

Carbohydrate Report

District: St. Louis Public Schools

School: AMES ES

Menu: Saint Louis SLPS K-12 Breakfast



Wed - 10/01/2014			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS K-12 Breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
WG Rice Krispies Cereal	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Cinnamon Toast Crunch R/S	1.00 bowl	110.000	22.000
French Toast Sticks & Sausage	4.00 sticks & 1 Patty	346.562	38.208
Pineapple Tidbits	1/2 CUP	48.599	12.150
Grape Juice 4oz	1.00 Juice	70.000	17.000
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Syrup Cup	1.00 container	120.000	31.000
Weighted Daily Average		132.088	23.642
% of Calories			71.59%

Thu - 10/02/2014			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS K-12 Breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
WG Rice Krispies Cereal	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Reduced Sugar Froot Loops	1.00 bowl	111.373	24.300
Pineapple & Vanilla Yogurt Parfait	1.00 Parfait	266.141	49.700
Fresh Banana	1.00 Banana	105.020	26.951
Orange Juice 4oz	1.00 Juice	56.000	14.000
WG Toast w/ Margarine	1.00 Slice	108.000	14.933

White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Weighted Daily Average		116.425	23.101
% of Calories			79.37%

Fri - 10/03/2014			
Portion Size	Calories (kcal)	Carbohydrates (g)	
Saint Louis SLPS K-12 Breakfast			
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 K-12 Breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
WG Rice Krispies Cereal	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Waffle Sticks WG	2.00 Each	140.000	27.000
Apple Jacks Cereal 1 Grain	1.00 bowl	110.000	24.000
Apple Juice 4oz	1.00 Juice	58.000	15.000
Pineapple Tidbits	1/2 CUP	48.599	12.150
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Syrup Cup	1.00 container	120.000	31.000
Weighted Daily Average		110.232	22.521
% of Calories			81.72%

Tue - 10/07/2014			
Portion Size	Calories (kcal)	Carbohydrates (g)	
Saint Louis SLPS K-12 Breakfast			
Recipe	Total		

Raisin Bran 1G	1.00 bowl	102.718	22.124
WG Rice Krispies Cereal	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Cocoa Puffs Cereal	1.00 Bowl	110.000	25.000
Egg, Ham & Cheese English Muffin Sandwich	1.00 Sandwich	264.849	26.307
Orange Juice 4oz	1.00 Juice	56.000	14.000
Applesauce	1.00 Cup	120.000	30.000
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Weighted Daily Average		249.657	54.136
% of Calories			86.74%

Wed - 10/08/2014			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS K-12 Breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
WG Rice Krispies Cereal	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Cinnamon Toast Crunch R/S	1.00 bowl	110.000	22.000
Ham, Egg & Cheese Quesadilla 6"	1.00 Quesadilla	300.510	16.816
Salsa, Canned (C)	1/4 Cup	22.320	4.328
Grape Juice 4oz	1.00 Juice	70.000	17.000
Mandarin Oranges	1/2 Cup	65.064	15.801
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Weighted Daily Average		217.147	42.620
% of Calories			78.51%

Thu - 10/09/2014			
	Portion Size	Calories (kcal)	Carbohydrates (g)

Saint Louis SLPS K-12 Breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
WG Rice Krispies Cereal	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Reduced Sugar Froot Loops	1.00 bowl	111.373	24.300
Cinnamon Raisin Bagel	1.00 Bagel	159.054	34.793
Orange Juice 4oz	1.00 Juice	56.000	14.000
Fresh Banana	1.00 Banana	105.020	26.951
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Cream Cheese PC, Reduced Fat	1.00 packet	60.000	1.000
Weighted Daily Average		111.717	21.710
% of Calories			77.73%

Fri - 10/10/2014	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS K-12 Breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
WG Rice Krispies Cereal	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Apple Jacks Cereal 1 Grain	1.00 bowl	110.000	24.000
Biscuits & Gravy	1.00 Biscuit	252.958	37.755
Apple Juice 4oz	1.00 Juice	58.000	15.000
Sliced Peaches	¹ / ₂ Cup	69.561	16.893
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000

Weighted Daily Average	1106.375	184.416
% of Calories	66.67%	

Mon - 10/13/2014			
Recipe	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS K-12 Breakfast			
Recipe	Total		
WG Rice Krispies Cereal	1.00 bowl	100.000	23.000
Raisin Bran 1G	1.00 bowl	102.718	22.124
RS Frosted Flakes	1.00 bowl	100.000	24.000
Cocoa Puffs Cereal	1.00 Bowl	110.000	25.000
Mini Cinni Roll, IW	1.00 Package	240.000	40.000
Orange Juice 4oz	1.00 Juice	56.000	14.000
Applesauce	1.00 Cup	120.000	30.000
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Weighted Daily Average		164.781	37.004
% of Calories			89.83%

Tue - 10/14/2014			
Recipe	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS K-12 Breakfast			
Recipe	Total		
WG Rice Krispies Cereal	1.00 bowl	100.000	23.000
Raisin Bran 1G	1.00 bowl	102.718	22.124
RS Frosted Flakes	1.00 bowl	100.000	24.000
Cinnamon Toast Crunch R/S	1.00 bowl	110.000	22.000
Mini Blueberry Pancakes	1.00 pouch	200.000	34.000
Grape Juice 4oz	1.00 Juice	70.000	17.000
Pineapple Tidbits	1/2 CUP	48.599	12.150
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000

Jelly Packet	1.00 packet	25.000	7.000
Syrup Cup	1.00 container	120.000	31.000
Weighted Daily Average		78.288	15.480
% of Calories			79.10%

Wed - 10/15/2014	Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis SLPS K-12 Breakfast			
Recipe	Total		
WG Rice Krispies Cereal	1.00 bowl	100.000	23.000
Raisin Bran 1G	1.00 bowl	102.718	22.124
RS Frosted Flakes	1.00 bowl	100.000	24.000
Reduced Sugar Froot Loops	1.00 bowl	111.373	24.300
Colby Cheese Omelet, IW	1.00 Omelet	136.500	1.050
Salsa, Canned (C)	1/4 Cup	22.320	4.328
Hash Brown Potato Patty	1.00 Patty	130.000	14.000
Fresh Banana	1.00 Banana	105.020	26.951
Orange Juice 4oz	1.00 Juice	56.000	14.000
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Weighted Daily Average		83.593	14.245
% of Calories			68.16%

Thu - 10/16/2014	Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis SLPS K-12 Breakfast			
Recipe	Total		
WG Rice Krispies Cereal	1.00 bowl	100.000	23.000
Raisin Bran 1G	1.00 bowl	102.718	22.124
RS Frosted Flakes	1.00 bowl	100.000	24.000
Apple Jacks Cereal 1 Grain	1.00 bowl	110.000	24.000
Sausage & Cheese English Muffin	1.00 Sandwich	225.437	25.012

Apple Juice 4oz	1.00 Juice	58.000	15.000
Sliced Peaches	1/2 Cup	69.561	16.893
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Weighted Daily Average		179.241	39.033
% of Calories			87.11%

Fri - 10/17/2014			
Portion Size	Calories (kcal)	Carbohydrates (g)	
Saint Louis SLPS K-12 Breakfast			
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 K-12 Breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
WG Rice Krispies Cereal	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Cocoa Puffs Cereal	1.00 Bowl	110.000	25.000
Blueberry Nutrigrain Bar	1.00 Bar	160.000	30.000
Orange Juice 4oz	1.00 Juice	56.000	14.000
Applesauce	1.00 Cup	120.000	30.000
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
String Cheese	1.00 stick	119.260	1.988
Weighted Daily Average		167.399	36.470
% of Calories			87.14%

Tue - 10/21/2014			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS K-12 Breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
WG Rice Krispies Cereal	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Cinnamon Toast Crunch R/S	1.00 bowl	110.000	22.000
French Toast	1.00 Piece	199.480	23.938
Grape Juice 4oz	1.00 Juice	70.000	17.000
Pineapple Tidbits	1/2 CUP	48.599	12.150
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Syrup Cup	1.00 container	120.000	31.000
Weighted Daily Average		78.253	14.810
% of Calories			75.70%

Wed - 10/22/2014			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS K-12 Breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
WG Rice Krispies Cereal	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Reduced Sugar Froot Loops	1.00 bowl	111.373	24.300
Breakfast Sausage Pizza, Tony's	1.00 Piece	190.002	23.524
Orange Juice 4oz	1.00 Juice	56.000	14.000
Fresh Banana	1.00 Banana	105.020	26.951
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000

Weighted Daily Average	262.543	37.179
% of Calories	56.65%	

Thu - 10/23/2014			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS K-12 Breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
WG Rice Krispies Cereal	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Apple Jacks Cereal 1 Grain	1.00 bowl	110.000	24.000
Blueberry Yogurt 4oz Cup	1.00 Each	90.000	19.000
Apple Juice 4oz	1.00 Juice	58.000	15.000
Sliced Peaches	1/2 Cup	69.561	16.893
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
Honey Graham Cracker 3 pk	1.00 package	90.000	17.000
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Weighted Daily Average		264.318	59.649
% of Calories			90.27%

Fri - 10/24/2014			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS K-12 Breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
WG Rice Krispies Cereal	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Egg & Potato Breakfast Burrito 9"	1.00 Burrito	323.703	44.081
Apple Jacks Cereal 1 Grain	1.00 bowl	110.000	24.000
Salsa, Canned (C)	1/4 Cup	22.320	4.328
Apple Juice 4oz	1.00 Juice	58.000	15.000
Pineapple Tidbits	1/2 CUP	48.599	12.150

WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Weighted Daily Average		125.530	22.860
% of Calories			72.84%

Mon - 10/27/2014			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS K-12 Breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
WG Rice Krispies Cereal	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Cinnamon Raisin Bagel	1.00 Bagel	159.054	34.793
Apple Jacks Cereal 1 Grain	1.00 bowl	110.000	24.000
Orange Juice 4oz	1.00 Juice	56.000	14.000
Applesauce	1.00 Cup	120.000	30.000
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Cream Cheese PC, Reduced Fat	1.00 packet	60.000	1.000
Weighted Daily Average		245.077	54.985
% of Calories			89.74%

Tue - 10/28/2014			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS K-12 Breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
WG Rice Krispies Cereal	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Cinnamon Toast Crunch R/S	1.00 bowl	110.000	22.000
Pancakes	2.00 pancakes	147.010	26.206

Grape Juice 4oz	1.00 Juice	70.000	17.000
Pineapple Tidbits	1/2 CUP	48.599	12.150
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Syrup Cup	1.00 container	120.000	31.000
Weighted Daily Average		112.133	22.441
% of Calories			80.05%

Wed - 10/29/2014			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS K-12 Breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
WG Rice Krispies Cereal	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Reduced Sugar Froot Loops	1.00 bowl	111.373	24.300
Strawberry Banana Yogurt 4oz Cup	1.00 Each	90.000	19.000
Orange Juice 4oz	1.00 Juice	56.000	14.000
Fresh Banana	1.00 Banana	105.020	26.951
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
Honey Graham Cracker 3 pk	1.00 package	90.000	17.000
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Weighted Daily Average		107.811	21.731
% of Calories			80.63%

Thu - 10/30/2014			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS K-12 Breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124

WG Rice Krispies Cereal	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Apple Jacks Cereal 1 Grain	1.00 bowl	110.000	24.000
Egg, Sausage & Cheese Biscuit Sandwich	1.00 Sandwich	351.865	32.048
Sliced Peaches	1/2 Cup	69.561	16.893
Apple Juice 4oz	1.00 Juice	58.000	15.000
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Weighted Daily Average		281.505	59.254
% of Calories			84.20%

Fri - 10/31/2014			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS K-12 Breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
WG Rice Krispies Cereal	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Cocoa Puffs Cereal	1.00 Bowl	110.000	25.000
Mini Blueberry Pancakes	1.00 pouch	200.000	34.000
Grape Juice 4oz	1.00 Juice	70.000	17.000
Applesauce, Unsweet	1/2 cup	60.000	15.000
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Syrup Cup	1.00 container	120.000	31.000
Weighted Daily Average		256.572	58.306
% of Calories			90.90%

* = Indicates missing Nutrient Information.

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