

Carbohydrate Report

District: St. Louis Public Schools

School: AMES ES

Menu: Saint Louis SLPS K-8 Lunch



| Wed - 10/01/2014 | | | |
|---|---------------|-----------------|-------------------|
| | Portion Size | Calories (kcal) | Carbohydrates (g) |
| Saint Louis SLPS K-8 Lunch | | | |
| Recipe | Total | | |
| Small Southwest Chicken Salad w/ Crackers | 1.00 Salad | 531.398 | 62.681 |
| Spicy Chicken Sandwich | 1.00 sandwich | 400.000 | 42.000 |
| Bean & Cheese WG Burrito HM | 1.00 Burrito | 369.642 | 43.149 |
| Salad Bar, Broccoli, Florets | 1/2 cup | 15.557 | 3.038 |
| Salad Bar, Carrots, Baby | 6.00 Carrots | 31.751 | 7.475 |
| 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 |
| Corn Kernels | 1/2 cup | 96.859 | 17.842 |
| 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 | 1.00 TBSP | 38.811 | 1.941 |
| Ketchup | 1.00 TBSP | 9.901 | 1.980 |
| Ranch Dressing | 2.00 TBSP | 50.000 | 8.000 |
| Weighted Daily Average | | 2996.236 | 347.502 |
| % of Calories | | | 46.39% |

| Thu - 10/02/2014 | | | |
|--|---------------|-----------------|-------------------|
| | Portion Size | Calories (kcal) | Carbohydrates (g) |
| Saint Louis SLPS K-8 Lunch | | | |
| Recipe | Total | | |
| Pepperoni Pizza | 1.00 slice | 282.208 | 29.404 |
| Grilled Cheese Sandwich | 1.00 sandwich | 402.996 | 36.050 |
| Large Chicken Caesar Salad w/ Crackers | 1.00 salad | 480.529 | 44.231 |
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|------------------------------|--------------|----------|---------|
| Salad Bar, Broccoli, Florets | 1/2 cup | 15.557 | 3.038 |
| Salad Bar, Carrots, Baby | 6.00 Carrots | 31.751 | 7.475 |
| 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 |
| Salad Bar, Beans, Garbanzo | 1/2 cup | 119.330 | 19.888 |
| Cooked Crinkle Cut Carrots | 1/2 Cup | 49.980 | 8.988 |
| Fresh Orange | 1.00 ORANGE | 61.570 | 15.393 |
| 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 | 1.00 TBSP | 38.811 | 1.941 |
| Ketchup | 1.00 TBSP | 9.901 | 1.980 |
| Ranch Dressing | 2.00 TBSP | 50.000 | 8.000 |
| Weighted Daily Average | | 3844.623 | 440.917 |
| % of Calories | | | 45.87% |

| Fri - 10/03/2014 | | | |
|----------------------------|-----------------|-------------------|--|
| Portion Size | Calories (kcal) | Carbohydrates (g) | |
| Saint Louis SLPS K-8 Lunch | | | |
| Recipe | Total | | |
| Weighted Daily Average | N/A | N/A | |
| % of Calories | N/A | | |

| Mon - 10/06/2014 | | | |
|--|-----------------|-------------------|--------|
| Portion Size | Calories (kcal) | Carbohydrates (g) | |
| Saint Louis SLPS K-8 Lunch | | | |
| Recipe | Total | | |
| Large Grilled Chicken Garden Salad w/ Crackers | 1.00 salad | 471.743 | 45.035 |
| Garlic & Herb Veggie Rotini | 1.00 cup | 342.593 | 33.118 |
| Chicken Nuggets, Elementary w/ Roll | 5.00 nuggets | 240.000 | 27.000 |
| Salad Bar, Broccoli, Florets | 1/2 cup | 15.557 | 3.038 |
| Salad Bar, Carrots, Baby | 6.00 Carrots | 31.751 | 7.475 |
| Lettuce/Spinach Mix | 1.00 Cup | 15.194 | 2.755 |

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| Salad Bar, Cucumber, Raw | 1/2 cup | 9.072 | 1.633 |
| Salad Bar, Celery, Sticks | 6.00 sticks | 20.736 | 3.849 |
| Fresh Steamed Broccoli | 1/2 cup | 41.971 | 3.544 |
| Fresh Apple | 1.00 Apple | 77.480 | 20.577 |
| Sliced Peaches | 1/2 Cup | 69.561 | 16.893 |
| 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 | 1.00 TBSP | 38.811 | 1.941 |
| Ketchup | 1.00 TBSP | 9.901 | 1.980 |
| Ranch Dressing | 2.00 TBSP | 50.000 | 8.000 |
| Weighted Daily Average | | 2230.590 | 258.650 |
| % of Calories | | | 46.38% |

| Tue - 10/07/2014 | | | |
|---------------------------------|---------------|-----------------|-------------------|
| | Portion Size | Calories (kcal) | Carbohydrates (g) |
| Saint Louis SLPS K-8 Lunch | | | |
| Recipe | Total | | |
| Beef Nachos 2G | 1.00 Nacho | 448.253 | 47.377 |
| Chicken Patty Sandwich, Breaded | 1.00 sandwich | 346.000 | 38.000 |
| Large Chef Salad w/ Roll | 1.00 salad | 423.635 | 43.128 |
| Salad Bar, Broccoli, Florets | 1/2 cup | 15.557 | 3.038 |
| Salad Bar, Carrots, Baby | 6.00 Carrots | 31.751 | 7.475 |
| 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 |
| Corn Kernels | 1/2 cup | 96.859 | 17.842 |
| 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 |
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|------------------------|-----------|----------|---------|
| Mayonnaise | 1.00 TBSP | 38.811 | 1.941 |
| Ketchup | 1.00 TBSP | 9.901 | 1.980 |
| Ranch Dressing | 2.00 TBSP | 50.000 | 8.000 |
| Weighted Daily Average | | 2183.631 | 251.831 |
| % of Calories | | 46.13% | |

| Wed - 10/08/2014 | | | |
|------------------------------|--------------|-----------------|-------------------|
| | Portion Size | Calories (kcal) | Carbohydrates (g) |
| Saint Louis SLPS K-8 Lunch | | | |
| Recipe | Total | | |
| Macaroni & Cheese | 1.00 Cup | 383.789 | 43.330 |
| Spicy Chicken Rings w/ Roll | 5.00 rings | 260.000 | 25.000 |
| Large Ham & Cheese Salad | 1.00 salad | 396.164 | 49.594 |
| Salad Bar, Broccoli, Florets | 1/2 cup | 15.557 | 3.038 |
| Salad Bar, Carrots, Baby | 6.00 Carrots | 31.751 | 7.475 |
| 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 |
| Green Beans | 3/4 cup | 43.994 | 5.466 |
| Fresh Orange | 1.00 ORANGE | 61.570 | 15.393 |
| 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 | 1.00 TBSP | 38.811 | 1.941 |
| Ketchup | 1.00 TBSP | 9.901 | 1.980 |
| Ranch Dressing | 2.00 TBSP | 50.000 | 8.000 |
| Weighted Daily Average | | 2751.232 | 318.891 |
| % of Calories | | 46.36% | |

| Thu - 10/09/2014 | | | |
|--|--------------|-----------------|-------------------|
| | Portion Size | Calories (kcal) | Carbohydrates (g) |
| Saint Louis SLPS K-8 Lunch | | | |
| Recipe | Total | | |
| Small Chicken Caesar Salad w/ Crackers | 1.00 salad | 407.099 | 41.816 |

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|------------------------------|--------------|----------|---------|
| 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 |
| Salad Bar, Carrots, Baby | 6.00 Carrots | 31.751 | 7.475 |
| 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 |
| Salad Bar, Beans, Garbanzo | 1/2 cup | 119.330 | 19.888 |
| 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 | 1.00 TBSP | 38.811 | 1.941 |
| Ketchup | 1.00 TBSP | 9.901 | 1.980 |
| Ranch Dressing | 2.00 TBSP | 50.000 | 8.000 |
| Weighted Daily Average | | 2503.569 | 297.040 |
| % of Calories | | | 47.46% |

| Fri - 10/10/2014 | | | |
|--|---------------|-----------------|-------------------|
| | Portion Size | Calories (kcal) | Carbohydrates (g) |
| Saint Louis SLPS K-8 Lunch | | | |
| Recipe | Total | | |
| Sausage Pizza | 1.00 slice | 299.977 | 30.022 |
| Grilled Ham & Cheese Sandwich | 1.00 sandwich | 377.471 | 30.413 |
| Large Chicken Garden Salad w/ Crackers | 1.00 salad | 367.705 | 45.294 |
| Salad Bar, Broccoli, Florets | 1/2 cup | 15.557 | 3.038 |
| Salad Bar, Carrots, Baby | 6.00 Carrots | 31.751 | 7.475 |
| 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 |
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|----------------------------|-------------|----------|---------|
| Cooked Crinkle Cut Carrots | 1/2 Cup | 49.980 | 8.988 |
| Fruit Cocktail | 1.00 Cup | 123.359 | 29.959 |
| 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 | 1.00 TBSP | 38.811 | 1.941 |
| Ketchup | 1.00 TBSP | 9.901 | 1.980 |
| Ranch Dressing | 2.00 TBSP | 50.000 | 8.000 |
| Weighted Daily Average | | 3744.017 | 410.810 |
| % of Calories | | | 43.89% |

| Mon - 10/13/2014 | | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---|--------------|--------------|-----------------|-------------------|
| Saint Louis SLPS K-8 Lunch | | | | |
| Recipe | Total | | | |
| Turkey Taco Salad | 1.00 salad | 625.859 | 61.014 | |
| Chicken Tenders w/ Roll | 3.00 tenders | 320.555 | 29.034 | |
| Baked Rotini w/ Vegetables & Breadstick | 1.00 cup | 507.015 | 109.873 | |
| Salad Bar, Broccoli, Florets | 1/2 cup | 15.557 | 3.038 | |
| Salad Bar, Carrots, Baby | 6.00 Carrots | 31.751 | 7.475 | |
| 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 | |
| Fresh Steamed Broccoli | 1/2 cup | 41.971 | 3.544 | |
| 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 | 1.00 TBSP | 38.811 | 1.941 | |
| Ketchup | 1.00 TBSP | 9.901 | 1.980 | |
| Ranch Dressing | 2.00 TBSP | 50.000 | 8.000 | |

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|------------------------|----------|---------|
| Weighted Daily Average | 3291.678 | 496.162 |
| % of Calories | 60.29% | |

| Tue - 10/14/2014 | | | |
|---|--------------|-----------------|-------------------|
| | Portion Size | Calories (kcal) | Carbohydrates (g) |
| Saint Louis SLPS K-8 Lunch | | | |
| Recipe | Total | | |
| Small Southwest Chicken Salad w/ Crackers | 1.00 Salad | 531.398 | 62.681 |
| Chicken Nuggets, Elementary w/ Roll | 5.00 nuggets | 240.000 | 27.000 |
| Chicken Chilaquiles w/ Rice | 1.00 Piece | 458.278 | 50.606 |
| Salad Bar, Broccoli, Florets | 1/2 cup | 15.557 | 3.038 |
| Salad Bar, Carrots, Baby | 6.00 Carrots | 31.751 | 7.475 |
| 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 |
| Corn Kernels | 1/2 cup | 96.859 | 17.842 |
| 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 | 1.00 TBSP | 38.811 | 1.941 |
| Ketchup | 1.00 TBSP | 9.901 | 1.980 |
| Ranch Dressing | 2.00 TBSP | 50.000 | 8.000 |
| Weighted Daily Average | | 3273.230 | 373.917 |
| % of Calories | | | 45.69% |

| Wed - 10/15/2014 | | | |
|--|---------------------------|-----------------|-------------------|
| | Portion Size | Calories (kcal) | Carbohydrates (g) |
| Saint Louis SLPS K-8 Lunch | | | |
| Recipe | Total | | |
| Ham Big Bite | 1.00 sandwich | 292.420 | 27.962 |
| Pancakes and Sausage | 2.00 pancakes and sausage | 267.010 | 26.206 |
| Large Chicken Caesar Salad w/ Crackers | 1.00 salad | 517.696 | 45.064 |
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|------------------------------|--------------|----------|---------|
| Salad Bar, Broccoli, Florets | 1/2 cup | 15.557 | 3.038 |
| Salad Bar, Carrots, Baby | 6.00 Carrots | 31.751 | 7.475 |
| 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 |
| Salad Bar, Beans, Garbanzo | 1/2 cup | 119.330 | 19.888 |
| Hash Brown Potato Patty | 1.00 Patty | 130.000 | 14.000 |
| Fresh Orange | 1.00 ORANGE | 61.570 | 15.393 |
| 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 | 1.00 TBSP | 38.811 | 1.941 |
| Ketchup | 1.00 TBSP | 9.901 | 1.980 |
| Ranch Dressing | 2.00 TBSP | 50.000 | 8.000 |
| Weighted Daily Average | | 2297.779 | 274.907 |
| % of Calories | | | 47.86% |

| Thu - 10/16/2014 | | | |
|--|---------------|-----------------|-------------------|
| | Portion Size | Calories (kcal) | Carbohydrates (g) |
| Saint Louis SLPS 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 |
| Turkey Sandwich | 1.00 Sandwich | 258.670 | 28.864 |
| Salad Bar, Broccoli, Florets | 1/2 cup | 15.557 | 3.038 |
| Salad Bar, Carrots, Baby | 6.00 Carrots | 31.751 | 7.475 |
| 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 |
| 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 |

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|-------------------------|-------------|----------|---------|
| 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 | 1.00 TBSP | 38.811 | 1.941 |
| Ketchup | 1.00 TBSP | 9.901 | 1.980 |
| Ranch Dressing | 2.00 TBSP | 50.000 | 8.000 |
| Weighted Daily Average | | 3613.356 | 403.782 |
| % of Calories | | | 44.70% |

| Fri - 10/17/2014 | | Portion Size | Calories (kcal) | Carbohydrates (g) |
|----------------------------|-------|--------------|-----------------|-------------------|
| Saint Louis SLPS K-8 Lunch | | | | |
| Recipe | Total | | | |
| Weighted Daily Average | | N/A | N/A | |
| % of Calories | | | N/A | |

| Mon - 10/20/2014 | | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------------|---------------|--------------|-----------------|-------------------|
| Saint Louis SLPS K-8 Lunch | | | | |
| Recipe | Total | | | |
| Cheese Pizza | 1.00 slice | 275.602 | 29.272 | |
| Grilled Ham & Cheese Sandwich | 1.00 sandwich | 377.471 | 30.413 | |
| Large Chef Salad w/ Roll | 1.00 salad | 423.635 | 43.128 | |
| Salad Bar, Broccoli, Florets | 1/2 cup | 15.557 | 3.038 | |
| Salad Bar, Carrots, Baby | 6.00 Carrots | 31.751 | 7.475 | |
| 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 | |
| Green Beans | 3/4 cup | 43.994 | 5.466 | |
| 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 | |
| | | | | |

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|------------------------|-----------|----------|---------|
| Mayonnaise | 1.00 TBSP | 38.811 | 1.941 |
| Ketchup | 1.00 TBSP | 9.901 | 1.980 |
| Ranch Dressing | 2.00 TBSP | 50.000 | 8.000 |
| Weighted Daily Average | | 3501.260 | 380.302 |
| % of Calories | | | 43.45% |

| Tue - 10/21/2014 | | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---|--------------|--------------|-----------------|-------------------|
| Saint Louis SLPS K-8 Lunch | | | | |
| Recipe | Total | | | |
| Small Ham & Cheese Salad | 1.00 salad | 270.402 | 28.579 | |
| Turkey & Cheese Wrap, WG | 1.00 Wrap | 320.202 | 33.955 | |
| Turkey Hot Dog | 1.00 hot dog | 290.000 | 29.000 | |
| Salad Bar, Broccoli, Florets | 1/2 cup | 15.557 | 3.038 | |
| Salad Bar, Carrots, Baby | 6.00 Carrots | 31.751 | 7.475 | |
| 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 | |
| Salad Bar, Beans, Garbanzo | 1/2 cup | 119.330 | 19.888 | |
| Seasoned Crinkle Cut Sweet Potato Fries | 1/2 cup | 130.893 | 22.151 | |
| Fresh Orange | 1.00 ORANGE | 61.570 | 15.393 | |
| 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 | 1.00 TBSP | 38.811 | 1.941 | |
| Ketchup | 1.00 TBSP | 9.901 | 1.980 | |
| Ranch Dressing | 2.00 TBSP | 50.000 | 8.000 | |
| Weighted Daily Average | | 2511.618 | 313.332 | |
| % of Calories | | | 49.90% | |

| Wed - 10/22/2014 | | Portion Size | Calories (kcal) | Carbohydrates (g) |
|----------------------------|-------|--------------|-----------------|-------------------|
| Saint Louis SLPS K-8 Lunch | | | | |
| Recipe | Total | | | |

| | | | |
|--|---------------|----------|---------|
| Small Chicken Caesar Salad w/ Crackers | 1.00 salad | 407.099 | 41.816 |
| Spaghetti w/ Meatballs & Breadstick | 1.00 Serving | 450.358 | 60.684 |
| Grilled Cheese Sandwich | 1.00 sandwich | 402.996 | 36.050 |
| Salad Bar, Broccoli, Florets | 1/2 cup | 15.557 | 3.038 |
| Salad Bar, Carrots, Baby | 6.00 Carrots | 31.751 | 7.475 |
| 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 |
| Salad Bar, Beans, Garbanzo | 1/2 cup | 119.330 | 19.888 |
| Fresh Steamed Broccoli | 1/2 cup | 41.971 | 3.544 |
| 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 | 1.00 TBSP | 38.811 | 1.941 |
| Ketchup | 1.00 TBSP | 9.901 | 1.980 |
| Ranch Dressing | 2.00 TBSP | 50.000 | 8.000 |
| Weighted Daily Average | | 2518.505 | 302.576 |
| % of Calories | | | 48.06% |

| Thu - 10/23/2014 | | | |
|--|-----------------|-----------------|-------------------|
| | Portion Size | Calories (kcal) | Carbohydrates (g) |
| Saint Louis SLPS K-8 Lunch | | | |
| Recipe | Total | | |
| Cheeseburger | 1.00 burger | 285.437 | 27.012 |
| Chicken Quesadilla WG 10 | 1.00 Quesadilla | 402.466 | 36.002 |
| Large Grilled Chicken Garden Salad w/ Crackers | 1.00 salad | 471.743 | 45.035 |
| Salad Bar, Broccoli, Florets | 1/2 cup | 15.557 | 3.038 |
| Salad Bar, Carrots, Baby | 6.00 Carrots | 31.751 | 7.475 |
| Lettuce/Spinach Mix | 1.00 Cup | 15.194 | 2.755 |
| Salad Bar, Cucumber, Raw | 1/2 cup | 9.072 | 1.633 |
| | | | |

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|---------------------------|-------------|----------|---------|
| Salad Bar, Celery, Sticks | 6.00 sticks | 20.736 | 3.849 |
| Corn Kernels | 1/2 cup | 96.859 | 17.842 |
| Fresh Banana | 1.00 Banana | 105.020 | 26.951 |
| Fruit Cocktail | 1.00 Cup | 123.359 | 29.959 |
| 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 | 1.00 TBSP | 38.811 | 1.941 |
| Ketchup | 1.00 TBSP | 9.901 | 1.980 |
| Ranch Dressing | 2.00 TBSP | 50.000 | 8.000 |
| Weighted Daily Average | | 3296.935 | 361.238 |
| % of Calories | | | 43.83% |

| Fri - 10/24/2014 | | | |
|---|---------------|-----------------|-------------------|
| | Portion Size | Calories (kcal) | Carbohydrates (g) |
| Saint Louis SLPS K-8 Lunch | | | |
| Recipe | Total | | |
| Small Italian Chicken Salad w/ crackers | 1.00 salad | 403.768 | 41.770 |
| Chicken Burrito WG 9" HM | 1.00 Burrito | 440.455 | 44.117 |
| Grilled Cheese Sandwich | 1.00 sandwich | 402.996 | 36.050 |
| Salad Bar, Broccoli, Florets | 1/2 cup | 15.557 | 3.038 |
| Salad Bar, Carrots, Baby | 6.00 Carrots | 31.751 | 7.475 |
| 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 |
| Corn Kernels | 1/2 cup | 96.859 | 17.842 |
| Fresh Orange | 1.00 ORANGE | 61.570 | 15.393 |
| Sliced Peaches | 1/2 Cup | 69.561 | 16.893 |
| 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 | 1.00 TBSP | 38.811 | 1.941 |
| Ketchup | 1.00 TBSP | 9.901 | 1.980 |

| | | | |
|------------------------|-----------|----------|---------|
| Ranch Dressing | 2.00 TBSP | 50.000 | 8.000 |
| Weighted Daily Average | | 3435.930 | 391.546 |
| % of Calories | | | 45.58% |

| Mon - 10/27/2014 | | | |
|--------------------------------|--------------|-----------------|-------------------|
| | Portion Size | Calories (kcal) | Carbohydrates (g) |
| Saint Louis SLPS K-8 Lunch | | | |
| Recipe | Total | | |
| Turkey Taco Salad | 1.00 salad | 625.859 | 61.014 |
| Turkey & Cheese Sub | 1.00 Sub | 310.202 | 31.955 |
| Chicken Parmesan w/ Breadstick | 1.00 Serving | 510.471 | 64.304 |
| Salad Bar, Broccoli, Florets | 1/2 cup | 15.557 | 3.038 |
| Salad Bar, Carrots, Baby | 6.00 Carrots | 31.751 | 7.475 |
| 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 |
| 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 | 1.00 TBSP | 38.811 | 1.941 |
| Ketchup | 1.00 TBSP | 9.901 | 1.980 |
| Ranch Dressing | 2.00 TBSP | 50.000 | 8.000 |
| Weighted Daily Average | | 2758.643 | 326.409 |
| % of Calories | | | 47.33% |

| Tue - 10/28/2014 | | | |
|---|--------------|-----------------|-------------------|
| | Portion Size | Calories (kcal) | Carbohydrates (g) |
| Saint Louis SLPS K-8 Lunch | | | |
| Recipe | Total | | |
| Small Southwest Chicken Salad w/ Crackers | 1.00 Salad | 531.398 | 62.681 |
| Pepperoni Pizza | 1.00 slice | 282.208 | 29.404 |
| | | | |

| | | | |
|------------------------------|--------------|----------|---------|
| Ham, Turkey & Cheese Wrap | 1.00 Wrap | 332.026 | 34.291 |
| Salad Bar, Broccoli, Florets | 1/2 cup | 15.557 | 3.038 |
| Salad Bar, Carrots, Baby | 6.00 Carrots | 31.751 | 7.475 |
| 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 |
| Green Peas | 1/2 cup | 100.950 | 13.348 |
| 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 | 1.00 TBSP | 38.811 | 1.941 |
| Ketchup | 1.00 TBSP | 9.901 | 1.980 |
| Ranch Dressing | 2.00 TBSP | 50.000 | 8.000 |
| Weighted Daily Average | | 3758.975 | 409.555 |
| % of Calories | | | 43.58% |

| Wed - 10/29/2014 | | | |
|--|--------------|-----------------|-------------------|
| | Portion Size | Calories (kcal) | Carbohydrates (g) |
| Saint Louis SLPS K-8 Lunch | | | |
| Recipe | Total | | |
| Fish Nuggets | 4.00 nuggets | 220.000 | 20.000 |
| Garlic Chile Chicken Stir Fry w/ Rice | 1.00 Cup | 462.775 | 65.226 |
| Large Chicken Caesar Salad w/ Crackers | 1.00 salad | 517.696 | 45.064 |
| Salad Bar, Broccoli, Florets | 1/2 cup | 15.557 | 3.038 |
| Salad Bar, Carrots, Baby | 6.00 Carrots | 31.751 | 7.475 |
| 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 |
| Salad Bar, Beans, Garbanzo | 1/2 cup | 119.330 | 19.888 |
| Fresh Steamed Broccoli | 1/2 cup | 41.971 | 3.544 |
| Fresh Orange | 1.00 ORANGE | 61.570 | 15.393 |

| | | | |
|-------------------------|-------------|----------|---------|
| 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 | 1.00 TBSP | 38.811 | 1.941 |
| Ketchup | 1.00 TBSP | 9.901 | 1.980 |
| Ranch Dressing | 2.00 TBSP | 50.000 | 8.000 |
| Weighted Daily Average | | 3834.249 | 491.242 |
| % of Calories | | | 51.25% |

| Thu - 10/30/2014 | | | |
|--|--------------|-----------------|-------------------|
| | Portion Size | Calories (kcal) | Carbohydrates (g) |
| Saint Louis SLPS K-8 Lunch | | | |
| Recipe | Total | | |
| Small Crispy Chicken Salad w/ Crackers | 1.00 salad | 367.172 | 32.268 |
| HM Meatloaf w/ Roll | 3.00 oz | 145.163 | 18.059 |
| 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 |
| 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 |
| Mashed Potatoes | 1/2 cup | 26.756 | 3.339 |
| 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 | 1.00 TBSP | 38.811 | 1.941 |
| Ketchup | 1.00 TBSP | 9.901 | 1.980 |
| Ranch Dressing | 2.00 TBSP | 50.000 | 8.000 |
| Weighted Daily Average | | 2399.201 | 279.438 |
| % of Calories | | | 46.59% |

| Fri - 10/31/2014 | | | |
|--|--------------|-----------------|-------------------|
| | Portion Size | Calories (kcal) | Carbohydrates (g) |
| Saint Louis SLPS K-8 Lunch | | | |
| Recipe | Total | | |
| Large Grilled Chicken Garden Salad w/ Crackers | 1.00 salad | 471.743 | 45.035 |
| Spaghetti w/ Meatsauce & Breadstick | 1.00 cup | 333.607 | 55.173 |
| Turkey Hot Dog | 1.00 hot dog | 320.000 | 31.000 |
| Salad Bar, Broccoli, Florets | 1/2 cup | 15.557 | 3.038 |
| Salad Bar, Carrots, Baby | 6.00 Carrots | 31.751 | 7.475 |
| 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 |
| Mexicorn | 1/2 cup | 92.485 | 16.131 |
| Fresh Apple | 1.00 Apple | 77.480 | 20.577 |
| 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 | 1.00 TBSP | 38.811 | 1.941 |
| Ketchup | 1.00 TBSP | 9.901 | 1.980 |
| Ranch Dressing | 2.00 TBSP | 50.000 | 8.000 |
| Weighted Daily Average | | 2354.931 | 285.085 |
| % of Calories | | | 48.42% |

* = Indicates missing Nutrient Information.

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