

Carbohydrate Report
 District: St. Louis Public Schools
 School: AMES ES
 Menu: Saint Louis k-12 breakfast



Wed - 04/01/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-12 breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
Cereal, Brown Rice Krispies	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Cereal, R/S Cinnamon Toast Crunch	1.00 bowl	110.000	22.000
Cinnamon French Toast	1.00 Slice	199.480	23.938
Grape Juice 4oz	1.00 Juice	70.000	17.000
Pineapple Tidbits	1/2 CUP	48.599	12.150
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Syrup Cup	1.00 container	120.000	31.000
Weighted Daily Average		0.073	0.014
% of Calories			75.70%

Thu - 04/02/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-12 breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
Cereal, Brown Rice Krispies	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Oatmeal	0.50 CUP	97.407	15.243
Cereal, R/S Trix	1.00 bowl	110.000	24.000
Apple Juice 4oz	1.00 Juice	58.000	15.000
Sliced Peaches	1/2 Cup	92.748	22.525
WG Toast w/ Margarine	1.00 Slice	108.000	14.933

White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Weighted Daily Average		0.262	0.055
% of Calories			83.90%

Fri - 04/03/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-12 breakfast				
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 k-12 breakfast				
Recipe	Total			
Raisin Bran 1G	1.00 bowl	102.718	22.124	
Cereal, Brown Rice Krispies	1.00 bowl	100.000	23.000	
RS Frosted Flakes	1.00 bowl	100.000	24.000	
Apple Jacks Cereal 1 Grain	1.00 bowl	110.000	24.000	
Apple Frudel	1.00 frudel	210.000	36.000	
Apple Juice 4oz	1.00 Juice	58.000	15.000	
Diced Pears	1/2 Cup	60.601	15.150	
WG Toast w/ Margarine	1.00 Slice	108.000	14.933	
White 1% Low Fat Milk	1.00 carton	110.000	13.000	
Fat Free White Milk	1.00 carton	80.000	12.000	
Jelly Packet	1.00 packet	25.000	7.000	
Weighted Daily Average		0.135	0.030	
% of Calories				88.89%

Tue - 04/07/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-12 breakfast				

Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
Cereal, Brown Rice Krispies	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Cereal, Cocoa Puffs Bowl	1.00 Bowl	110.000	25.000
Egg & Sausage Taco 6"	2.00 Taco	312.364	30.517
Salsa, Canned (C)	1/4 Cup	22.320	4.328
Orange Juice 4oz	1.00 Juice	56.000	14.000
Applesauce	1.00 Cup	120.000	30.000
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Weighted Daily Average		0.165	0.035
% of Calories			85.50%

Wed - 04/08/2015			
Recipe	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-12 breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
Cereal, Brown Rice Krispies	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Cereal, R/S Cinnamon Toast Crunch	1.00 bowl	110.000	22.000
Banana Loaf	1.00 loaf	180.000	30.000
Grape Juice 4oz	1.00 Juice	70.000	17.000
Pineapple Tidbits	1/2 CUP	48.599	12.150
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Weighted Daily Average		0.065	0.012
% of Calories			76.27%

Thu - 04/09/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-12 breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
Cereal, Brown Rice Krispies	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Pancakes and Sausage	2.00 pancakes and sausage	267.010	26.206
Cereal, R/S Trix	1.00 bowl	110.000	24.000
Apple Juice 4oz	1.00 Juice	58.000	15.000
Sliced Peaches	1/2 Cup	92.748	22.525
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Syrup Cup	1.00 container	120.000	31.000
Weighted Daily Average		0.213	0.047
% of Calories			88.40%

Fri - 04/10/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-12 breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
Cereal, Brown Rice Krispies	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Reduced Sugar Froot Loops	1.00 bowl	111.373	24.300
Egg & Cheese Croissant Sandwich	1.00 Sandwich	235.437	31.012
Fresh Banana	1.00 Banana	105.020	26.951
Orange Juice 4oz	1.00 Juice	56.000	14.000
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000

Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Weighted Daily Average		0.071	0.013
% of Calories			74.92%

Mon - 04/13/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis k-12 breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
Cereal, Brown Rice Krispies	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Apple Jacks Cereal 1 Grain	1.00 bowl	110.000	24.000
Mini Cinni Roll, IW	1.00 Package	240.000	40.000
Apple Juice 4oz	1.00 Juice	58.000	15.000
Pineapple Tidbits	1/2 CUP	48.599	12.150
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Weighted Daily Average		0.068	0.013
% of Calories			76.58%

Tue - 04/14/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis k-12 breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
Cereal, Brown Rice Krispies	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Cereal, Cocoa Puffs Bowl	1.00 Bowl	110.000	25.000
Egg & Sausage English Muffin Sandwich	1.00 Sandwich	260.000	25.000
Orange Juice 4oz	1.00 Juice	56.000	14.000

Applesauce, Unsweet	1/2 cup	60.000	15.000
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Weighted Daily Average		0.156	0.034
% of Calories			86.70%

Wed - 04/15/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-12 breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
Cereal, Brown Rice Krispies	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Cereal, R/S Cinnamon Toast Crunch	1.00 bowl	110.000	22.000
Mini Blueberry Pancakes	1.00 pouch	200.000	34.000
Grape Juice 4oz	1.00 Juice	70.000	17.000
Mandarin Oranges	1/2 Cup	65.064	15.801
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Syrup Cup	1.00 container	120.000	31.000
Weighted Daily Average		0.131	0.029
% of Calories			86.99%

Thu - 04/16/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-12 breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
Cereal, Brown Rice Krispies	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000

Apple Jacks Cereal 1 Grain	1.00 bowl	110.000	24.000
Cinnamon Raisin Bagel	1.00 Bagel	159.054	34.793
Apple Juice 4oz	1.00 Juice	58.000	15.000
Sliced Peaches	1/2 Cup	92.748	22.525
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Cream Cheese PC, Reduced Fat	1.00 packet	60.000	1.000
Weighted Daily Average		0.202	0.046
% of Calories			90.34%

Fri - 04/17/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-12 breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
Cereal, Brown Rice Krispies	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Reduced Sugar Froot Loops	1.00 bowl	111.373	24.300
Ham, Egg & Cheese Quesadilla 6"	1.00 Quesadilla	300.491	16.816
Salsa, Canned (C)	1/4 Cup	22.320	4.328
Orange Juice 4oz	1.00 Juice	56.000	14.000
Fresh Banana	1.00 Banana	105.020	26.951
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Weighted Daily Average		0.080	0.013
% of Calories			66.91%

Mon - 04/20/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)

Saint Louis k-12 breakfast

Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
Cereal, Brown Rice Krispies	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Apple Jacks Cereal 1 Grain	1.00 bowl	110.000	24.000
Egg, Sausage & Cheese Biscuit Sandwich	1.00 Sandwich	375.437	31.012
Apple Juice 4oz	1.00 Juice	58.000	15.000
Sliced Peaches	1/2 Cup	92.748	22.525
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Weighted Daily Average		0.212	0.045
% of Calories			85.61%

Tue - 04/21/2015			
Recipe	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-12 breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
Cereal, Brown Rice Krispies	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Cereal, R/S Cinnamon Toast Crunch	1.00 bowl	110.000	22.000
WG Cinnamon Roll	1.00 Roll	180.000	36.000
Grape Juice 4oz	1.00 Juice	70.000	17.000
Pineapple Tidbits	1/2 CUP	48.599	12.150
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Weighted Daily Average		0.065	0.013
% of Calories			78.59%

Wed - 04/22/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-12 breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
Cereal, Brown Rice Krispies	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Reduced Sugar Froot Loops	1.00 bowl	111.373	24.300
Waffles	2.00 Waffles	200.000	32.000
Orange Juice 4oz	1.00 Juice	56.000	14.000
Fresh Banana	1.00 Banana	105.020	26.951
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Syrup Cup	1.00 container	120.000	31.000
Weighted Daily Average		0.076	0.015
% of Calories			80.23%

Thu - 04/23/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-12 breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
Cereal, Brown Rice Krispies	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Pineapple & Vanilla Yogurt Parfait	1.00 Parfait	308.666	60.332
Cereal, R/S Trix	1.00 bowl	110.000	24.000
Apple Juice 4oz	1.00 Juice	58.000	15.000
Diced Pears	1/2 Cup	60.601	15.150
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000

Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Weighted Daily Average		0.141	0.031
% of Calories			89.31%

Fri - 04/24/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)

Saint Louis k-12 breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
Cereal, Brown Rice Krispies	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Cereal, Cocoa Puffs Bowl	1.00 Bowl	110.000	25.000
Breakfast on a Stick	1.00 stick	159.375	19.688
Orange Juice 4oz	1.00 Juice	56.000	14.000
Pineapple Tidbits	1/2 CUP	48.599	12.150
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Syrup Cup	1.00 container	120.000	31.000
Weighted Daily Average		0.070	0.014
% of Calories			77.84%

Mon - 04/27/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)

Saint Louis k-12 breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
Cereal, Brown Rice Krispies	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Apple Jacks Cereal 1 Grain	1.00 bowl	110.000	24.000
Colby Cheese Omelet, IW	1.00 Omelet	136.500	1.050

Cereal, Brown Rice Krispies	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Cereal, R/S Cinnamon Toast Crunch	1.00 bowl	110.000	22.000
Cinnamon French Toast	1.00 Slice	199.480	23.938
Grape Juice 4oz	1.00 Juice	70.000	17.000
Pineapple Tidbits	1/2 CUP	48.599	12.150
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Syrup Cup	1.00 container	120.000	31.000
Weighted Daily Average		0.073	0.014
% of Calories			75.70%

Thu - 04/30/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-12 breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
Cereal, Brown Rice Krispies	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Oatmeal	0.50 CUP	97.407	15.243
Cereal, R/S Trix	1.00 bowl	110.000	24.000
Apple Juice 4oz	1.00 Juice	58.000	15.000
Sliced Peaches	1/2 Cup	92.748	22.525
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Weighted Daily Average		0.262	0.055
% of Calories			83.90%

* = Indicates missing Nutrient Information.

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