

Carbohydrate Report

District: St. Louis Public Schools

School: Central VPA

Menu: Saint Louis SLPS G1 9-12 Lunch



Wed - 04/01/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS G1 9-12 Lunch			
Recipe	Total		
Ham Sub	1.00 Sub	285.953	31.263
Ham & Cheese Sub	1.00 Sub	297.162	32.294
Turkey Sub	1.00 Sub	312.704	30.597
Turkey & Cheese Sub	1.00 Sub	310.202	31.955
Vegetable Sub	1.00 Sub	342.948	41.179
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	32.274
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
Italian Wrap	1.00 Wrap	380.506	35.911

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*
Hamburger	1.00 burger	250.000	26.000
Sausage Crumbles Pizza	1.00 slice	403.746	38.901
Small Italian Chicken Salad w/ crackers	1.00 salad	363.768	34.570
Beef LoMein	1.50 cup	376.059	67.481
Cordon Bleu Panini	1.00 panini	339.732	34.551
Swedish Meatballs w/ Rice	1.00 Serving	403.969	51.940
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
Mexicom	1/2 cup	92.485	16.131
Salad Bar, 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
Green Beans	1/2 cup	42.485	5.019
Seasoned Potato Wedges	1/2 cup	102.279	16.769
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 Dispenser	1.00 TBSP	38.811	1.941

Ketchup Dispenser	1.00 TBSP	9.901	1.980
Ranch Dispenser	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.000	0.000
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		148.986*	17.576*
% of Calories			47.19%

Thu - 04/02/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS G1 9-12 Lunch			
Recipe	Total		
Ham Sub	1.00 Sub	285.953	31.263
Ham & Cheese Sub	1.00 Sub	297.162	32.294
Turkey Sub	1.00 Sub	312.704	30.597
Turkey & Cheese Sub	1.00 Sub	310.202	31.955
Vegetable Sub	1.00 Sub	342.948	41.179
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*
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	32.274
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
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*
Italian Wrap	1.00 Wrap	380.506	35.911
BBQ Chicken Pizza	1.00 slice	416.926	42.020
Large Chicken Caesar Salad w/ Crackers	1.00 salad	477.696	37.864
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Cordon Bleu Panini	1.00 panini	339.732	34.551
Country Fried Steak w/ Roll	1.00 Patty	340.000	30.000
Garlic Chile Chicken Stir Fry w/ Rice	1.00 Cup	462.775	65.226
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
Mexicom	1/2 cup	92.485	16.131
Salad Bar, 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
Cooked Crinkle Cut Carrots	1/2 Cup	49.980	8.988
Salad Bar, Beans, Garbanzo	1/2 cup	119.330	19.888
Seasoned Potato Wedges	1/2 cup	102.279	16.769
Fresh Banana	1.00 Banana	105.020	26.951

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 Dispenser	1.00 TBSP	38.811	1.941
Ketchup Dispenser	1.00 TBSP	9.901	1.980
Ranch Dispenser	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.000	0.000
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		140.503*	16.544*
% of Calories			47.10%

Fri - 04/03/2015		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 - 04/06/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS G1 9-12 Lunch				
Recipe	Total			
Ham Sub	1.00 Sub	285.953	31.263	
Ham & Cheese Sub	1.00 Sub	297.162	32.294	
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 Com 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	32.274
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
Italian Wrap	1.00 Wrap	380.506	35.911
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Beef & Broccoli Stir Fry w/ Brown Rice	1.00 Serving	416.779	59.933
Supreme Pizza	1.00 slice	408.438	38.644
Italian Panini	1.00 Panini	414.936	34.856
Garlic and Herb Fish Patty w/ Roll	1.00 Patty	374.989	37.032
Large Ham & Cheese Salad	1.00 salad	236.164	22.394
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
Mexicom	1/2 cup	92.485	16.131
Salad Bar, 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 Crinkle Cut Sweet Potato Fries	1/2 cup	130.893	22.151
Tater Gem	1/2 cup	130.844	14.624
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 Dispenser	1.00 TBSP	38.811	1.941
Ketchup Dispenser	1.00 TBSP	9.901	1.980
Ranch Dispenser	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.000	0.000
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Tartar Sauce	1.00 packet	35.000	2.000
Weighted Daily Average		130.369	14.449*
% of Calories			44.33%

Tue - 04/07/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS G1 9-12 Lunch			
Recipe	Total		
Ham Sub	1.00 Sub	285.953	31.263
Ham & Cheese Sub	1.00 Sub	297.162	32.294

Vegetable Sub	1.00 Sub	342.948	41.179
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*
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	32.274
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
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*
Italian Wrap	1.00 Wrap	380.506	35.911
Cheeseburger	1.00 burger	285.437	27.012
Chicken Salad w/ Crackers	1.00 salad	355.282	48.897
Ham & Cheese Pizza	1.00 slice	371.662	37.809
Turkey Sub	1.00 Sub	312.704	30.597
Italian Panini	1.00 Panini	414.936	34.856
Grilled Cheese Sandwich & Tomato Soup	1.00 sandwich	481.603	50.914
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
Mexicom	1/2 cup	92.485	16.131
Salad Bar, 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
Italian Mixed Veggies	1/2 cup	80.727	4.574
Tater Gem	1/2 cup	130.844	14.624
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 Dispenser	1.00 TBSP	38.811	1.941
Ketchup Dispenser	1.00 TBSP	9.901	1.980
Ranch Dispenser	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.000	0.000
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		115.089*	12.865*
% of Calories			44.71%



Wed - 04/08/2015	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	32.274
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
Ham & Cheese Sub	1.00 Sub	297.162	32.294
Italian Wrap	1.00 Wrap	380.506	35.911
Beef LoMein	1.50 cup	376.059	67.481
Fish Patty Sandwich	1.00 sandwich	290.000	29.000
Italian Panini	1.00 Panini	414.936	34.856
Small Italian Chicken Salad w/ crackers	1.00 salad	363.768	34.570

Spicy Chicken Pizza	1.00 slice	430.621	41.901
Swedish Meatballs w/ Rice	1.00 Serving	403.969	51.940
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
Mexicom	1/2 cup	92.485	16.131
Salad Bar, 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
Green Beans	1/2 cup	42.485	5.019
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 Dispenser	1.00 TBSP	38.811	1.941
Ketchup Dispenser	1.00 TBSP	9.901	1.980
Ranch Dispenser	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.000	0.000
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Tartar Sauce	1.00 packet	35.000	2.000

Weighted Daily Average	162.960	18.829*
% of Calories		46.22%

Thu - 04/09/2015

Recipe	Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis SLPS G1 9-12 Lunch

Recipe	Portion Size	Calories (kcal)	Carbohydrates (g)
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*
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	32.274
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
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*

Italian Wrap	1.00 Wrap	380.506	35.911
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Italian Panini	1.00 Panini	414.936	34.856
Large Chicken Caesar Salad w/ Crackers	1.00 salad	477.696	37.864
BBQ Chicken Pizza	1.00 slice	416.926	42.020
Country Fried Steak w/ Roll	1.00 Patty	340.000	30.000
Orange Chicken w/ Rice	12.00 Pieces	609.820	88.606
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
Mexicom	1/2 cup	92.485	16.131
Salad Bar, Lettuce/Spinach Mix	1.00 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
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, Beans, Garbanzo	1/2 cup	119.330	19.888
Cooked Crinkle Cut Carrots	1/2 Cup	49.980	8.988
Tater Gem	1/2 cup	130.844	14.624
Fruit Cocktail	1/2 Cup	61.679	14.979
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 Dispenser	1.00 TBSP	38.811	1.941
Ketchup Dispenser	1.00 TBSP	9.901	1.980
Ranch Dispenser	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.000	0.000
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106

Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		121.072*	13.648*
% of Calories			45.09%

Fri - 04/10/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis SLPS G1 9-12 Lunch

Recipe	Total		
Ham Sub	1.00 Sub	285.953	31.263
Ham & Cheese Sub	1.00 Sub	297.162	32.294
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*
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	32.274
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955

Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
Italian Wrap	1.00 Wrap	380.506	35.911
Italian Panini	1.00 Panini	414.936	34.856
Salisbury Steak w/ Roll & Rice	1.00 Patty	336.005	39.014
Chicken Alfredo Pizza	1.00 slice	380.624	37.075
Small Crispy Chicken Salad w/ Crackers	1.00 salad	367.172	32.268
Cheeseburger	1.00 burger	285.437	27.012
Chicken Teriyaki w/ Brown Rice	1.00 Serving	343.384	52.115
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
Mexicom	1/2 cup	92.485	16.131
Salad Bar, 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
Tater Gem	1/2 cup	130.844	14.624
Vegetables, Frzn, 5 Way Mixed	1/2 cup	74.670	9.148
Sliced Peaches	1/2 Cup	92.748	22.525
Apple Slices, Cnd, Unswt	1/2 cup	35.998	8.996
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 Dispenser	1.00 TBSP	38.811	1.941
Ketchup Dispenser	1.00 TBSP	9.901	1.980
Ranch Dispenser	2.00 TBSP	50.000	8.000

Fresh Basil	1.00 Tablespoon	0.000	0.000
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		117.726	13.304*
% of Calories			45.20%



Mon - 04/13/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis SLPS G1 9-12 Lunch

Recipe	Total		
Ham Sub	1.00 Sub	285.953	31.263
Ham & Cheese Sub	1.00 Sub	297.162	32.294
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
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	32.274
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291

Italian Wrap	1.00 Wrap	380.506	35.911
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Supreme Pizza	1.00 slice	408.438	38.644
Turkey Pesto Panini	1.00 Panini	504.231	39.478
Large Chef Salad w/ Roll	1.00 salad	408.635	36.928
Beef Nachos 2G	1.00 Nacho	448.253	47.377
Turkey Hot Dog	1.00 hot dog	270.000	30.000
Cheeseburger	1.00 burger	285.437	27.012
Chicken Tenders w/ Roll	3.00 tenders	345.555	30.034
Chili Dog w/ Saltines	1.00 chili dog	394.507	35.593
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
Mexicom	1/2 cup	92.485	16.131
Salad Bar, 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
Lettuce, Iceberg Shredded	1/4 cup	2.481	0.526
Seasoned Crinkle Cut Sweet Potato Fries	1/2 cup	130.893	22.151
Seasoned Potato Wedges	1/2 cup	102.279	16.769
Pickle Slices	1.00 oz	4.000	0.800
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 Dispenser	1.00 TBSP	38.811	1.941
Ketchup Dispenser	1.00 TBSP	9.901	1.980

Ranch Dispenser	2.00 TBSP	50.000	8.000
Sour Cream	2.00 tablespoons	64.286	1.071
Weighted Daily Average		107.809	11.545
% of Calories			42.83%

Tue - 04/14/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis SLPS G1 9-12 Lunch			
Recipe	Total		
Ham Sub	1.00 Sub	285.953	31.263
Ham & Cheese Sub	1.00 Sub	297.162	32.294
Turkey Sub	1.00 Sub	312.704	30.597
Turkey & Cheese Sub	1.00 Sub	310.202	31.955
Vegetable Sub	1.00 Sub	342.948	41.179
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*
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	32.274
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
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*
Italian Wrap	1.00 Wrap	380.506	35.911
Cheeseburger	1.00 burger	285.437	27.012
Turkey Pesto Panini	1.00 Panini	504.231	39.478
Turkey Taco Salad	1.00 salad	625.859	61.014
Grilled Cheese Sandwich & Tomato Soup	1.00 sandwich	481.603	50.914
Sweet & Sour Chicken w/ Rice	12.00 Pieces	472.178	63.137
Buffalo Chicken Pizza	1.00 slice	440.596	38.145
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
Mexicom	1/2 cup	92.485	16.131
Salad Bar, 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
Green Peas	1/2 cup	100.950	13.348
Seasoned Potato Wedges	1/2 cup	102.279	16.769
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 Dispenser	1.00 TBSP	38.811	1.941
Ketchup Dispenser	1.00 TBSP	9.901	1.980
Ranch Dispenser	2.00 TBSP	50.000	8.000

Fresh Basil	1.00 Tablespoon	0.000	0.000
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		118.858*	12.788*
% of Calories			43.04%



Wed - 04/15/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis SLPS G1 9-12 Lunch

Recipe	Total		
Ham Sub	1.00 Sub	285.953	31.263
Ham & Cheese Sub	1.00 Sub	297.162	32.294
Turkey Sub	1.00 Sub	312.704	30.597
Turkey & Cheese Sub	1.00 Sub	310.202	31.955
Vegetable Sub	1.00 Sub	342.948	41.179
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 Com 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	32.274
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
Italian Wrap	1.00 Wrap	380.506	35.911
Hamburger	1.00 burger	250.000	26.000
Turkey Pesto Panini	1.00 Panini	504.231	39.478
Large BBQ Chicken Salad w/ Crackers	1.00 salad	439.844	46.889
Spicy Chicken Pizza	1.00 slice	430.621	41.901
Swedish Meatballs w/ Rice	1.00 Serving	403.969	51.940
Beef LoMein	1.50 cup	376.059	67.481
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
Mexicom	1/2 cup	92.485	16.131
Salad Bar, 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
Green Beans	1/2 cup	42.485	5.019
Seasoned Potato Wedges	1/2 cup	102.279	16.769
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 Dispenser	1.00 TBSP	38.811	1.941
Ketchup Dispenser	1.00 TBSP	9.901	1.980
Ranch Dispenser	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.000	0.000
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		148.956	17.425*
% of Calories			46.79%

Thu - 04/16/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis SLPS G1 9-12 Lunch			
Recipe	Total		
Ham Sub	1.00 Sub	285.953	31.263
Ham & Cheese Sub	1.00 Sub	297.162	32.294
Turkey Sub	1.00 Sub	312.704	30.597
Turkey & Cheese Sub	1.00 Sub	310.202	31.955
Vegetable Sub	1.00 Sub	342.948	41.179
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*
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	32.274
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
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*
Italian Wrap	1.00 Wrap	380.506	35.911
Turkey Pesto Panini	1.00 Panini	504.231	39.478
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Pepperoni & Jalapeno Pizza	1.00 slice	374.534	38.104
Country Fried Steak w/ Roll	1.00 Patty	340.000	30.000
Garlic Chile Chicken Stir Fry w/ Rice	1.00 Cup	462.775	65.226
Large Chicken Caesar Salad w/ Crackers	1.00 salad	477.696	37.864
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
Mexicom	1/2 cup	92.485	16.131
Salad Bar, 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
Cooked Crinkle Cut Carrots	1/2 Cup	49.980	8.988
Seasoned Potato Wedges	1/2 cup	102.279	16.769

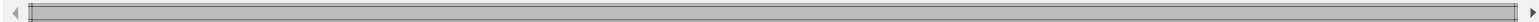
Salad Bar, Beans, Garbanzo	1/2 cup	119.330	19.888
Fresh Banana	1.00 Banana	105.020	26.951
Fruit Cocktail	1/2 Cup	61.679	14.979
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Mustard Dispenser	1.00 TBSP	0.000	0.000
Mayonnaise Dispenser	1.00 TBSP	38.811	1.941
Ketchup Dispenser	1.00 TBSP	9.901	1.980
Ranch Dispenser	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.000	0.000
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		137.882*	16.292*
% of Calories			47.26%

Fri - 04/17/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis SLPS G1 9-12 Lunch			
Recipe	Total		
Ham Sub	1.00 Sub	285.953	31.263
Ham & Cheese Sub	1.00 Sub	297.162	32.294
Turkey Sub	1.00 Sub	312.704	30.597
Turkey & Cheese Sub	1.00 Sub	310.202	31.955
Vegetable Sub	1.00 Sub	342.948	41.179
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 Com 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	32.274
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
Italian Wrap	1.00 Wrap	380.506	35.911
Salisbury Steak w/ Roll & Rice	1.00 Patty	336.005	39.014
Chicken Alfredo Pizza	1.00 slice	380.624	37.075
Turkey Pesto Panini	1.00 Panini	504.231	39.478
Small Crispy Chicken Salad w/ Crackers	1.00 salad	367.172	32.268
Cheeseburger	1.00 burger	285.437	27.012
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
Mexicom	1/2 cup	92.485	16.131
Salad Bar, 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
Vegetables, Frzn, 5 Way Mixed	1/2 cup	74.670	9.148
Seasoned Potato Wedges	1/2 cup	102.279	16.769
Mandarin Oranges	1/2 Cup	65.064	15.801
Sliced Peaches	1/2 Cup	92.748	22.525
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 Dispenser	1.00 TBSP	38.811	1.941
Ketchup Dispenser	1.00 TBSP	9.901	1.980
Ranch Dispenser	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.000	0.000
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		116.005	13.181*
% of Calories			45.45%



Mon - 04/20/2015			
	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 Com 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	32.274
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
Ham & Cheese Sub	1.00 Sub	297.162	32.294
Italian Wrap	1.00 Wrap	380.506	35.911
Beef & Broccoli Stir Fry w/ Brown Rice	1.00 Serving	513.049	63.050
Veggie Melt Panini	1.00 Panini	424.614	45.986
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Supreme Pizza	1.00 slice	408.438	38.644
Large Chef Salad w/ Roll	1.00 salad	408.635	36.928
Garlic and Herb Fish Patty w/ Roll	1.00 Patty	374.989	37.032
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
Mexicom	1/2 cup	92.485	16.131

Salad Bar, 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 Crinkle Cut Sweet Potato Fries	1/2 cup	130.893	22.151
Tater Gem	1/2 cup	130.844	14.624
Pineapple Tidbits	1/2 CUP	48.599	12.150
Fresh Banana	1.00 Banana	105.020	26.951
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 Dispenser	1.00 TBSP	38.811	1.941
Ketchup Dispenser	1.00 TBSP	9.901	1.980
Ranch Dispenser	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.000	0.000
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Tartar Sauce	1.00 packet	35.000	2.000
Weighted Daily Average		141.914	15.689*
% of Calories			44.22%



Tue - 04/21/2015			
	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*
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	32.274
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
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*
Italian Wrap	1.00 Wrap	380.506	35.911
Veggie Melt Panini	1.00 Panini	424.614	45.986
Cheeseburger	1.00 burger	285.437	27.012
Grilled Cheese Sandwich & Tomato Soup	1.00 sandwich	481.603	50.914
Turkey Taco Salad	1.00 salad	625.859	61.014
Buffalo Chicken Pizza	1.00 slice	440.596	38.145
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
Mexicom	1/2 cup	92.485	16.131
Salad Bar, 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
Italian Mixed Veggies	1/2 cup	80.727	4.574
Tater Gem	1/2 cup	130.844	14.624
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 Dispenser	1.00 TBSP	38.811	1.941
Ketchup Dispenser	1.00 TBSP	9.901	1.980
Ranch Dispenser	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.000	0.000
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		121.204*	12.958*
% of Calories			42.76%

Wed - 04/22/2015		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	32.274	
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294	
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955	
Turkey Wrap	1.00 Wrap	286.016	31.264	
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291	
Ham & Cheese Sub	1.00 Sub	297.162	32.294	
Italian Wrap	1.00 Wrap	380.506	35.911	
Veggie Melt Panini	1.00 Panini	424.614	45.986	
Large BBQ Chicken Salad w/ Crackers	1.00 salad	439.844	46.889	

Spicy Chicken Pizza	1.00 slice	430.621	41.901
Beef LoMein	1.50 cup	376.059	67.481
Fish Patty Sandwich	1.00 sandwich	290.000	29.000
Swedish Meatballs w/ Rice	1.00 Serving	403.969	51.940
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
Mexicom	1/2 cup	92.485	16.131
Salad Bar, 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
Green Beans	1/2 cup	42.485	5.019
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 Dispenser	1.00 TBSP	38.811	1.941
Ketchup Dispenser	1.00 TBSP	9.901	1.980
Ranch Dispenser	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.000	0.000
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071

Chipotle Ranch	3.00 TBSP	120.000	19.200
Tartar Sauce	1.00 packet	35.000	2.000
Weighted Daily Average		162.970	18.853*
% of Calories			46.27%

Thu - 04/23/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
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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*
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	32.274
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
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*
Italian Wrap	1.00 Wrap	380.506	35.911
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Veggie Melt Panini	1.00 Panini	424.614	45.986
Pepperoni & Jalapeno Pizza	1.00 slice	374.534	38.104
Country Fried Steak w/ Roll	1.00 Patty	340.000	30.000
Large Chicken Caesar Salad w/ Crackers	1.00 salad	477.696	37.864
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
Mexicom	1/2 cup	92.485	16.131
Salad Bar, 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
Garbanzo Beans	1/2 cup	130.950	14.777
Corn Kemels	1/2 cup	96.859	17.842
Tater Gem	1/2 cup	130.844	14.624
Salad Bar, Beans, Garbanzo	1/2 cup	119.330	19.888
Fresh Banana	1.00 Banana	105.020	26.951
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 Dispenser	1.00 TBSP	38.811	1.941

Ketchup Dispenser	1.00 TBSP	9.901	1.980
Ranch Dispenser	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.000	0.000
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		120.803*	13.674*
% of Calories			45.28%

Fri - 04/24/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
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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	32.274
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
Ham & Cheese Sub	1.00 Sub	297.162	32.294
Italian Wrap	1.00 Wrap	380.506	35.911
Veggie Melt Panini	1.00 Panini	424.614	45.986
Salisbury Steak w/ Roll & Rice	1.00 Patty	336.005	39.014
Cheeseburger	1.00 burger	285.437	27.012
Hawaiian Pizza	1.00 slice	376.504	40.008
Chicken Teriyaki w/ Brown Rice	1.00 Serving	343.384	52.115
Large Ham & Cheese Salad	1.00 salad	236.164	22.394
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
Mexicom	1/2 cup	92.485	16.131
Salad Bar, 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
Winter Mix Veggies	1/2 cup	35.000	4.000
Seasoned Potato Wedges	1/2 cup	102.279	16.769
Mandarin Oranges	1/2 Cup	65.064	15.801
Sliced Peaches	1/2 Cup	92.748	22.525

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 Dispenser	1.00 TBSP	38.811	1.941
Ketchup Dispenser	1.00 TBSP	9.901	1.980
Ranch Dispenser	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.000	0.000
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		119.162	13.810*
% of Calories			46.36%

Mon - 04/27/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS G1 9-12 Lunch			
Recipe	Total		
Ham Sub	1.00 Sub	285.953	31.263
Ham & Cheese Sub	1.00 Sub	297.162	32.294
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	32.274
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
Italian Wrap	1.00 Wrap	380.506	35.911
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Cordon Bleu Panini	1.00 panini	339.732	34.551
Supreme Pizza	1.00 slice	408.438	38.644
Garlic and Herb Fish Patty w/ Roll	1.00 Patty	374.989	37.032
Large Grilled Chicken Garden Salad w/ Crackers	1.00 salad	379.389	37.001
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
Mexicom	1/2 cup	92.485	16.131
Salad Bar, 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 Crinkle Cut Sweet Potato Fries	1/2 cup	130.893	22.151
Seasoned Potato Wedges	1/2 cup	102.279	16.769
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 Dispenser	1.00 TBSP	38.811	1.941
Ketchup Dispenser	1.00 TBSP	9.901	1.980
Ranch Dispenser	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.000	0.000
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Tartar Sauce	1.00 packet	35.000	2.000
Weighted Daily Average		118.163	12.835*
% of Calories			43.45%



Tue - 04/28/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis SLPS G1 9-12 Lunch			
Recipe	Total		
Ham Sub	1.00 Sub	285.953	31.263
Ham & Cheese Sub	1.00 Sub	297.162	32.294
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*
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	32.274
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
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*
Italian Wrap	1.00 Wrap	380.506	35.911
Cordon Bleu Panini	1.00 panini	339.732	34.551
Chicken Salad w/ Crackers	1.00 salad	355.282	48.897
Ham & Cheese Pizza	1.00 slice	371.662	37.809
Grilled Cheese Sandwich & Tomato Soup	1.00 sandwich	481.603	50.914
Sweet & Sour Chicken w/ Rice	12.00 Pieces	472.178	63.137
Cheeseburger	1.00 burger	285.437	27.012
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
Mexicom	1/2 cup	92.485	16.131
Salad Bar, 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
Italian Mixed Veggies	1/2 cup	80.727	4.574
Seasoned Potato Wedges	1/2 cup	102.279	16.769
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 Dispenser	1.00 TBSP	38.811	1.941
Ketchup Dispenser	1.00 TBSP	9.901	1.980
Ranch Dispenser	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.000	0.000
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		111609.727*	12498.321*
% of Calories			44.79%

Wed - 04/29/2015			
	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	32.274
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
Ham & Cheese Sub	1.00 Sub	297.162	32.294
Italian Wrap	1.00 Wrap	380.506	35.911
Beef LoMein	1.50 cup	376.059	67.481
Hamburger	1.00 burger	250.000	26.000
Cordon Bleu Panini	1.00 panini	339.732	34.551
Small Italian Chicken Salad w/ crackers	1.00 salad	363.768	34.570
Spicy Chicken Pizza	1.00 slice	430.621	41.901
Swedish Meatballs w/ Rice	1.00 Serving	403.969	51.940
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
Mexicom	1/2 cup	92.485	16.131
Salad Bar, 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
Green Beans	1/2 cup	42.485	5.019
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 Dispenser	1.00 TBSP	38.811	1.941
Ketchup Dispenser	1.00 TBSP	9.901	1.980
Ranch Dispenser	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.000	0.000
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200
Weighted Daily Average		148.211	17.368*
% of Calories			46.87%



Thu - 04/30/2015			
	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*
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	32.274
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
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*
Italian Wrap	1.00 Wrap	380.506	35.911
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Cordon Bleu Panini	1.00 panini	339.732	34.551
Large Chicken Caesar Salad w/ Crackers	1.00 salad	477.696	37.864
Garlic Chile Chicken Stir Fry w/ Rice	1.00 Cup	462.775	65.226
Country Fried Steak w/ Roll	1.00 Patty	340.000	30.000

Pepperoni & Jalapeno Pizza	1.00 slice	374.534	38.104
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
Mexicom	1/2 cup	92.485	16.131
Salad Bar, 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
Garbanzo Beans	1/2 cup	130.950	14.777
Corn Kemels	1/2 cup	96.859	17.842
Salad Bar, Beans, Garbanzo	1/2 cup	119.330	19.888
Fresh Banana	1.00 Banana	105.020	26.951
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 Dispenser	1.00 TBSP	38.811	1.941
Ketchup Dispenser	1.00 TBSP	9.901	1.980
Ranch Dispenser	2.00 TBSP	50.000	8.000
Fresh Basil	1.00 Tablespoon	0.000	0.000
Parmesan Cheese Bulk	1.00 Tbsp	16.065	1.134
Cilantro Ranch	3.00 TBSP	75.611	12.106
Baja Sauce	3.00 TBSP	123.822	1.538
Sour Cream	2.00 tablespoons	64.286	1.071
Chipotle Ranch	3.00 TBSP	120.000	19.200

Weighted Daily Average	140.035*	16.510*
% of Calories		47.16%

* = Indicates missing Nutrient Information.

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