

District: St. Louis Public Schools**Carbohydrate Report****k-12 breakfast 2014-2015**

Mon - 08/11/2014	Portion Size	Cals (kcal)	Carb (g)
k-12 breakfast 2014-2015	Total		
WG Rice Krispies Cereal	1 bowl	100.000	23.000
Raisin Bran 1G	1 bowl	102.718	22.124
RS Frosted Flakes	1 bowl	100.000	24.000
Trix Reduced Sugar 1 Grain	1 bowl	110.000	24.000
Breakfast on a Stick	1 stick	160.848	19.869
Apple Juice 4oz	1 Juice	58.000	15.000
Pineapple Tidbits	1/2 CUP	83.636	20.909
WG Toast w/ Margarine	1 Slice	113.330	16.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Fat Free White Milk	1 carton	80.000	12.000
Jelly Packet	1 packet	25.000	7.000
Syrup Cup	1 container	120.000	31.000
Weighted Daily Average		0.167	0.037
% of calories			89.930%

Tue - 08/12/2014	Portion Size	Cals (kcal)	Carb (g)
k-12 breakfast 2014-2015	Total		
WG Rice Krispies Cereal	1 bowl	100.000	23.000
Raisin Bran 1G	1 bowl	102.718	22.124
RS Frosted Flakes	1 bowl	100.000	24.000
Coco Roos Cereal	1 Bowl	110.000	25.000
Blueberry Muffin WG	1 muffin	261.770	41.522
Applesauce	1 Cup	120.000	30.000
WG Toast w/ Margarine	1 Slice	113.330	16.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Fat Free White Milk	1 carton	80.000	12.000
Jelly Packet	1 packet	25.000	7.000
Orange Juice 4oz	1 Juice	56.000	14.000
Weighted Daily Average		0.167	0.037
% of calories			89.266%

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Wed - 08/13/2014	Portion Size	Cals (kcal)	Carb (g)
k-12 breakfast 2014-2015	Total		
WG Rice Krispies Cereal	1 bowl	100.000	23.000
Raisin Bran 1G	1 bowl	102.718	22.124
RS Frosted Flakes	1 bowl	100.000	24.000
Cinnamon Toast Crunch R/S	1 bowl	110.000	22.000
Cinnamon French Toast, IW	1 Slice	109.098	15.066
Pineapple Tidbits	1/2 CUP	83.636	20.909
WG Toast w/ Margarine	1 Slice	113.330	16.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Fat Free White Milk	1 carton	80.000	12.000
Jelly Packet	1 packet	25.000	7.000
Syrup Cup	1 container	120.000	31.000
Grape Juice 4oz	1 Each	70.000	17.000
Weighted Daily Average		0.164	0.037
% of calories			90.602%

Thu - 08/14/2014	Portion Size	Cals (kcal)	Carb (g)
k-12 breakfast 2014-2015	Total		
WG Rice Krispies Cereal	1 bowl	100.000	23.000
Raisin Bran 1G	1 bowl	102.718	22.124
RS Frosted Flakes	1 bowl	100.000	24.000
Reduced Sugar Froot Loops	1 bowl	111.373	24.300
Oatmeal	.5 CUP	97.536	15.276
Fresh Banana	1 Banana	105.020	26.951
WG Toast w/ Margarine	1 Slice	113.330	16.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Fat Free White Milk	1 carton	80.000	12.000
Jelly Packet	1 packet	25.000	7.000
Orange Juice 4oz	1 Juice	56.000	14.000
Weighted Daily Average		0.138	0.024
% of calories			70.532%

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Fri - 08/15/2014	Portion Size	Cals (kcal)	Carb (g)
k-12 breakfast 2014-2015	Total		
WG Rice Krispies Cereal	1 bowl	100.000	23.000
Raisin Bran 1G	1 bowl	102.718	22.124
RS Frosted Flakes	1 bowl	100.000	24.000
Apple Jacks Cereal 1 Grain	1 bowl	110.000	24.000
Sausage Bagel Sandwich	1 Sandwich	309.709	50.000
Sliced Peaches	1/2 Cup	69.561	16.893
Apple Juice 4oz	1 Juice	58.000	15.000
WG Toast w/ Margarine	1 Slice	113.330	16.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Fat Free White Milk	1 carton	80.000	12.000
Jelly Packet	1 packet	25.000	7.000
Weighted Daily Average		0.185	0.041
% of calories			88.051%

Mon - 08/18/2014	Portion Size	Cals (kcal)	Carb (g)
k-12 breakfast 2014-2015	Total		
WG Rice Krispies Cereal	1 bowl	100.000	23.000
Raisin Bran 1G	1 bowl	102.718	22.124
RS Frosted Flakes	1 bowl	100.000	24.000
Trix Reduced Sugar 1 Grain	1 bowl	110.000	24.000
Mini Blueberry Pancakes	1 pouch	200.000	34.000
Apple Juice 4oz	1 Juice	58.000	15.000
Diced Pears	1/2 Cup	60.601	15.150
WG Toast w/ Margarine	1 Slice	113.330	16.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Fat Free White Milk	1 carton	80.000	12.000
Jelly Packet	1 packet	25.000	7.000
Syrup Cup	1 container	120.000	31.000
Weighted Daily Average		0.151	0.034
% of calories			89.670%

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Tue - 08/19/2014	Portion Size	Cals (kcal)	Carb (g)
k-12 breakfast 2014-2015	Total		
WG Rice Krispies Cereal	1 bowl	100.000	23.000
Raisin Bran 1G	1 bowl	102.718	22.124
RS Frosted Flakes	1 bowl	100.000	24.000
Coco Roos Cereal	1 Bowl	110.000	25.000
Banana Loaf	1 loaf	199.000	35.500
Applesauce	1 Cup	120.000	30.000
WG Toast w/ Margarine	1 Slice	113.330	16.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Fat Free White Milk	1 carton	80.000	12.000
String Cheese	1 string cheese	60.000	1.000
Jelly Packet	1 packet	25.000	7.000
Orange Juice 4oz	1 Juice	56.000	14.000
Weighted Daily Average		0.166	0.037
% of calories			88.560%

Wed - 08/20/2014	Portion Size	Cals (kcal)	Carb (g)
k-12 breakfast 2014-2015	Total		
WG Rice Krispies Cereal	1 bowl	100.000	23.000
Raisin Bran 1G	1 bowl	102.718	22.124
RS Frosted Flakes	1 bowl	100.000	24.000
Cinnamon Toast Crunch R/S	1 bowl	110.000	22.000
French Toast Sticks & Sausage	3 sticks & 1 Patty	252.456	27.429
Pineapple Tidbits	1/2 CUP	83.636	20.909
WG Toast w/ Margarine	1 Slice	113.330	16.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Fat Free White Milk	1 carton	80.000	12.000
Jelly Packet	1 packet	25.000	7.000
Syrup Cup	1 container	120.000	31.000
Grape Juice 4oz	1 Each	70.000	17.000
Weighted Daily Average		0.174	0.038
% of calories			87.514%

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Thu - 08/21/2014	Portion Size	Cals (kcal)	Carb (g)
k-12 breakfast 2014-2015	Total		
WG Rice Krispies Cereal	1 bowl	100.000	23.000
Raisin Bran 1G	1 bowl	102.718	22.124
RS Frosted Flakes	1 bowl	100.000	24.000
Reduced Sugar Froot Loops	1 bowl	111.373	24.300
Pineapple & Vanilla Yogurt Parfait	1 Parfait	251.108	52.793
Fresh Banana	1 Banana	105.020	26.951
WG Toast w/ Margarine	1 Slice	113.330	16.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Fat Free White Milk	1 carton	80.000	12.000
Jelly Packet	1 packet	25.000	7.000
Orange Juice 4oz	1 Juice	56.000	14.000
Weighted Daily Average		0.077	0.016
% of calories			81.475%

Fri - 08/22/2014	Portion Size	Cals (kcal)	Carb (g)
k-12 breakfast 2014-2015	Total		
WG Rice Krispies Cereal	1 bowl	100.000	23.000
Raisin Bran 1G	1 bowl	102.718	22.124
RS Frosted Flakes	1 bowl	100.000	24.000
Apple Jacks Cereal 1 Grain	1 bowl	110.000	24.000
Egg Scramble w/ Biscuit	1/2 cup	362.094	31.290
Apple Juice 4oz	1 Juice	58.000	15.000
Sliced Peaches	1/2 Cup	69.561	16.893
WG Toast w/ Margarine	1 Slice	113.330	16.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Fat Free White Milk	1 carton	80.000	12.000
Jelly Packet	1 packet	25.000	7.000
Weighted Daily Average		0.189	0.040
% of calories			83.778%

District: St. Louis Public Schools

Mon - 08/25/2014	Portion Size	Cals (kcal)	Carb (g)
k-12 breakfast 2014-2015	Total		
WG Rice Krispies Cereal	1 bowl	100.000	23.000
Raisin Bran 1G	1 bowl	102.718	22.124
RS Frosted Flakes	1 bowl	100.000	24.000
Trix Reduced Sugar 1 Grain	1 bowl	110.000	24.000
Waffle Sticks WG	2 Each	140.000	27.000
Apple Juice 4oz	1 Juice	58.000	15.000
Pineapple Tidbits	1/2 CUP	48.599	12.150
WG Toast w/ Margarine	1 Slice	113.330	16.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Fat Free White Milk	1 carton	80.000	12.000
Jelly Packet	1 packet	25.000	7.000
Syrup Cup	1 container	120.000	31.000
Weighted Daily Average		0.074	0.015
% of calories			81.713%

Tue - 08/26/2014	Portion Size	Cals (kcal)	Carb (g)
k-12 breakfast 2014-2015	Total		
WG Rice Krispies Cereal	1 bowl	100.000	23.000
Raisin Bran 1G	1 bowl	102.718	22.124
RS Frosted Flakes	1 bowl	100.000	24.000
Coco Roos Cereal	1 Bowl	110.000	25.000
Applesauce	1 Cup	120.000	30.000
WG Toast w/ Margarine	1 Slice	113.330	16.000
Cornbread Square	1 Loaf	170.000	25.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Fat Free White Milk	1 carton	80.000	12.000
String Cheese	1 string cheese	60.000	1.000
Jelly Packet	1 packet	25.000	7.000
Orange Juice 4oz	1 Juice	56.000	14.000
Weighted Daily Average		0.164	0.036
% of calories			87.898%

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Wed - 08/27/2014	Portion Size	Cals (kcal)	Carb (g)
k-12 breakfast 2014-2015	Total		
WG Rice Krispies Cereal	1 bowl	100.000	23.000
Raisin Bran 1G	1 bowl	102.718	22.124
RS Frosted Flakes	1 bowl	100.000	24.000
Cinnamon Toast Crunch R/S	1 bowl	110.000	22.000
Ham, Egg & Cheese Quesadilla 6"	1 Quesadilla	304.725	16.846
Mandarin Oranges	1/2 Cup	65.064	15.801
Salsa, Canned (C)	1/4 Cup	22.500	4.363
WG Toast w/ Margarine	1 Slice	113.330	16.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Fat Free White Milk	1 carton	80.000	12.000
Jelly Packet	1 packet	25.000	7.000
Grape Juice 4oz	1 Each	70.000	17.000
Weighted Daily Average		0.145	0.028
% of calories			78.367%

Thu - 08/28/2014	Portion Size	Cals (kcal)	Carb (g)
k-12 breakfast 2014-2015	Total		
WG Rice Krispies Cereal	1 bowl	100.000	23.000
Raisin Bran 1G	1 bowl	102.718	22.124
RS Frosted Flakes	1 bowl	100.000	24.000
Reduced Sugar Froot Loops	1 bowl	111.373	24.300
Cinnamon Raisin Bagel	1 Bagel	240.000	47.000
Fresh Banana	1 Banana	105.020	26.951
WG Toast w/ Margarine	1 Slice	113.330	16.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Fat Free White Milk	1 carton	80.000	12.000
Jelly Packet	1 packet	25.000	7.000
Cream Cheese PC, Reduced Fat	1 packet	60.000	1.000
Orange Juice 4oz	1 Juice	56.000	14.000
Weighted Daily Average		0.080	0.015
% of calories			76.572%

District: St. Louis Public Schools

Fri - 08/29/2014	Portion Size	Cals (kcal)	Carb (g)
k-12 breakfast 2014-2015	Total		
WG Rice Krispies Cereal	1 bowl	100.000	23.000
Raisin Bran 1G	1 bowl	102.718	22.124
RS Frosted Flakes	1 bowl	100.000	24.000
Apple Jacks Cereal 1 Grain	1 bowl	110.000	24.000
Biscuits & Gravy	1 Biscuit	259.387	38.791
Apple Juice 4oz	1 Juice	58.000	15.000
Sliced Peaches	1/2 Cup	69.561	16.893
WG Toast w/ Margarine	1 Slice	113.330	16.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Fat Free White Milk	1 carton	80.000	12.000
Jelly Packet	1 packet	25.000	7.000
Weighted Daily Average		0.753	0.125
% of calories			66.637%

Weighted Average		0.186	0.037
			80.357%

* = Indicates missing Nutrient Information.

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