

District: St. Louis Public Schools**Carbohydrate Report****k-8 lunch 2014-2015**

Mon - 08/11/2014	Portion Size	Cals (kcal)	Carb (g)
k-8 lunch 2014-2015	Total		
Turkey Hot Dog	1 hot dog	320.000	31.000
Moz Cheese Quesadilla WG 10"	1 Quesadilla	271.029	30.567
Large Grilled Chicken Garden Salad w/ Crackers	1 salad	407.743	33.035
Fresh Apple	1 Apple	77.480	20.577
Sliced Peaches	1/2 Cup	69.561	16.893
Lettuce/Spinach Mix	1 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6 sticks	20.736	3.849
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots, Baby	6 Carrots	31.751	7.475
Fat Free Chocolate Milk	1 carton	110.000	19.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Mustard Dispenser	1 TBSP	0.000	0.000
Mayonnaise	1 TBSP	38.812	1.941
Ketchup	1 TBSP	9.901	1.980
Ranch Dressing	2 TBSP	50.000	8.000
Mexicorn	1/2 cup	82.006	14.459
Weighted Daily Average		2.942	0.347
% of calories			47.180%

Tue - 08/12/2014	Portion Size	Cals (kcal)	Carb (g)
k-8 lunch 2014-2015	Total		
Orange Chicken	12 Pieces	486.479	65.665
Large Chef Salad w/ Crackers	1 salad	334.635	33.628
Turkey Melt Sandwich	1 sandwich	385.837	35.219
Fresh Banana	1 Banana	105.020	26.951
Pineapple Tidbits	1/2 CUP	48.599	12.150
Lettuce/Spinach Mix	1 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6 sticks	20.736	3.849
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Broccoli, Steamed, Fresh	.5 cup	41.971	3.544
Salad Bar, Carrots, Baby	6 Carrots	31.751	7.475
Fat Free Chocolate Milk	1 carton	110.000	19.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Mustard Dispenser	1 TBSP	0.000	0.000
Mayonnaise	1 TBSP	38.812	1.941
Ketchup	1 TBSP	9.901	1.980
Ranch Dressing	2 TBSP	50.000	8.000
Weighted Daily Average		2.066	0.228
% of calories			44.178%

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Wed - 08/13/2014	Portion Size	Cals (kcal)	Carb (g)
k-8 lunch 2014-2015	Total		
WG Cheese Pizza	1 slice	186.339	28.566
Grilled Chicken Wrap, WG	1 Wrap	347.640	37.169
Small Ham & Cheese Salad	1 salad	270.402	28.579
Applesauce	1 Cup	120.000	30.000
Fresh Orange	1 ORANGE	61.570	15.393
Lettuce/Spinach Mix	1 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6 sticks	20.736	3.849
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots, Baby	6 Carrots	31.751	7.475
Fat Free Chocolate Milk	1 carton	110.000	19.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Mustard Dispenser	1 TBSP	0.000	0.000
Mayonnaise	1 TBSP	38.812	1.941
Ketchup	1 TBSP	9.901	1.980
Ranch Dressing	2 TBSP	50.000	8.000
Green Peas	.5 cup	103.720	12.909
Weighted Daily Average		3.182	0.408
% of calories			51.324%

Thu - 08/14/2014	Portion Size	Cals (kcal)	Carb (g)
k-8 lunch 2014-2015	Total		
Meatball Sub-2MMA	1 sub	350.586	37.785
Small Chicken Caesar Salad w/ Crackers	1 salad	367.108	33.816
Spicy Chicken Tenders w/ Roll	3 tenders	360.000	36.000
Diced Pears	1/2 Cup	60.601	15.150
Fresh Apple	1 Apple	77.480	20.577
Lettuce/Spinach Mix	1 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6 sticks	20.736	3.849
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots, Baby	6 Carrots	31.751	7.475
Fat Free Chocolate Milk	1 carton	110.000	19.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Mustard Dispenser	1 TBSP	0.000	0.000
Mayonnaise	1 TBSP	38.812	1.941
Ketchup	1 TBSP	9.901	1.980
Ranch Dressing	2 TBSP	50.000	8.000
Beans, Green, Frozen (P)	.5 cup	32.996	4.099
Salad Bar, Beans, Garbanzo	1/2 cup	119.330	19.888
Weighted Daily Average		2.335	0.277
% of calories			47.494%

District: St. Louis Public Schools

Fri - 08/15/2014	Portion Size	Cals (kcal)	Carb (g)
k-8 lunch 2014-2015	Total		
Large Garden Salad	1 salad	515.881	62.570
Hamburger	1 burger	320.000	37.000
Southwest Veggie Wrap, WG	1 Wrap	404.640	54.853
Fresh Banana	1 Banana	105.020	26.951
Fruit Cocktail	1 Cup	123.359	29.959
Lettuce/Spinach Mix	1 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6 sticks	20.736	3.849
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots, Baby	6 Carrots	31.751	7.475
Cooked Crinkle Cut Carrots	1/2 Cup	49.980	8.988
Fat Free Chocolate Milk	1 carton	110.000	19.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Mustard Dispenser	1 TBSP	0.000	0.000
Mayonnaise	1 TBSP	38.812	1.941
Ketchup	1 TBSP	9.901	1.980
Ranch Dressing	2 TBSP	50.000	8.000
Weighted Daily Average		2.177	0.256
% of calories			47.021%

Mon - 08/18/2014	Portion Size	Cals (kcal)	Carb (g)
k-8 lunch 2014-2015	Total		
Small Italian Chicken Salad w/ crackers	1 salad	341.505	33.686
Chicken Teriyaki w/ Brown Rice	2.75 Ounces	383.043	54.689
Beef Ravioli w/ Roll	1 cup	358.124	49.784
Fresh Orange	1 ORANGE	61.570	15.393
Sliced Peaches	1/2 Cup	69.561	16.893
Lettuce/Spinach Mix	1 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6 sticks	20.736	3.849
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Broccoli, Steamed, Fresh	.5 cup	41.971	3.544
Salad Bar, Carrots, Baby	6 Carrots	31.751	7.475
Fat Free Chocolate Milk	1 carton	110.000	19.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Mustard Dispenser	1 TBSP	0.000	0.000
Mayonnaise	1 TBSP	38.812	1.941
Ketchup	1 TBSP	9.901	1.980
Ranch Dressing	2 TBSP	50.000	8.000
Weighted Daily Average		2.426	0.290
% of calories			47.888%

District: St. Louis Public Schools

Tue - 08/19/2014	Portion Size	Cals (kcal)	Carb (g)
k-8 lunch 2014-2015	Total		
Turkey Corn Dog	1 corn dog	240.000	33.000
Turkey Taco Salad	1 salad	625.902	61.024
Crispy Chicken Ranch Wrap, WG	1 Wrap	462.752	45.532
Mandarin Oranges	1/2 Cup	65.064	15.801
Fresh Apple	1 Apple	77.480	20.577
Vegetables, Frzn, 5 Way Mixed	.5 cup	74.670	9.148
Lettuce/Spinach Mix	1 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6 sticks	20.736	3.849
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots, Baby	6 Carrots	31.751	7.475
Fat Free Chocolate Milk	1 carton	110.000	19.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Mustard Dispenser	1 TBSP	0.000	0.000
Mayonnaise	1 TBSP	38.812	1.941
Ketchup	1 TBSP	9.901	1.980
Ranch Dressing	2 TBSP	50.000	8.000
Weighted Daily Average		2.179	0.250
% of calories			45.808%

Wed - 08/20/2014	Portion Size	Cals (kcal)	Carb (g)
k-8 lunch 2014-2015	Total		
Small Southwest Chicken Salad w/ Crackers	1 Salad	491.399	54.680
Spicy Chicken Sandwich	1 sandwich	470.000	53.000
Bean & Cheese Flour Burrito HM	1 Burrito	302.547	47.717
Fresh Banana	1 Banana	105.020	26.951
Pineapple Tidbits	1/2 CUP	48.599	12.150
Lettuce/Spinach Mix	1 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6 sticks	20.736	3.849
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots, Baby	6 Carrots	31.751	7.475
Fat Free Chocolate Milk	1 carton	110.000	19.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Mustard Dispenser	1 TBSP	0.000	0.000
Mayonnaise	1 TBSP	38.812	1.941
Ketchup	1 TBSP	9.901	1.980
Ranch Dressing	2 TBSP	50.000	8.000
Corn	.5 cup	98.221	16.849
Weighted Daily Average		2.864	0.353
% of calories			49.245%

District: St. Louis Public Schools

Thu - 08/21/2014	Portion Size	Cals (kcal)	Carb (g)
k-8 lunch 2014-2015	Total		
WG Pepperoni Pizza	1 slice	198.995	28.819
Spicy Crispy Chicken Caesar Salad	1 salad	528.202	51.241
Grilled Cheese Sandwich	1 sandwich	402.996	36.050
Fresh Orange	1 ORANGE	61.570	15.393
Applesauce	1 Cup	120.000	30.000
Lettuce/Spinach Mix	1 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6 sticks	20.736	3.849
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots, Baby	6 Carrots	31.751	7.475
Cooked Crinkle Cut Carrots	1/2 Cup	49.980	8.988
Fat Free Chocolate Milk	1 carton	110.000	19.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Mustard Dispenser	1 TBSP	0.000	0.000
Mayonnaise	1 TBSP	38.812	1.941
Ketchup	1 TBSP	9.901	1.980
Ranch Dressing	2 TBSP	50.000	8.000
Salad Bar, Beans, Garbanzo	1/2 cup	119.330	19.888
Weighted Daily Average		3.404	0.438
% of calories			51.499%

Fri - 08/22/2014	Portion Size	Cals (kcal)	Carb (g)
k-8 lunch 2014-2015	Total		
Spaghetti with Meatsauce	.75 cup	320.146	65.625
Small Crispy Chicken Salad w/ Crackers	1 salad	347.292	25.491
Fish Nuggets	4 nuggets	218.053	19.823
Fresh Apple	1 Apple	77.480	20.577
Diced Pears	1/2 Cup	60.601	15.150
Lettuce/Spinach Mix	1 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6 sticks	20.736	3.849
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots, Baby	6 Carrots	31.751	7.475
Fat Free Chocolate Milk	1 carton	110.000	19.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Mustard Dispenser	1 TBSP	0.000	0.000
Mayonnaise	1 TBSP	38.812	1.941
Ketchup	1 TBSP	9.901	1.980
Ranch Dressing	2 TBSP	50.000	8.000
Beans, Green, Frozen (P)	.5 cup	32.996	4.099
Weighted Daily Average		2.301	0.284
% of calories			49.375%

District: St. Louis Public Schools

Mon - 08/25/2014	Portion Size	Cals (kcal)	Carb (g)
k-8 lunch 2014-2015	Total		
Large Grilled Chicken Garden Salad w/ Crackers	1 salad	407.743	33.035
Garlic & Herb Veggie Rotini w/ Breadstick	1 cup	309.872	49.186
Chicken Nuggets, Elementary w/ Roll	5 nuggets	280.000	34.000
Fresh Apple	1 Apple	77.480	20.577
Sliced Peaches	1/2 Cup	69.561	16.893
Lettuce/Spinach Mix	1 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6 sticks	20.736	3.849
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Broccoli, Steamed, Fresh	.5 cup	41.971	3.544
Salad Bar, Carrots, Baby	6 Carrots	31.751	7.475
Fat Free Chocolate Milk	1 carton	110.000	19.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Mustard Dispenser	1 TBSP	0.000	0.000
Mayonnaise	1 TBSP	38.812	1.941
Ketchup	1 TBSP	9.901	1.980
Ranch Dressing	2 TBSP	50.000	8.000
Weighted Daily Average		2.220	0.263
% of calories			47.309%

Tue - 08/26/2014	Portion Size	Cals (kcal)	Carb (g)
k-8 lunch 2014-2015	Total		
Beef Nachos 2G	1 Nacho	448.225	47.371*
Chicken Patty Sandwich, Breaded	1 sandwich	416.000	49.000
Large Southwest Chicken Salad	1 Salad	589.197	67.111
Fresh Banana	1 Banana	105.020	26.951
Pineapple Tidbits	1/2 CUP	48.599	12.150
Lettuce/Spinach Mix	1 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6 sticks	20.736	3.849
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots, Baby	6 Carrots	31.751	7.475
Fat Free Chocolate Milk	1 carton	110.000	19.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Mustard Dispenser	1 TBSP	0.000	0.000
Mayonnaise	1 TBSP	38.812	1.941
Ketchup	1 TBSP	9.901	1.980
Ranch Dressing	2 TBSP	50.000	8.000
Corn	.5 cup	98.221	16.849
Weighted Daily Average		2.358	0.271*
% of calories			45.894%*

District: St. Louis Public Schools

Wed - 08/27/2014	Portion Size	Cals (kcal)	Carb (g)
k-8 lunch 2014-2015	Total		
Macaroni & Cheese	1 Cup	389.460	43.492
Spicy Chicken Rings w/ Roll	5 rings	300.114	32.007
Small Crispy Chicken Salad	1 salad	297.292	17.491
Fresh Orange	1 ORANGE	61.570	15.393
Applesauce	1 Cup	120.000	30.000
Lettuce/Spinach Mix	1 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6 sticks	20.736	3.849
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots, Baby	6 Carrots	31.751	7.475
Fat Free Chocolate Milk	1 carton	110.000	19.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Mustard Dispenser	1 TBSP	0.000	0.000
Mayonnaise	1 TBSP	38.812	1.941
Ketchup	1 TBSP	9.901	1.980
Ranch Dressing	2 TBSP	50.000	8.000
Beans, Green, Frozen (P)	.5 cup	32.996	4.099
Weighted Daily Average		2.757	0.317
% of calories			46.066%

Thu - 08/28/2014	Portion Size	Cals (kcal)	Carb (g)
k-8 lunch 2014-2015	Total		
Small Chicken Caesar Salad w/ Crackers	1 salad	367.108	33.816
Sweet & Sour Chicken w/ Rice	12 Pieces	510.076	67.534
Cheeseburger (P)	1 burger	355.437	38.012
Fresh Apple	1 Apple	77.480	20.577
Diced Pears	1/2 Cup	60.601	15.150
Lettuce/Spinach Mix	1 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6 sticks	20.736	3.849
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots, Baby	6 Carrots	31.751	7.475
Fat Free Chocolate Milk	1 carton	110.000	19.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Mustard Dispenser	1 TBSP	0.000	0.000
Mayonnaise	1 TBSP	38.812	1.941
Ketchup	1 TBSP	9.901	1.980
Ranch Dressing	2 TBSP	50.000	8.000
Salad Bar, Beans, Garbanzo	1/2 cup	119.330	19.888
Seasoned Potato Wedges	1/2 cup	102.181	16.750
Weighted Daily Average		2.322	0.279
% of calories			48.037%

District: St. Louis Public Schools

Fri - 08/29/2014	Portion Size	Cals (kcal)	Carb (g)
k-8 lunch 2014-2015	Total		
WG Sausage Pizza	1 slice	210.714	29.316
Large Chicken Garden Salad w/ Crackers	1 salad	303.705	33.294
Asian Chicken Wrap 10"	1 Wrap	283.883	33.205
Fruit Cocktail	1 Cup	123.359	29.959
Fresh Banana	1 Banana	105.020	26.951
Lettuce/Spinach Mix	1 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6 sticks	20.736	3.849
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots, Baby	6 Carrots	31.751	7.475
Cooked Crinkle Cut Carrots	1/2 Cup	49.980	8.988
Fat Free Chocolate Milk	1 carton	110.000	19.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Mustard Dispenser	1 TBSP	0.000	0.000
Mayonnaise	1 TBSP	38.812	1.941
Ketchup	1 TBSP	9.901	1.980
Ranch Dressing	2 TBSP	50.000	8.000
Weighted Daily Average		3.257	0.406
% of calories			49.907%

Weighted Average		2.586	0.311*
			48.129%*

* = Indicates missing Nutrient Information.

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