

Carbohydrate Report

District: St. Louis Public Schools

School: AMES ES

Menu: SLPS K-12 Breakfast



Tue - 09/02/2014			
	Portion Size	Calories (kcal)	Carbohydrates (g)
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%

Wed - 09/03/2014			
	Portion Size	Calories (kcal)	Carbohydrates (g)
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%	

Thu - 09/04/2014			
	Portion Size	Calories (kcal)	Carbohydrates (g)
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
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		74.926	13.311
% of Calories		71.06%	

Fri - 09/05/2014			
	Portion Size	Calories (kcal)	Carbohydrates (g)
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%

Mon - 09/08/2014			
	Portion Size	Calories (kcal)	Carbohydrates (g)
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
Waffles	2.00 Waffles	200.000	32.000
Apple Jacks Cereal 1 Grain	1.00 bowl	110.000	24.000
Apple Juice 4oz	1.00 Juice	58.000	15.000
Fresh Orange	1.00 ORANGE	61.570	15.393
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		78.353	15.563
% of Calories			79.45%

Tue - 09/09/2014			
	Portion Size	Calories (kcal)	Carbohydrates (g)
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%

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

Thu - 09/11/2014			
	Portion Size	Calories (kcal)	Carbohydrates (g)
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%

Fri - 09/12/2014			
	Portion Size	Calories (kcal)	Carbohydrates (g)
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
Sausage & Cheese Biscuit Sandwich HM	1.00 Sandwich	281.865	31.048
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		274.505	59.154
% of Calories			86.20%

Mon - 09/15/2014			
	Portion Size	Calories (kcal)	Carbohydrates (g)

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%

Tue - 09/16/2014			
	Portion Size	Calories (kcal)	Carbohydrates (g)
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
Cinnamon Raisin Bagel	1.00 Bagel	159.054	34.793
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	55.085
% of Calories			89.91%

Wed - 09/17/2014		Portion Size	Calories (kcal)	Carbohydrates (g)
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%	

Thu - 09/18/2014		Portion Size	Calories (kcal)	Carbohydrates (g)
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%

Fri - 09/19/2014			
	Portion Size	Calories (kcal)	Carbohydrates (g)
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
Hash Brown Potato Patty	1.00 Patty	130.000	14.000
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
Turkey Sausage Link	1.00 each	63.513	0.208
Weighted Daily Average		265.670	57.470
% of Calories			86.53%

Mon - 09/22/2014			
	Portion Size	Calories (kcal)	Carbohydrates (g)
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
Breakfast on a Stick	1.00 stick	159.375	19.688

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		112.169	21.790
% of Calories			77.70%

Tue - 09/23/2014			
	Portion Size	Calories (kcal)	Carbohydrates (g)
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 Muffin WG	1.00 muffin	261.770	41.522
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		249.349	55.658
% of Calories			89.29%

Wed - 09/24/2014			
	Portion Size	Calories (kcal)	Carbohydrates (g)
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
Cinnamon French Toast	1.00 Slice	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		117.380	22.215
% of Calories			75.70%

Thu - 09/25/2014	Portion Size	Calories (kcal)	Carbohydrates (g)
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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
Oatmeal	0.50 CUP	97.407	15.243
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		206.700	36.422
% of Calories			70.48%

Fri - 09/26/2014	Portion Size	Calories (kcal)	Carbohydrates (g)
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SLPS K-12 Breakfast			
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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
Sausage Bagel Sandwich	1.00 Sandwich	310.000	50.000
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		277.318	61.049
% of Calories			88.06%

Mon - 09/29/2014			
Recipe	Portion Size	Calories (kcal)	Carbohydrates (g)
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
Mini Blueberry Pancakes	1.00 pouch	200.000	34.000
Apple Jacks Cereal 1 Grain	1.00 bowl	110.000	24.000
Apple Juice 4oz	1.00 Juice	58.000	15.000
Diced Pears	1/2 Cup	60.601	15.150
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		226.514	50.791
% of Calories			

89.69%

Tue - 09/30/2014			
	Portion Size	Calories (kcal)	Carbohydrates (g)
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
Banana Chocolate Chunk Breakfast Bar	1.00 bar	283.690	48.310
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		263.467	56.536
% of Calories			85.83%

* = Indicates missing Nutrient Information.

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