

Carbohydrate Report

District: St. Louis Public Schools

School: Central VPA

Menu: Saint Louis SLPS G1 9-12 Lunch



Fri - 05/01/2015			
	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
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
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
Italian Wrap	1.00 Wrap	380.506	35.911
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
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
Beef Com Tacos w/ Rice	2.00 Tacos	367.023	53.760
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
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
Cordon Bleu Panini	1.00 panini	339.732	34.551
Popcom Chicken & Stuffing Bistro Bowl	1.00 Bowl	434.677	32.674
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
Fresh Cucumber Slices	1/2 cup	8.779	1.580
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Monterey Vegetables	1/2 cup	109.331	6.584
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
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
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
Weighted Daily Average		113.027	12.431*
% of Calories			43.99%

Mon - 05/04/2015			
	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
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
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
Supreme Pizza	1.00 slice	408.438	38.644

Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Beef & Broccoli Stir Fry w/ Brown Rice	1.00 Serving	416.779	59.933
Italian Panini	1.00 Panini	414.936	34.856
Large Ham & Cheese Salad	1.00 salad	236.164	22.394
Cajun Baked Fish Patty w/ Roll	1.00 Patty	335.453	30.919
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
Fresh Cucumber Slices	1/2 cup	8.779	1.580
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Monterey Vegetables	1/2 cup	109.331	6.584
Lettuce, Iceberg Shredded	1/4 cup	2.481	0.526
Tater Gem	1/2 cup	130.844	14.624
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 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
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
Tartar Sauce	1.00 packet	35.000	2.000
Weighted Daily Average		140.134	15.280*
% of Calories			43.62%

Tue - 05/05/2015			
	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
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
Turkey Sub	1.00 Sub	312.704	30.597
Italian Wrap	1.00 Wrap	380.506	35.911
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*
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 Salad w/ Crackers	1.00 salad	355.282	48.897
Cheese Pizza	1.00 slice	363.121	37.651
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
Turkey Burger (P)	1.00 burger	240.000	25.000
Ham & Cheese Pizza	1.00 slice	366.964	37.739
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
Salad Bar, Lettuce/Spinach Mix	1.00 Cup	15.194	2.755
Fresh Cucumber Slices	1/2 cup	8.779	1.580
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Monterey Vegetables	1/2 cup	109.331	6.584
Lettuce, Iceberg Shredded	1/4 cup	2.481	0.526
Tater Gem	1/2 cup	130.844	14.624
Sweet Potato Fries, Crinkle Cut	3.00 oz	160.091	23.013
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
Weighted Daily Average		76.654*	8.325*
% of Calories			43.44%



Wed - 05/06/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS G1 9-12 Lunch			
Recipe	Total		
Ham Sub	1.00 Sub	285.953	31.263
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
Ham Sandwich	1.00 Sandwich	269.277	29.875
Ham, Turkey & Cheese Sandwich	1.00 Sandwich	278.998	30.658
Turkey Sandwich	1.00 Sandwich	258.670	28.864
Ham & Cheese Sandwich	1.00 Sandwich	273.112	30.783
Turkey & Cheese Sandwich	1.00 Sandwich	274.512	30.389
Deli Stacker Sandwich	1.00 sandwich	312.701	31.382
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 Wrap	1.00 Wrap	296.624	32.274
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
Cheese Pizza	1.00 slice	363.121	37.651
Spicy Chicken Pizza	1.00 slice	430.621	41.901
Fish Patty Sandwich	1.00 sandwich	290.000	29.000
Italian Panini	1.00 Panini	414.936	34.856
Beef LoMein	1.50 cup	376.059	67.481
Swedish Meatballs w/ Rice	1.00 Serving	403.969	51.940
Small BBQ Chicken Salad w/ Crackers	1.00 salad	340.507	39.151
Beef Nachos 2G	1.00 Nacho	448.253	47.377
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
Mexicom	$\frac{1}{2}$ cup	92.485	16.131
Salad Bar, Lettuce/Spinach Mix	1.00 Cup	15.194	2.755
Fresh Cucumber Slices	$\frac{1}{2}$ cup	8.779	1.580

Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Lettuce, Iceberg Shredded	1/4 cup	2.481	0.526
Tater Gem	1/2 cup	130.844	14.624
Cooked Crinkle Cut Carrots	1/2 Cup	49.980	8.988
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
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
Tartar Sauce	1.00 packet	35.000	2.000
Weighted Daily Average		158.755	18.482
% of Calories			46.57%



Thu - 05/07/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS G1 9-12 Lunch			
Recipe	Total		
Ham Sub	1.00 Sub	285.953	31.263
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
Ham Sandwich	1.00 Sandwich	269.277	29.875
Ham, Turkey & Cheese Sandwich	1.00 Sandwich	278.998	30.658
Pastrami & Cheese Sandwich	1.00 Sandwich	290.354	30.395
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
Chicken Pomodoro Penne	1.50 cup	218.676*	15.750*
Chicken Pesto Penne	1.50 cup	268.949*	19.203*
Chicken Garlic Cream Penne	1.50 cup	267.493*	20.819*
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
Italian Panini	1.00 Panini	414.936	34.856
Large Chicken Caesar Salad w/ Crackers	1.00 salad	477.696	37.864
Country Fried Steak w/ Roll	1.00 Patty	340.000	30.000
Cheese Pizza	1.00 slice	363.121	37.651
Pepperoni & Jalapeno Pizza	1.00 slice	374.534	38.104
Chicken Teriyaki w/ Brown Rice	1.00 Serving	380.551	52.949
Sliced Jalapenos	1.00 oz	4.564	0.913
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475
Salad Bar, Lettuce/Spinach Mix	1.00 Cup	15.194	2.755
Fresh Cucumber Slices	1/2 cup	8.779	1.580
Monterey Vegetables	1/2 cup	109.331	6.584
Lettuce, Iceberg Shredded	1/4 cup	2.481	0.526
Salad Bar, Beans, Garbanzo	1/2 cup	119.330	19.888
Tater Gem	1/2 cup	130.844	14.624

Braised Mustard Greens	1.00 1/2 cup	119.588	11.973
Fruit Cocktail	1/2 Cup	52.868	12.336
Fresh Strawberries	1/2 Cup	27.652	6.634
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
Weighted Daily Average		107.003*	11.446*
% of Calories			42.79%

Fri - 05/08/2015	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
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Deli Stacker Sandwich	1.00 sandwich	312.701	31.382
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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
Beef Tacos, 6" WG	2.00 Tacos	305.947	36.574
Baja Fish WG Tacos	2.00 Tacos	287.116	30.506*
Fajita Chicken WG Tacos	2.00 Tacos	367.715	34.700
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
Italian Panini	1.00 Panini	414.936	34.856
Small Crispy Chicken Salad w/ Crackers	1.00 salad	367.172	32.268
Cheeseburger	1.00 burger	285.437	27.012
Popcom Chicken & Stuffing Bistro Bowl	1.00 Bowl	434.677	32.674
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
Fresh Cucumber Slices	1/2 cup	8.779	1.580
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
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
Fresh Apple	1.00 Apple	77.480	20.577
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
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
Weighted Daily Average		114.364	12.898*
% of Calories			45.11%

Mon - 05/11/2015			
	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
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Ham Sandwich	1.00 Sandwich	269.277	29.875
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Turkey Sandwich	1.00 Sandwich	258.670	28.864
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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
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Italian Wrap	1.00 Wrap	380.506	35.911

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*
Supreme Pizza	1.00 slice	408.438	38.644
Cheese Pizza	1.00 slice	363.121	37.651
Beef & Broccoli Stir Fry w/ Brown Rice	1.00 Serving	416.779	59.933
Turkey Pesto Panini	1.00 Panini	504.231	39.478
Large Chef Salad w/ Roll	1.00 salad	408.635	36.928
Cajun Baked Fish Patty w/ Roll	1.00 Patty	335.453	30.919
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
Fresh Cucumber Slices	1/2 cup	8.779	1.580
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Lettuce, Iceberg Shredded	1/4 cup	2.481	0.526
Seasoned Crinkle Cut Sweet Potato Fries	1/2 cup	161.099	23.158
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

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
Tartar Sauce	1.00 packet	35.000	2.000
Weighted Daily Average		135.889	14.861*
% of Calories			43.74%

Tue - 05/12/2015			
	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
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 & Cheese Wrap	1.00 Wrap	307.162	33.294
Ham Wrap	1.00 Wrap	296.624	32.274
Turkey Wrap	1.00 Wrap	286.016	31.264
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
Italian Wrap	1.00 Wrap	380.506	35.911
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*
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*
Cheese Pizza	1.00 slice	363.121	37.651
Cheeseburger	1.00 burger	285.437	27.012
Turkey Pesto Panini	1.00 Panini	504.231	39.478
Grilled Cheese Sandwich & Tomato Soup	1.00 sandwich	481.603	50.914
Sweet & Sour Chicken w/ Rice	12.00 Pieces	472.178	63.137
Ham & Cheese Pizza	1.00 slice	366.964	37.739
Small Mediterranean Chicken Salad w/ Crackers	1.00 salad	315.105	36.996
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, Lettuce/Spinach Mix	1.00 Cup	15.194	2.755
Fresh Cucumber Slices	1/2 cup	8.779	1.580
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Monterey Vegetables	1/2 cup	109.331	6.584
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
Weighted Daily Average		75.613*	8.241*
% of Calories			43.59%

Wed - 05/13/2015			
	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
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
Italian Wrap	1.00 Wrap	380.506	35.911
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
Hamburger	1.00 burger	250.000	26.000
Cheese Pizza	1.00 slice	363.121	37.651
Spicy Chicken Pizza	1.00 slice	430.621	41.901
Large BBQ Chicken Salad w/ Crackers	1.00 salad	439.844	46.889
Turkey Pesto Panini	1.00 Panini	504.231	39.478
Beef LoMein	1.50 cup	376.059	67.481
Chili Cheese Baked Potato & Rolls	1.00 Potato	600.129	95.977
Beef Nachos 2G	1.00 Nacho	448.253	47.377

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
Fresh Cucumber Slices	1/2 cup	8.779	1.580
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
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
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
Weighted Daily Average		118.911	13.714
% of Calories			46.13%

Thu - 05/14/2015			
	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
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 Wrap	1.00 Wrap	286.016	31.264
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955
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*
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*
Ground Beef Pesto Penne	1.50 cup	190.807*	16.378*
Ground Beef Garlic Cream Penne	1.50 cup	189.351*	17.994*
Cheese Pizza	1.00 slice	363.121	37.651
Pepperoni & Jalapeno Pizza	1.00 slice	374.534	38.104
Turkey Pesto Panini	1.00 Panini	504.231	39.478
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Large Chef Salad w/ Roll	1.00 salad	408.635	36.928
Country Fried Steak w/ Roll	1.00 Patty	340.000	30.000
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
Salad Bar, Lettuce/Spinach Mix	1.00 Cup	15.194	2.755
Fresh Cucumber Slices	1/2 cup	8.779	1.580
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Monterey Vegetables	1/2 cup	109.331	6.584
Lettuce, Iceberg Shredded	1/4 cup	2.481	0.526
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	52.868	12.336
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
Weighted Daily Average		103.545*	11.123*
% of Calories			42.97%

Fri - 05/15/2015	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
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
Fajita Chicken WG Tacos	2.00 Tacos	367.715	34.700
Beef Tacos, 6" WG	2.00 Tacos	305.947	36.574
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
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
Chicken Teriyaki w/ Brown Rice	1.00 Serving	343.384	52.115
Popcom Chicken & Stuffing Bistro Bowl	1.00 Bowl	434.677	32.674
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
Fresh Cucumber Slices	1/2 cup	8.779	1.580
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
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
Sliced Peaches	1/2 Cup	92.748	22.525
Sliced Oranges	4.00 SLICES	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
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
Weighted Daily Average		111.839	12.640*
% of Calories			45.21%

Mon - 05/18/2015			
Recipe	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

Tue - 05/19/2015			
Recipe	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
Ham Sandwich	1.00 Sandwich	269.277	29.875

Pastrami & Cheese Sandwich	1.00 Sandwich	290.354	30.395
Ham, Turkey & Cheese Sandwich	1.00 Sandwich	278.998	30.658
Turkey Sandwich	1.00 Sandwich	258.670	28.864
Ham & Cheese Sandwich	1.00 Sandwich	273.112	30.783
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
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*
Ground Beef Pomodoro Penne	1.50 cup	140.534*	12.925*
Ground Beef Garlic Cream Penne	1.50 cup	189.351*	17.994*
Ground Beef Pesto Penne	1.50 cup	190.807*	16.378*
Veggie Melt Panini	1.00 Panini	424.614	45.986
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
Grilled Cheese Sandwich & Tomato Soup	1.00 sandwich	481.603	50.914
Turkey Taco Salad	1.00 salad	625.859	61.014
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, Lettuce/Spinach Mix	1.00 Cup	15.194	2.755
Fresh Cucumber Slices	1/2 cup	8.779	1.580

Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Monterey Vegetables	1/2 cup	109.331	6.584
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
Weighted Daily Average		110.581*	11.184*
% of Calories			40.46%

Wed - 05/20/2015	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
Ham, Turkey & Cheese Sandwich	1.00 Sandwich	278.998	30.658
Ham Sandwich	1.00 Sandwich	269.277	29.875
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
Turkey Wrap	1.00 Wrap	286.016	31.264
Ham, Turkey & Cheese Wrap	1.00 Wrap	332.026	33.291
Ham & Cheese Wrap	1.00 Wrap	307.162	33.294
Ham & Cheese Sub	1.00 Sub	297.162	32.294
Italian Wrap	1.00 Wrap	380.506	35.911
Cheese Pizza	1.00 slice	363.121	37.651
Veggie Melt Panini	1.00 Panini	424.614	45.986
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
Large Italian Chicken Salad w/ Crackers	1.00 salad	447.045	37.854
Spaghetti w/ Meatsauce & Breadstick	1.00 cup	324.750	93.959
Beef Nachos 2G	1.00 Nacho	448.253	47.377
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
Fresh Cucumber Slices	1/2 cup	8.779	1.580
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Monterey Vegetables	1/2 cup	109.331	6.584
Lettuce, Iceberg Shredded	1/4 cup	2.481	0.526
Tater Gem	1/2 cup	130.844	14.624
Green Peas	1/2 cup	100.950	13.348
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
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
Tartar Sauce	1.00 packet	35.000	2.000
Weighted Daily Average		136.966	15.925
% of Calories			46.51%



Thu - 05/21/2015	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
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
Ground Beef Pomodoro Penne	1.50 cup	140.534*	12.925*
Ground Beef Pesto Penne	1.50 cup	190.807*	16.378*
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*
Ground Beef Garlic Cream Penne	1.50 cup	189.351*	17.994*
Cheese Pizza	1.00 slice	363.121	37.651
Pepperoni & Jalapeno Pizza	1.00 slice	374.534	38.104
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000
Veggie Melt Panini	1.00 Panini	424.614	45.986
Large Chef Salad w/ Roll	1.00 salad	408.635	36.928
Country Fried Steak w/ Roll	1.00 Patty	340.000	30.000
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
Salad Bar, Lettuce/Spinach Mix	1.00 Cup	15.194	2.755
Fresh Cucumber Slices	1/2 cup	8.779	1.580
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Monterey Vegetables	1/2 cup	109.331	6.584
Lettuce, Iceberg Shredded	1/4 cup	2.481	0.526
Tater Gem	1/2 cup	130.844	14.624
Corn Kernels	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	52.868	12.336
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
Weighted Daily Average		107.353*	11.586*
% of Calories			43.17%

Fri - 05/22/2015	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
Ham Sandwich	1.00 Sandwich	269.277	29.875
Ham, Turkey & Cheese Sandwich	1.00 Sandwich	278.998	30.658
Turkey Sandwich	1.00 Sandwich	258.670	28.864
Ham & Cheese Sandwich	1.00 Sandwich	273.112	30.783
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
Ham & Cheese Sub	1.00 Sub	297.162	32.294
Italian Wrap	1.00 Wrap	380.506	35.911
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
Hawaiian Pizza	1.00 slice	376.504	40.008
Veggie Melt Panini	1.00 Panini	424.614	45.986
Cheeseburger	1.00 burger	285.437	27.012
Chicken Teriyaki w/ Brown Rice	1.00 Serving	343.384	52.115
Popcom Chicken & Stuffing Bistro Bowl	1.00 Bowl	434.677	32.674
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
Fresh Cucumber Slices	1/2 cup	8.779	1.580
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Lettuce, Iceberg Shredded	1/4 cup	2.481	0.526
Winter Mix Veggies	1/2 cup	35.000	4.000
Tater Gem	1/2 cup	130.844	14.624
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
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

Weighted Daily Average	119.476	13.891*
% of Calories		46.51%



* = Indicates missing Nutrient Information.

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