

Carbohydrate Report

District: St. Louis Public Schools
 School: AMES ES
 Menu: Saint Louis k-8 Lunch



Fri - 05/01/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-8 Lunch				
Recipe	Total			
Sausage Pizza	1.00 slice	299.977	30.022	
Grilled Cheese Sandwich	1.00 sandwich	320.729	29.889	
Small Crispy Chicken Salad w/ Crackers	1.00 salad	367.172	32.268	
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038	
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	
Green Peas	1/2 cup	100.950	13.348	
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		2.828	0.307	
% of Calories				43.44%

Mon - 05/04/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-8 Lunch				
Recipe	Total			
Turkey Taco Salad	1.00 salad	625.859	61.014	
Southwest Veggie Wrap	1.00 Wrap	373.536	54.360	
Chicken Burrito WG 9" HM	1.00 Burrito	455.035	45.117	

Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
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
Cooked Crinkle Cut Carrots	1/2 Cup	49.980	8.988
Fresh Apple	1.00 Apple	77.480	20.577
Mandarin Oranges	1/2 Cup	65.064	15.801
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Mustard Dispenser	1.00 TBSP	0.000	0.000
Mayonnaise 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		2.523	0.278
% of Calories			44.12%

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Tue - 05/05/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-8 Lunch				
Recipe	Total			
Turkey Burger (P)	1.00 burger	240.000	25.000	
Small BBQ Chicken Salad w/ Crackers	1.00 salad	340.507	39.151	
Turkey & Cheese Sub	1.00 Sub	310.202	31.955	
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038	
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	
Corn Kernels	1/2 cup	96.859	17.842	
Fresh Orange	1.00 ORANGE	61.570	15.393	
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
Weighted Daily Average		1.619	0.187
% of Calories			46.11%

Wed - 05/06/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-8 Lunch				
Recipe	Total			
Egg, Ham & Cheese Bagel Sandwich	1.00 Sandwich	278.956	31.571	
Small Crispy Chicken Salad w/ Crackers	1.00 salad	367.172	32.268	
Cheese Quesadilla 9"	1.00 Quesadilla	381.997	31.025	
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038	
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	
Country Style Chunky Hash Brown	1/2 cup	111.486	20.270	
Fresh Banana	1.00 Banana	105.020	26.951	
Applesauce	1.00 Cup	120.000	30.000	
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		2.342	0.246	
% of Calories			42.10%	

Thu - 05/07/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-8 Lunch				
Recipe	Total			
Large Chicken Caesar Salad w/ Crackers	1.00 salad	477.696	37.864	
Hamburger	1.00 burger	250.000	26.000	
Chicken Teriyaki w/ Brown Rice	1.00 Serving	380.551	52.949	
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038	
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	
Salad Bar, Beans, Garbanzo	1/2 cup	119.330	19.888	
Vegetables, Frzn, 5 Way Mixed	1/2 cup	74.670	9.148	
Diced Pears	1/2 Cup	60.601	15.150	
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		1.754	0.209	
% of Calories			47.58%	

Fri - 05/08/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-8 Lunch				
Recipe	Total			
Large Grilled Chicken Garden Salad w/ Crackers	1.00 salad	416.556	37.835	
Turkey Hot Dog	1.00 hot dog	270.000	30.000	
Cheese Pizza	1.00 slice	275.602	29.272	
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038	

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
Green Beans	1/2 cup	42.485	5.019
Fruit Cocktail	1/2 Cup	52.868	12.336
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
Weighted Daily Average		2.667	0.296
% of Calories			44.37%

Mon - 05/11/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-8 Lunch				
Recipe	Total			
Beef Ravioli w/ Roll	1.00 cup	347.904	44.335	
Large Garden Salad	1.00 salad	325.507	35.370	
Orange Chicken w/ Rice	12.00 Pieces	609.820	88.606	
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038	
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	
Fresh Steamed Broccoli	1/2 cup	41.971	3.544	
Fresh Orange	1.00 ORANGE	61.570	15.393	
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
Weighted Daily Average		1.851	0.223
% of Calories			48.19%

Tue - 05/12/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-8 Lunch				
Recipe	Total			
Chicken Tenders w/ Roll	3.00 tenders	345.555	30.034	
Small Mediterranean Chicken Salad w/ Crackers	1.00 salad	315.105	36.996	
Bean & Cheese WG Burrito HM	1.00 Burrito	339.267	42.149	
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038	
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	
Sweet Potato Fries, Crinkle Cut	3.00 oz	160.091	23.013	
Fresh Banana	1.00 Banana	105.020	26.951	
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	
Weighted Daily Average		2.041	0.240	
% of Calories			47.05%	

Wed - 05/13/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis k-8 Lunch			
Recipe	Total		
Small Southwest Chicken Salad w/ Crackers	1.00 Salad	531.398	62.681
Beef Nachos 2G	1.00 Nacho	448.253	47.377
Grilled Cheese Sandwich	1.00 sandwich	412.792	30.001
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
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
Corn Kernels	1/2 cup	96.859	17.842
Fresh Apple	1.00 Apple	77.480	20.577
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
Weighted Daily Average		1.751	0.202
% of Calories			46.06%

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Thu - 05/14/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-8 Lunch			
Recipe	Total		
Ranch Chicken Patty Sandwich	1.00 sandwich	313.027	30.975
Large Ham & Cheese Salad	1.00 salad	236.164	22.394
BBQ Chicken Wrap	1.00 Wrap	330.306	36.622
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
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
Salad Bar, Beans, Garbanzo	1/2 cup	119.330	19.888
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		1.877	0.224
% of Calories			47.74%

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Fri - 05/15/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-8 Lunch				
Recipe	Total			
Small Crispy Chicken Salad w/ Crackers	1.00 salad	367.172	32.268	
Cheese Pizza	1.00 slice	275.602	29.272	
BBQ Chicken Pizza	1.00 slice	323.264	32.171	
Turkey Corn Dog	1.00 corn dog	240.000	33.000	
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038	
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	
Vegetables, Frzn, 5 Way Mixed	1/2 cup	74.670	9.148	
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
Weighted Daily Average		4.002	0.432
% of Calories			43.15%

Mon - 05/18/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-8 Lunch				
Recipe	Total			
Weighted Daily Average			N/A	N/A
% of Calories				N/A

Tue - 05/19/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-8 Lunch				
Recipe	Total			
Large Chef Salad w/ Crackers	1.00 salad	268.635	22.428	
Grilled Ham & Cheese Sandwich	1.00 sandwich	377.471	30.413	
Sweet & Sour Chicken w/ Rice	12.00 Pieces	472.178	63.137	
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038	
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	
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
Weighted Daily Average		1.539	0.170
% of Calories			44.22%

Wed - 05/20/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-8 Lunch				
Recipe	Total			
Small Ham & Cheese Salad	1.00 salad	230.402	21.379	
Turkey & Cheese Wrap	1.00 Wrap	320.202	32.955	
Cheese Pizza	1.00 slice	275.602	29.272	
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038	
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	
Seasoned Crinkle Cut Sweet Potato Fries	1/2 cup	161.099	23.158	
Fresh Apple	1.00 Apple	77.480	20.577	
Mandarin Oranges	1/2 Cup	65.064	15.801	
Fat Free Chocolate Milk	1.00 carton	110.000	19.000	
White 1% Low Fat Milk	1.00 carton	110.000	13.000	
Mustard Dispenser	1.00 TBSP	0.000	0.000	
Mayonnaise 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		2.863	0.325	
% of Calories				45.38%

Thu - 05/21/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-8 Lunch				
Recipe	Total			

Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Tater Gem	1/2 cup	130.844	14.624
Applesauce, Unsweet	1/2 cup	60.000	15.000
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
Weighted Daily Average		1.776	0.206
% of Calories			46.30%

* = Indicates missing Nutrient Information.

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