

Menu: Saint Louis NEW k-8 Lunch  
 School: AMES ES  
 Dates: February 02, 2015 - February 27, 2015

Recipe Number	Recipe Name	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
1450359	Applesauce, Unsweet	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
1451412	Baked Rotini w/ Vegetables & Breadstick	Yes	No	Yes	No	No	No	No	Yes
1450838	Beef Nachos 2G	No	No	Yes	No	No	No	No	No
1450701	Beef Ravioli w/ Roll	No	No	Yes	No	No	Yes	No	Yes
2163383	Braised Mustard Greens	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
1451212	Breaded Baked Chicken	Yes	No	No	No	No	No	No	Yes
1451045	Broccoli & Garlic Rotini w/ Chicken	No	No	No	No	No	No	No	Yes
1450550	Cheese Pizza	Yes	No	Yes	No	No	Yes	No	Yes
1450311	Cheeseburger	No	No	Yes	No	No	Yes	No	Yes
1450334	Chicken Burrito WG 9" HM	No	No	Yes	No	No	Yes	No	Yes
1450318	Chicken Nuggets, Elementary w/ Roll	No	No	No	No	No	Yes	No	Yes
2138539	Chicken Nuggets,w/ Roll	Yes	No	No	No	No	Yes	No	Yes
1451429	Chicken Tenders w/ Roll	No	No	No	No	No	Yes	No	Yes
1451443	Chicken Teriyaki w/ Brown Rice	No	No	No	No	No	Yes	No	Yes
1450342	Chili Dog	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
1451607	Cooked Crinkle Cut Carrots	No	No	Yes	No	No	Yes	No	No
1451602	Corn Kernels	No	No	Yes	No	No	Yes	No	No
1451286	Combread Square	Yes	No	Yes	No	No	Yes	No	Yes
1450356	Diced Pears	No	No	No	No	No	No	No	No
1450403	Fat Free Chocolate Milk	No	No	Yes	No	No	No	No	No
1450448	Fish Nuggets	No	Yes	Yes	No	No	No	No	Yes
1921580	Fresh Apple	No	No	No	No	No	No	No	No
1450140	Fresh Banana	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
1450269	Fresh Orange	No	No	No	No	No	No	No	No
1450325	Fresh Steamed Broccoli	No	No	Yes	No	No	Yes	No	No
2138475	Fruit Cocktail	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
1451415	Garlic & Herb Chicken Rotini w/ Breadstick	No	No	Yes	No	No	Yes	No	Yes
1451611	Green Beans	Yes	No	Yes	No	No	Yes	No	No



1450601	Sausage Pizza	Yes	No	Yes	No	No	Yes	No	Yes
1451034	Seasoned Crinkle Cut Sweet Potato Fries	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
1450694	Seasoned Potato Wedges	No	No	No	No	No	Yes	No	No
1451216	Sliced Peaches	No	No	No	No	No	No	No	No
1451600	Small Chicken Caesar Salad w/ Crackers	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
2139131	Small Chicken Garden Salad w/ crackers	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
1451597	Small Crispy Chicken Salad w/ Crackers	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
1451243	Small Ham & Cheese Salad	No	No	Yes	No	No	Yes	No	Yes
1451589	Small Southwest Chicken Salad w/ Crackers	No	No	No	No	No	Yes	No	Yes
1450676	Southwest Veggie Wrap	Yes	No	Yes	No	No	Yes	No	Yes
1451203	Spaghetti w/ Meatballs & Breadstick	No	No	Yes	No	No	No	No	Yes
1451199	Spaghetti w/ Meatsauce & Breadstick	No	No	No	No	No	No	No	Yes
1985296	Spicy Chicken Rings w/ Roll	No	No	No	No	No	Yes	No	Yes
1450715	Spicy Chicken Sandwich	No	No	No	No	No	Yes	No	Yes
1450848	Spicy Crispy Chicken Caesar Salad	No	No	Yes	No	No	Yes	No	Yes
2161589	SS Goldfish Physedible Strawberry	No	No	No	No	No	Yes	No	Yes
1451454	Sweet & Sour Chicken w/ Rice	No	No	No	No	No	Yes	No	Yes
1450856	Sweet Potato Fries, Crinkle Cut	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
1450636	Tater Gem	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
2139259	Tomato Wedges	No	No	No	No	No	No	No	No
1450632	Turkey & Cheese Sub	Yes	No	Yes	No	No	Yes	No	Yes
1450384	Turkey Corn Dog	Yes	No	Yes	No	No	Yes	No	Yes
1450589	Turkey Sandwich	No	No	No	No	No	No	No	Yes
1451432	Turkey Taco Salad	No	No	Yes	No	No	Yes	No	No
1450735	Vegetables, Frzn, 5 Way Mixed	Yes	No	Yes	No	No	Yes	No	No
1450400	White 1% Low Fat Milk	No	No	Yes	No	No	No	No	No

\* = Indicates missing Nutrient Information.

WARNING: THE DATA CONTAINED WITHIN THIS REPORT CANNOT BE USED FOR AND DOES NOT PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY. USE OF THE SERVICES TO PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY IS A VIOLATION OF THE TERMS OF THIS SERVICE. ANY SUBSCRIBER PLANNING FOR OR TREATING MEDICAL CONDITIONS, DIETARY RESTRICTIONS OR A FOOD ALLERGY MUST CONSULT A MEDICAL PROFESSIONAL FOR ASSISTANCE. TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Copyright © 2014 A Higher Level

Warning: the data contained within this report cannot be used for and does not provide menu planning or medical treatment for anyone with a medical condition, dietary restriction or food allergy. Use of the services to provide menu planning or medical treatment for anyone with a medical condition, dietary restriction or food allergy is a violation of the terms of this service. Any subscriber planning for or treating medical conditions, dietary restrictions or a food allergy must consult a medical professional for assistance. Trans fat values are provided for information purposes only, not for monitoring purposes.