268.949*	19.203*
Chicken Pomodoro Penne	1.50 cup	218.676*	15.750*
Chicken Garlic Cream Penne	1.50 cup	267.493*	20.819*

Beef Tacos, 6" WG	2.00 Tacos	305.947	36.574
Fajita Chicken WG Tacos	2.00 Tacos	367.715	34.700
Baja Fish WG Tacos	2.00 Tacos	287.116	30.506*
Beef Com Tacos w/ Rice	2.00 Tacos	367.023	53.760
Chicken Tacos w/ Rice	2.00 Tacos	478.949	49.672
Baja FishTacos w/ Rice	2.00 Tacos	348.192	47.692*
Cheese Pizza	1.00 slice	363.121	37.651
Ham Sandwich	1.00 Sandwich	269.277	29.875
Ham, Turkey & Cheese Sandwich	1.00 Sandwich	278.998	30.658
Ham & Cheese Sandwich	1.00 Sandwich	273.112	30.783
Turkey Sandwich	1.00 Sandwich	258.670	28.864
Turkey & Cheese Sandwich	1.00 Sandwich	274.512	30.389
Deli Stacker Sandwich	1.00 sandwich	312.701	31.382
Ham Wrap	1.00 Wrap	296.624	32.274
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
Ham & Cheese Sub	1.00 Sub	297.162	32.294
Ground Beef Pomodoro Penne	1.50 cup	140.534*	12.925*
Ground Beef Pesto Penne	1.50 cup	190.807*	16.378*
Ground Beef Garlic Cream Penne	1.50 cup	189.351*	17.994*
Italian Wrap	1.00 Wrap	380.506	35.911
Veggie Melt Panini	1.00 Panini	424.614	45.986
Large Teriyaki Chicken Salad w/ Crackers	1.00 Salad	455.246	74.895
Chicken Chow Mein	1.50 cup	408.501	68.441
Salisbury Steak w/ Roll & Rice	1.00 Patty	351.005	45.014
Cheeseburger	1.00 burger	285.437	27.012
Hawaiian Pizza	1.00 slice	376.504	40.008
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Sliced Jalapenos	1.00 oz	4.564	0.913

Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475
Fresh Red Salsa	1/4 Cup	59.212	11.899
Mexicom	1/2 cup	92.485	16.131
Lettuce/Spinach Mix	1.00 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Monterey Vegetables	1/2 cup	109.331	6.584
Fresh Pico	1/4 Cup	18.523	4.378
Verde Salsa	1/4 Cup	10.276	1.952
Lettuce, Iceberg Shredded	1/4 cup	2.481	0.526
Salad Bar, Peppers, Red	1/2 cup	20.088	3.907
Winter Mix Veggies	1/2 cup	35.000	4.000
Seasoned Potato Wedges	1/2 cup	102.279	16.769
Mandarin Oranges	1/2 Cup	65.064	15.801
Sliced Peaches	1/2 Cup	92.748	22.525
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Mustard Dispenser	1.00 TBSP	0.000	0.000
Mayonnaise	1.00 TBSP	38.811	1.941
Ketchup	1.00 TBSP	9.901	1.980
Ranch Dressing	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.611	0.070
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		127.832*	15.180*
% of Calories			47.50%

* = Indicates missing Nutrient Information.

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