

Carbohydrate Report

District: St. Louis Public Schools

School: Central VPA

Menu: Saint Louis SLPS G1 9-12 Lunch



Wed - 10/01/2014			
	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 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	33.274
Ham & Cheese Wrap	1.00 Wrap	307.162	34.294
Turkey & Cheese Wrap, WG	1.00 Wrap	320.202	33.955
Turkey Wrap, WG	1.00 Wrap	286.016	32.264

Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	34.291
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*
Cordon Bleu Panini	1.00 panini	339.732	34.551
Sausage Crumbles Pizza	1.00 slice	403.746	38.901
HM Meatloaf w/ Roll & Rice	3.00 oz	259.484	40.739
Hamburger	1.00 burger	250.000	26.000
Small Italian Chicken Salad w/ crackers	1.00 salad	403.768	41.770
Italian Wrap	1.00 Wrap	380.506	36.911
Orange Chicken w/ Rice	12.00 Pieces	609.820	88.606
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
Mexicorn	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
Corn Kernels	1/2 cup	96.859	17.842
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	126.268	1.411
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		121521.835*	13729.402*
% of Calories			45.19%

Thu - 10/02/2014			
	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 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	33.274
Ham & Cheese Wrap	1.00 Wrap	307.162	34.294
Turkey & Cheese Wrap, WG	1.00 Wrap	320.202	33.955
Turkey Wrap, WG	1.00 Wrap	286.016	32.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	34.291
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*
Cordon Bleu Panini	1.00 panini	339.732	34.551
Chicken Pot Pie, Biscuit Crust	1.00 Cup	414.543	43.768
Cheeseburger	1.00 burger	285.437	27.012
Red Thai Shaved Beef Stir Fry w/ Brown Rice	1.00 Cup	558.190	71.122
Large Chicken Caesar Salad w/ Crackers	1.00 salad	517.696	45.064
Italian Wrap	1.00 Wrap	380.506	36.911
Buffalo Chicken Pizza	1.00 slice	440.596	38.145
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
Seasoned Potato Wedges	$\frac{1}{2}$ cup	102.279	16.769
Mexicorn	$\frac{1}{2}$ cup	92.485	16.131
Lettuce/Spinach Mix	1.00 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	$\frac{1}{2}$ 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
Cooked Crinkle Cut Carrots	1/2 Cup	49.980	8.988
Garbanzo Beans	1/2 cup	130.950	14.777
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	126.268	1.411
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		151394.513*	16521.051*
% of Calories			43.65%

Fri - 10/03/2014			
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 - 10/06/2014			
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 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	33.274
Ham & Cheese Wrap	1.00 Wrap	307.162	34.294
Turkey & Cheese Wrap, WG	1.00 Wrap	320.202	33.955
Turkey Wrap, WG	1.00 Wrap	286.016	32.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	34.291
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*
Turkey Pesto Panini	1.00 Panini	504.231	39.478
Pepperoni Pizza	1.00 slice	373.284	37.854
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Chicken Teriyaki w/ Brown Rice	1.00 Serving	380.551	52.949
Country Fried Steak w/ Roll	1.00 Patty	340.000	30.000
Large Chef Salad w/ Roll	1.00 salad	423.635	43.128
Italian Wrap	1.00 Wrap	380.506	36.911
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
Mexicorn	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 Apple	1.00 Apple	77.480	20.577
Sliced Peaches	1/2 Cup	69.561	16.893
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	126.268	1.411
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		117472.959*	13192.858*
% of Calories			44.92%

Tue - 10/07/2014			
	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 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	33.274
Ham & Cheese Wrap	1.00 Wrap	307.162	34.294
Turkey & Cheese Wrap, WG	1.00 Wrap	320.202	33.955
Turkey Wrap, WG	1.00 Wrap	286.016	32.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	34.291
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*
Turkey Pesto Panini	1.00 Panini	504.231	39.478
Cheeseburger	1.00 burger	285.437	27.012
Beef Stir Fry w/ Brown Rice	1.00 Serving	482.196	67.247
Chicken Tetrazzini w/ Breadstick	1.00 cup	431.304	98.747
Buffalo Chicken Pizza	1.00 slice	440.596	38.145
Chicken Salad w/ Crackers	1.00 salad	395.282	56.097
Italian Wrap	1.00 Wrap	380.506	36.911
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
Mexicorn	$\frac{1}{2}$ cup	92.485	16.131
Lettuce/Spinach Mix	1.00 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	$\frac{1}{2}$ cup	9.072	1.633
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Monterey Vegetables	$\frac{1}{2}$ cup	109.331	6.584
Fresh Pico	$\frac{1}{4}$ Cup	18.523	4.378
Verde Salsa	$\frac{1}{4}$ Cup	10.276	1.952
Lettuce, Iceberg Shredded	$\frac{1}{4}$ 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
Corn Kernels	1/2 cup	96.859	17.842
Pineapple Tidbits	1/2 CUP	48.599	12.150
Banana Slices	1/2 Cup	115.342	29.600
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	126.268	1.411
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		148897.794*	18806.159*
% of Calories			50.52%

Wed - 10/08/2014			
	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 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	33.274
Ham & Cheese Wrap	1.00 Wrap	307.162	34.294
Turkey & Cheese Wrap, WG	1.00 Wrap	320.202	33.955
Turkey Wrap, WG	1.00 Wrap	286.016	32.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	34.291
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*
Turkey Pesto Panini	1.00 Panini	504.231	39.478
Sausage Crumbles Pizza	1.00 slice	403.746	38.901
Hamburger	1.00 burger	250.000	26.000
Large BBQ Chicken Salad w/ Crackers	1.00 salad	471.032	50.089
Italian Wrap	1.00 Wrap	380.506	36.911
Orange Chicken w/ Rice	12.00 Pieces	609.820	88.606
HM Meatloaf w/ Roll & Rice	3.00 oz	259.484	40.739
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
Mexicorn	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 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	126.268	1.411
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		124518.062*	14035.618*
% of Calories			45.09%

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	33.274
Ham & Cheese Wrap	1.00 Wrap	307.162	34.294
Turkey & Cheese Wrap, WG	1.00 Wrap	320.202	33.955
Turkey Wrap, WG	1.00 Wrap	286.016	32.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	34.291
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*
Turkey Pesto Panini	1.00 Panini	504.231	39.478
BBQ Chicken Pizza	1.00 slice	416.926	42.020
Cheeseburger	1.00 burger	285.437	27.012
Chicken Pot Pie, Biscuit Crust	1.00 Cup	414.543	43.768
Large Cobb Salad w/ Crackers	1.00 Salad	417.671	44.652
Red Thai Shaved Beef Stir Fry w/ Brown Rice	1.00 Cup	558.190	71.122
Italian Wrap	1.00 Wrap	380.506	36.911
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
Mexicorn	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
Salad Bar, Beans, Garbanzo	1/2 cup	119.330	19.888
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	126.268	1.411
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		151769.316*	17056.143*
% of Calories			44.95%

Fri - 10/10/2014		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 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	33.274
Ham & Cheese Wrap	1.00 Wrap	307.162	34.294
Turkey & Cheese Wrap, WG	1.00 Wrap	320.202	33.955
Turkey Wrap, WG	1.00 Wrap	286.016	32.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	34.291
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*
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Pepperoni Pizza	1.00 slice	373.284	37.854
Chicken Teriyaki w/ Brown Rice	1.00 Serving	380.551	52.949
Country Fried Steak w/ Roll	1.00 Patty	340.000	30.000
Large Teriyaki Chicken Salad w/ Crackers	1.00 Salad	455.246	74.895
Turkey Pesto Panini	1.00 Panini	504.231	39.478
Italian Wrap	1.00 Wrap	380.506	36.911
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
Mexicorn	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 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	126.268	1.411
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		116986.525*	13107.043*
% of Calories			44.82%

Mon - 10/13/2014			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS G1 9-12 Lunch			
Recipe	Total		
Ham Sub	1.00 Sub	285.953	31.263
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
Buffalo Chicken Pizza	1.00 slice	440.596	38.145
Cheeseburger	1.00 burger	285.437	27.012
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	33.274
Ham & Cheese Wrap	1.00 Wrap	307.162	34.294
Turkey & Cheese Wrap, WG	1.00 Wrap	320.202	33.955
Turkey Wrap, WG	1.00 Wrap	286.016	32.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	34.291
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*
Turkey Sub	1.00 Sub	312.704	30.597
Italian Wrap	1.00 Wrap	380.506	36.911
Italian Panini	1.00 Panini	405.873	34.613
Turkey Taco Salad	1.00 salad	625.859	61.014
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
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
Seasoned Potato Wedges	1/2 cup	102.279	16.769
Mexicorn	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
Fresh Apple	1.00 Apple	77.480	20.577
Mandarin Oranges	1/2 Cup	65.064	15.801
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	126.268	1.411
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		309.532*	33.639*
% of Calories			43.47%

Tue - 10/14/2014			
	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
Italian Panini	1.00 Panini	405.873	34.613
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*
Small Italian Chicken Salad w/ crackers	1.00 salad	403.768	41.770
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
Sausage Crumbles Pizza	1.00 slice	403.746	38.901
Hamburger	1.00 burger	250.000	26.000
Orange Chicken w/ Rice	12.00 Pieces	609.820	88.606
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	33.274

Ham & Cheese Wrap	1.00 Wrap	307.162	34.294
Turkey & Cheese Wrap, WG	1.00 Wrap	320.202	33.955
Turkey Wrap, WG	1.00 Wrap	286.016	32.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	34.291
Italian Wrap	1.00 Wrap	380.506	36.911
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*
Chicken Snowbowl w/ Roll & Rice	1.00 Serving	527.990	79.959
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
Seasoned Potato Wedges	1/2 cup	102.279	16.769
Mexicorn	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
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	126.268	1.411
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		305.321*	36.622*
% of Calories			47.98%

Wed - 10/15/2014			
	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
Italian Panini	1.00 Panini	405.873	34.613
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
BBQ Chicken Pizza	1.00 slice	416.926	42.020

Cheeseburger	1.00 burger	285.437	27.012
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	33.274
Ham & Cheese Wrap	1.00 Wrap	307.162	34.294
Turkey & Cheese Wrap, WG	1.00 Wrap	320.202	33.955
Turkey Wrap, WG	1.00 Wrap	286.016	32.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	34.291
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*
Large Chicken Caesar Salad w/ Crackers	1.00 salad	517.696	45.064
Italian Wrap	1.00 Wrap	380.506	36.911
Chili Cheese Baked Potato & Rolls	1.00 Potato	660.503	107.977
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
Seasoned Potato Wedges	1/2 cup	102.279	16.769
Mexicorn	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
Mandarin Oranges	1/2 Cup	65.064	15.801
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	126.268	1.411
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		259.165*	30.136*
% of Calories			46.51%

Thu - 10/16/2014			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS G1 9-12 Lunch			
Recipe	Total		
Small Crispy Chicken Salad w/ Crackers	1.00 salad	367.172	32.268
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
Italian Panini	1.00 Panini	405.873	34.613

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
Chicken Alfredo Pizza	1.00 slice	380.624	37.075
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
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	33.274
Ham & Cheese Wrap	1.00 Wrap	307.162	34.294
Turkey & Cheese Wrap, WG	1.00 Wrap	320.202	33.955
Turkey Wrap, WG	1.00 Wrap	286.016	32.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	34.291
Italian Wrap	1.00 Wrap	380.506	36.911
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*
Breaded Baked Chicken, OnE w/ Roll	1.00 Serv (Per Recipe)	378.170	30.431
Sweet & Sour Chicken w/ Rice	12.00 Pieces	472.178	63.137
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
Salad Bar, Peppers, Red	1/2 cup	20.088	3.907
Fresh Red Salsa	1/4 Cup	59.212	11.899
Corn Kernels	1/2 cup	96.859	17.842
Mexicorn	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
Seasoned Potato Wedges	1/2 cup	102.279	16.769
Garbanzo Beans	1/2 cup	130.950	14.777
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
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Baja Sauce	3.00 TBSP	126.268	1.411
Weighted Daily Average		277.541*	29.945*
% of Calories			43.16%

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Fri - 10/17/2014			
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 - 10/20/2014			
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
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	33.274
Ham & Cheese Wrap	1.00 Wrap	307.162	34.294
Turkey & Cheese Wrap, WG	1.00 Wrap	320.202	33.955

Turkey Wrap, WG	1.00 Wrap	286.016	32.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	34.291
Ham & Cheese Sub	1.00 Sub	297.162	32.294
Cordon Bleu Panini	1.00 panini	339.732	34.551
Buffalo Chicken Pizza	1.00 slice	440.596	38.145
Cheeseburger	1.00 burger	285.437	27.012
Chicken Salad w/ Crackers	1.00 salad	395.282	56.097
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*
Italian Wrap	1.00 Wrap	380.506	36.911
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*
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
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
Mexicorn	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 Beans	1/2 cup	42.485	5.019

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	126.268	1.411
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		153040.968*	16559.775*
% of Calories			43.28%

Tue - 10/21/2014			
	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
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	33.274
Ham & Cheese Wrap	1.00 Wrap	307.162	34.294
Turkey & Cheese Wrap, WG	1.00 Wrap	320.202	33.955
Turkey Wrap, WG	1.00 Wrap	286.016	32.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	34.291
Ham & Cheese Sub	1.00 Sub	297.162	32.294
Cordon Bleu Panini	1.00 panini	339.732	34.551
Sausage Crumbles Pizza	1.00 slice	403.746	38.901
Hamburger	1.00 burger	250.000	26.000
Large BBQ Chicken Salad w/ Crackers	1.00 salad	471.032	50.089
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*
Italian Wrap	1.00 Wrap	380.506	36.911
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*
Chicken Snowbowl w/ Roll & Rice	1.00 Serving	527.990	79.959
Orange Chicken w/ Rice	12.00 Pieces	609.820	88.606
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

Mexicorn	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
Mandarin Oranges	1/2 Cup	65.064	15.801
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	126.268	1.411
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		157712.151*	19156.885*
% of Calories			48.59%

Wed - 10/22/2014			
	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
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	33.274
Ham & Cheese Wrap	1.00 Wrap	307.162	34.294
Turkey & Cheese Wrap, WG	1.00 Wrap	320.202	33.955
Turkey Wrap, WG	1.00 Wrap	286.016	32.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	34.291
Ham & Cheese Sub	1.00 Sub	297.162	32.294
Cordon Bleu Panini	1.00 panini	339.732	34.551
Large Cobb Salad w/ Crackers	1.00 Salad	417.671	44.652
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*
BBQ Chicken Pizza	1.00 slice	416.926	42.020
Cheeseburger	1.00 burger	285.437	27.012

Italian Wrap	1.00 Wrap	380.506	36.911
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*
Chili Cheese Baked Potato & Rolls	1.00 Potato	660.503	107.977
Beef LoMein w/ Rice	1.00 cup	459.127	62.043
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
Mexicorn	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 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	126.268	1.411
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		127861.255*	14492.489*
% of Calories			45.34%

Thu - 10/23/2014			
	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
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	33.274
Ham & Cheese Wrap	1.00 Wrap	307.162	34.294
Turkey & Cheese Wrap, WG	1.00 Wrap	320.202	33.955

Turkey Wrap, WG	1.00 Wrap	286.016	32.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	34.291
Ham & Cheese Sub	1.00 Sub	297.162	32.294
Cordon Bleu Panini	1.00 panini	339.732	34.551
Large Teriyaki Chicken Salad w/ Crackers	1.00 Salad	455.246	74.895
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*
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Italian Wrap	1.00 Wrap	380.506	36.911
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*
Chicken Alfredo Pizza	1.00 slice	380.624	37.075
Breaded Baked Chicken, OnE w/ Roll	1.00 Serv (Per Recipe)	378.170	30.431
Sweet & Sour Chicken w/ Rice	12.00 Pieces	472.178	63.137
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
Mexicorn	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
Corn Kernels	1/2 cup	96.859	17.842
Tater Gem	1/2 cup	130.844	14.624

Garbanzo Beans	1/2 cup	130.950	14.777
Banana Slices	1/2 Cup	115.342	29.600
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	126.268	1.411
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		141985.281*	15389.299*
% of Calories			43.35%

Fri - 10/24/2014			
	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 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	33.274
Ham & Cheese Wrap	1.00 Wrap	307.162	34.294
Turkey & Cheese Wrap, WG	1.00 Wrap	320.202	33.955
Turkey Wrap, WG	1.00 Wrap	286.016	32.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	34.291
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*
Pepperoni Pizza	1.00 slice	373.284	37.854
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Large Grilled Chicken Garden Salad w/ Crackers	1.00 salad	434.577	44.201
Italian Wrap	1.00 Wrap	380.506	36.911
Turkey Pesto Panini	1.00 Panini	504.231	39.478
Pepper Steak w/ Mixed Peppers w/ Roll & Rice	1.00 Serving	364.613	47.861
Chicken Chow Mein	1.50 cup	408.501	68.441
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
Seasoned Potato Wedges	1/2 cup	102.279	16.769
Mexicorn	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
Sliced Peaches	1/2 Cup	69.561	16.893
Fresh Orange	1.00 ORANGE	61.570	15.393
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	126.268	1.411
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		127510.609*	14871.763*
% of Calories			46.65%

Mon - 10/27/2014		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 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	33.274
Ham & Cheese Wrap	1.00 Wrap	307.162	34.294
Turkey & Cheese Wrap, WG	1.00 Wrap	320.202	33.955
Turkey Wrap, WG	1.00 Wrap	286.016	32.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	34.291
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*

Turkey Taco Salad	1.00 salad	625.859	61.014
Buffalo Chicken Pizza	1.00 slice	440.596	38.145
Italian Wrap	1.00 Wrap	380.506	36.911
Cheeseburger	1.00 burger	285.437	27.012
Turkey Pesto Panini	1.00 Panini	504.231	39.478
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
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
Mexicorn	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
Cooked Crinkle Cut Carrots	1/2 Cup	49.980	8.988
Fresh Apple	1.00 Apple	77.480	20.577
Mandarin Oranges	1/2 Cup	65.064	15.801
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	126.268	1.411
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		155534.806*	16968.246*
% of Calories			43.64%

Tue - 10/28/2014			
	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 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	33.274
Ham & Cheese Wrap	1.00 Wrap	307.162	34.294
Turkey & Cheese Wrap, WG	1.00 Wrap	320.202	33.955
Turkey Wrap, WG	1.00 Wrap	286.016	32.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	34.291
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*
Sausage Crumbles Pizza	1.00 slice	403.746	38.901
Small Italian Chicken Salad w/ crackers	1.00 salad	403.768	41.770
Italian Wrap	1.00 Wrap	380.506	36.911
Turkey Pesto Panini	1.00 Panini	504.231	39.478
Chicken Snowbowl w/ Roll & Rice	1.00 Serving	527.990	79.959
Orange Chicken w/ Rice	12.00 Pieces	609.820	88.606
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
Mexicorn	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

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	126.268	1.411
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		154048.567*	18484.423*
% of Calories			48.00%

Wed - 10/29/2014			
	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 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	33.274
Ham & Cheese Wrap	1.00 Wrap	307.162	34.294
Turkey & Cheese Wrap, WG	1.00 Wrap	320.202	33.955
Turkey Wrap, WG	1.00 Wrap	286.016	32.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	34.291
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*
BBQ Chicken Pizza	1.00 slice	416.926	42.020
Large Chicken Caesar Salad w/ Crackers	1.00 salad	517.696	45.064
Italian Wrap	1.00 Wrap	380.506	36.911
Cheeseburger	1.00 burger	285.437	27.012
Turkey Pesto Panini	1.00 Panini	504.231	39.478
Chili Cheese Baked Potato & Rolls	1.00 Potato	660.503	107.977
Beef LoMein w/ Rice	1.00 cup	459.127	62.043
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

Seasoned Potato Wedges	1/2 cup	102.279	16.769
Mexicorn	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
Mandarin Oranges	1/2 Cup	65.064	15.801
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	126.268	1.411
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		127028.801*	14546.284*
% of Calories			45.80%

Thu - 10/30/2014			
	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 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	33.274
Ham & Cheese Wrap	1.00 Wrap	307.162	34.294
Turkey & Cheese Wrap, WG	1.00 Wrap	320.202	33.955
Turkey Wrap, WG	1.00 Wrap	286.016	32.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	34.291
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*
Chicken Alfredo Pizza	1.00 slice	387.291	37.242

Small Crispy Chicken Salad w/ Crackers	1.00 salad	367.172	32.268
Italian Wrap	1.00 Wrap	380.506	36.911
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Turkey Pesto Panini	1.00 Panini	504.231	39.478
Breaded Baked Chicken, OnE w/ Roll	1.00 Serv (Per Recipe)	378.170	30.431
Sweet & Sour Chicken w/ Rice	12.00 Pieces	472.178	63.137
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
Mexicorn	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
Garbanzo Beans	1/2 cup	130.950	14.777
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	126.268	1.411
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		139702.191*	14878.137*
% of Calories			42.60%

Fri - 10/31/2014			
	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 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	33.274
Ham & Cheese Wrap	1.00 Wrap	307.162	34.294
Turkey & Cheese Wrap, WG	1.00 Wrap	320.202	33.955
Turkey Wrap, WG	1.00 Wrap	286.016	32.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	34.291
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*
Pepperoni Pizza	1.00 slice	373.284	37.854
Large Chef Salad w/ Roll	1.00 salad	423.635	43.128
Italian Wrap	1.00 Wrap	380.506	36.911
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Pepper Steak w/ Mixed Peppers w/ Roll & Rice	1.00 Serving	364.613	47.861
Chicken Chow Mein	1.50 cup	408.501	68.441
Turkey Pesto Panini	1.00 Panini	504.231	39.478
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
Mexicorn	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 Apple	1.00 Apple	77.480	20.577
Sliced Peaches	1/2 Cup	69.561	16.893
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	126.268	1.411
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		130303.847*	15155.484*
% of Calories			46.52%

* = Indicates missing Nutrient Information.

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