

Carbohydrate Report
 District: St. Louis Public Schools
 School: Napa
 Menu: Saint Louis Napa k-8 lunch



Wed - 04/01/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis Napa k-8 lunch				
Recipe	Total			
Rice & Beans	1.50 Cup	114.729	20.972	
Turkey Hot Dog	1.00 hot dog	270.000	30.000	
TTM Supreme Nachos 1G	1.00 Nacho	437.728	40.151	
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849	
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633	
Salad Bar, Lettuce/Spinach Mix	1.00 Cup	15.194	2.755	
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475	
Vegetables, Frzn, 5 Way Mixed	1/2 cup	74.670	9.148	
Pinto Beans	1/2 cup	79.449	14.301	
Fresh Apple	1.00 Apple	77.480	20.577	
Sliced Peaches	1/2 Cup	92.748	22.525	
Brown Rice	1/2 cup	128.398	23.823	
Fat Free Chocolate Milk	1.00 carton	110.000	19.000	
White 1% Low Fat Milk	1.00 carton	110.000	13.000	
Ranch Dispenser	2.00 TBSP	50.000	8.000	
Ketchup Dispenser	1.00 TBSP	9.901	1.980	
Mayonnaise Dispenser	1.00 TBSP	38.811	1.941	
Mustard Dispenser	1.00 TBSP	0.000	0.000	
Weighted Daily Average		166.856	22.084	
% of Calories			52.94%	

Thu - 04/02/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis Napa k-8 lunch				
Recipe	Total			
Rice & Beans	1.50 Cup	114.729	20.972	
Grilled Ham & Cheese Sandwich	1.00 sandwich	377.471	30.413	

Buffalo Chicken Pizza	1.00 slice	440.596	38.145
Cheese Pizza	1.00 slice	363.121	37.651
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Salad Bar, Cucumber, Raw	$\frac{1}{2}$ cup	9.072	1.633
Salad Bar, Lettuce/Spinach Mix	1.00 Cup	15.194	2.755
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475
Salad Bar, Beans, Garbanzo	$\frac{1}{2}$ cup	119.330	19.888
Cooked Crinkle Cut Carrots	$\frac{1}{2}$ Cup	49.980	8.988
Pinto Beans	$\frac{1}{2}$ cup	79.449	14.301
Fresh Orange	1.00 ORANGE	61.570	15.393
Applesauce, Unsweet	$\frac{1}{2}$ cup	60.000	15.000
Brown Rice	$\frac{1}{2}$ cup	128.398	23.823
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Ranch Dispenser	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	9.901	1.980
Mayonnaise Dispenser	1.00 TBSP	38.811	1.941
Mustard Dispenser	1.00 TBSP	0.000	0.000
Weighted Daily Average		429.158	47.278
% of Calories			44.07%

Fri - 04/03/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis Napa k-8 lunch				
Recipe	Total			
Weighted Daily Average			N/A	N/A
% of Calories				N/A

Mon - 04/06/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis Napa k-8 lunch				
Recipe	Total			
Rice & Beans	1.50 Cup	114.729	20.972	

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White 1% Low Fat Milk	1.00 carton	110.000	13.000
Ranch Dispenser	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	9.901	1.980
Mayonnaise Dispenser	1.00 TBSP	38.811	1.941
Mustard Dispenser	1.00 TBSP	0.000	0.000
Weighted Daily Average		204.923	26.603
% of Calories			51.93%

Thu - 04/09/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis Napa k-8 lunch				
Recipe	Total			
Rice & Beans	1.50 Cup	114.729	20.972	
Garlic Chile Chicken w/ Rice	12.00 Pieces	415.941	44.884	
Cheese Pizza	1.00 slice	363.121	37.651	
Chicken Fajita Pizza	1.00 slice	387.790	38.891	
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475	
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849	
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633	
Salad Bar, Lettuce/Spinach Mix	1.00 Cup	15.194	2.755	
Salad Bar, Beans, Garbanzo	1/2 cup	119.330	19.888	
Green Peas	1/2 cup	100.950	13.348	
Pinto Beans	1/2 cup	79.449	14.301	
Mandarin Oranges	1/2 Cup	65.064	15.801	
Fresh Apple	1.00 Apple	77.480	20.577	
Brown Rice	1/2 cup	128.398	23.823	
Chocolate Pudding	1/2 Cup	118.154	24.615	
Fat Free Chocolate Milk	1.00 carton	110.000	19.000	
White 1% Low Fat Milk	1.00 carton	110.000	13.000	
Ranch Dispenser	2.00 TBSP	50.000	8.000	
Ketchup Dispenser	1.00 TBSP	9.901	1.980	
Mayonnaise Dispenser	1.00 TBSP	38.811	1.941	

Mustard Dispenser	1.00 TBSP	0.000	0.000
Weighted Daily Average		412.948	47.267
% of Calories			45.78%

Fri - 04/10/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis Napa k-8 lunch				
Recipe	Total			
Rice & Beans	1.50 Cup	114.729	20.972	
Sweet & Sour Chicken w/ Rice	12.00 Pieces	472.178	63.137	
Pasta Primavera w/ Chicken	3/4 cup	380.361	73.418	
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475	
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849	
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633	
Salad Bar, Lettuce/Spinach Mix	1.00 Cup	15.194	2.755	
Green Beans	1/2 cup	42.485	5.019	
Pinto Beans	1/2 cup	79.449	14.301	
Fresh Banana	1.00 Banana	105.020	26.951	
Fruit Cocktail	1/2 Cup	61.679	14.979	
Brown Rice	1/2 cup	128.398	23.823	
Fat Free Chocolate Milk	1.00 carton	110.000	19.000	
White 1% Low Fat Milk	1.00 carton	110.000	13.000	
Ranch Dispenser	2.00 TBSP	50.000	8.000	
Mayonnaise Dispenser	1.00 TBSP	38.811	1.941	
Mustard Dispenser	1.00 TBSP	0.000	0.000	
Ketchup Dispenser	1.00 TBSP	9.901	1.980	
Weighted Daily Average		170.817	23.015	
% of Calories				53.89%

Mon - 04/13/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis Napa k-8 lunch				
Recipe	Total			
Rice & Beans	1.50 Cup	114.729	20.972	

Chicken Quesadilla 9"	1.00 Quesadilla	399.382	32.002
Chicken Tenders	3.00 tenders	260.555	16.034
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Salad Bar, Cucumber, Raw	$\frac{1}{2}$ cup	9.072	1.633
Salad Bar, Lettuce/Spinach Mix	1.00 Cup	15.194	2.755
Salsa, Canned (C)	$\frac{1}{4}$ Cup	22.320	4.328
Mexicom	$\frac{1}{2}$ cup	92.485	16.131
Pinto Beans	$\frac{1}{2}$ cup	79.449	14.301
Fresh Orange	1.00 ORANGE	61.570	15.393
Diced Pears	$\frac{1}{2}$ Cup	60.601	15.150
Brown Rice	$\frac{1}{2}$ cup	128.398	23.823
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Ranch Dispenser	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	9.901	1.980
Mayonnaise Dispenser	1.00 TBSP	38.811	1.941
Mustard Dispenser	1.00 TBSP	0.000	0.000
Weighted Daily Average		227.811	26.739
% of Calories			46.95%

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Tue - 04/14/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis Napa k-8 lunch				
Recipe	Total			
Rice & Beans	1.50 Cup	114.729	20.972	
Cheese Pizza	1.00 slice	363.121	37.651	
Turkey & Cheese Sub	1.00 Sub	310.202	31.955	
Chicken Alfredo Pizza	1.00 slice	380.624	37.075	
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475	
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849	
Salad Bar, Cucumber, Raw	$\frac{1}{2}$ cup	9.072	1.633	

Salad Bar, Lettuce/Spinach Mix	1.00 Cup	15.194	2.755
Vegetables, Frzn, 5 Way Mixed	1/2 cup	74.670	9.148
Pinto Beans	1/2 cup	79.449	14.301
Fresh Apple	1.00 Apple	77.480	20.577
Mandarin Oranges	1/2 Cup	65.064	15.801
Brown Rice	1/2 cup	128.398	23.823
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Ranch Dispenser	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	9.901	1.980
Mayonnaise Dispenser	1.00 TBSP	38.811	1.941
Mustard Dispenser	1.00 TBSP	0.000	0.000
Weighted Daily Average		398.264	44.629
% of Calories			44.82%

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Wed - 04/15/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis Napa k-8 lunch				
Recipe	Total			
Pancakes and Sausage	2.00 pancakes and sausage		267.010	26.206
Rice & Beans	1.50 Cup		114.729	20.972
Turkey Corn Dog	1.00 corn dog		240.000	33.000
Salad Bar, Carrots, Baby	6.00 Carrots		31.751	7.475
Salad Bar, Celery, Sticks	6.00 sticks		20.736	3.849
Salad Bar, Cucumber, Raw	1/2 cup		9.072	1.633
Salad Bar, Lettuce/Spinach Mix	1.00 Cup		15.194	2.755
Corn Kemels	1/2 cup		96.859	17.842
Pinto Beans	1/2 cup		79.449	14.301
Fresh Banana	1.00 Banana		105.020	26.951
Pineapple Tidbits	1/2 CUP		48.599	12.150
Brown Rice	1/2 cup		128.398	23.823
Fat Free Chocolate Milk	1.00 carton		110.000	19.000

White 1% Low Fat Milk	1.00 carton	110.000	13.000
Ranch Dispenser	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	9.901	1.980
Mayonnaise Dispenser	1.00 TBSP	38.811	1.941
Mustard Dispenser	1.00 TBSP	0.000	0.000
Weighted Daily Average		161.796	21.010
% of Calories			51.94%

Thu - 04/16/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis Napa k-8 lunch				
Recipe	Total			
Rice & Beans	1.50 Cup	114.729	20.972	
Pepperoni Pizza	1.00 slice	373.284	37.854	
Turkey & Cheese Sandwich	1.00 Sandwich	274.512	30.389	
Cheese Pizza	1.00 slice	363.121	37.651	
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475	
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849	
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633	
Salad Bar, Lettuce/Spinach Mix	1.00 Cup	15.194	2.755	
Salad Bar, Beans, Garbanzo	1/2 cup	119.330	19.888	
Pinto Beans	1/2 cup	79.449	14.301	
Italian Mixed Veggies	1/2 cup	80.727	4.574	
Fresh Orange	1.00 ORANGE	61.570	15.393	
Applesauce	1.00 Cup	120.000	30.000	
Brown Rice	1/2 cup	128.398	23.823	
Fat Free Chocolate Milk	1.00 carton	110.000	19.000	
White 1% Low Fat Milk	1.00 carton	110.000	13.000	
Ranch Dispenser	2.00 TBSP	50.000	8.000	
Ketchup Dispenser	1.00 TBSP	9.901	1.980	
Mayonnaise Dispenser	1.00 TBSP	38.811	1.941	
Mustard Dispenser	1.00 TBSP	0.000	0.000	

Weighted Daily Average	407.928	46.758
% of Calories		45.85%

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Fri - 04/17/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis Napa k-8 lunch				
Recipe	Total			
Rice & Beans	1.50 Cup	114.729	20.972	
Garlic & Herb Veggie Rotini	1.00 cup	342.593	33.118	
Chicken Quesadilla 9"	1.00 Quesadilla	399.382	32.002	
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475	
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849	
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633	
Salad Bar, Lettuce/Spinach Mix	1.00 Cup	15.194	2.755	
Salsa, Canned (C)	1/4 Cup	22.320	4.328	
Green Beans	1/2 cup	42.485	5.019	
Pinto Beans	1/2 cup	79.449	14.301	
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	
Ranch Dispenser	2.00 TBSP	50.000	8.000	
Ketchup Dispenser	1.00 TBSP	9.901	1.980	
Mayonnaise Dispenser	1.00 TBSP	38.811	1.941	
Mustard Dispenser	1.00 TBSP	0.000	0.000	
Weighted Daily Average		199.014	21.088	
% of Calories				42.39%

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Mon - 04/20/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis Napa k-8 lunch				
Recipe	Total			
Rice & Beans	1.50 Cup	114.729	20.972	
Turkey Burger (P)	1.00 burger	240.000	25.000	

Bean & Cheese WG Burrito HM	1.00 Burrito	339.267	42.149
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Lettuce/Spinach Mix	1.00 Cup	15.194	2.755
Salsa, Canned (C)	1/4 Cup	22.320	4.328
Tater Gem	1/2 cup	130.844	14.624
Pinto Beans	1/2 cup	79.449	14.301
Fresh Banana	1.00 Banana	105.020	26.951
Apple Slices, Cnd, Unswt	1/2 cup	35.998	8.996
Brown Rice	1/2 cup	128.398	23.823
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Ranch Dispenser	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	9.901	1.980
Mayonnaise Dispenser	1.00 TBSP	38.811	1.941
Mustard Dispenser	1.00 TBSP	0.000	0.000
Weighted Daily Average		201.708	25.399
% of Calories			50.37%

Tue - 04/21/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis Napa k-8 lunch				
Recipe	Total			
Rice & Beans	1.50 Cup	114.729	20.972	
Turkey Melt Sandwich	1.00 sandwich	394.104	30.556	
Cheese Pizza	1.00 slice	363.121	37.651	
Supreme Pizza	1.00 slice	408.438	38.644	
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475	
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849	
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633	
Salad Bar, Lettuce/Spinach Mix	1.00 Cup	15.194	2.755	

Cooked Crinkle Cut Carrots	1/2 Cup	49.980	8.988
Pinto Beans	1/2 cup	79.449	14.301
Fresh Orange	1.00 ORANGE	61.570	15.393
Fruit Cocktail	1/2 Cup	61.679	14.979
Brown Rice	1/2 cup	128.398	23.823
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Ranch Dispenser	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	9.901	1.980
Mayonnaise Dispenser	1.00 TBSP	38.811	1.941
Mustard Dispenser	1.00 TBSP	0.000	0.000
Weighted Daily Average		407.837	45.466
% of Calories			44.59%

Wed - 04/22/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis Napa k-8 lunch				
Recipe	Total			
Rice & Beans	1.50 Cup	114.729	20.972	
Grilled Cheese Sandwich	1.00 sandwich	391.603	31.914	
TTM Supreme Nachos 1G	1.00 Nacho	437.728	40.151	
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475	
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849	
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633	
Salad Bar, Lettuce/Spinach Mix	1.00 Cup	15.194	2.755	
Vegetables, Frzn, 5 Way Mixed	1/2 cup	74.670	9.148	
Pinto Beans	1/2 cup	79.449	14.301	
Fresh Apple	1.00 Apple	77.480	20.577	
Sliced Peaches	1/2 Cup	92.748	22.525	
Brown Rice	1/2 cup	128.398	23.823	
Fat Free Chocolate Milk	1.00 carton	110.000	19.000	
White 1% Low Fat Milk	1.00 carton	110.000	13.000	

Ranch Dispenser	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	9.901	1.980
Mayonnaise Dispenser	1.00 TBSP	38.811	1.941
Mustard Dispenser	1.00 TBSP	0.000	0.000
Weighted Daily Average		167.342	22.092
% of Calories			52.81%

Thu - 04/23/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis Napa k-8 lunch				
Recipe	Total			
Rice & Beans	1.50 Cup	114.729	20.972	
Cheese Pizza	1.00 slice	363.121	37.651	
Ham Sub	1.00 Sub	285.953	31.263	
Hawaiian Pizza	1.00 slice	376.504	40.008	
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475	
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849	
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633	
Salad Bar, Lettuce/Spinach Mix	1.00 Cup	15.194	2.755	
Garbanzo Beans	1/2 cup	130.950	14.777	
Green Peas	1/2 cup	100.950	13.348	
Fresh Banana	1.00 Banana	105.020	26.951	
Applesauce, Unsweet	1/2 cup	60.000	15.000	
Brown Rice	1/2 cup	128.398	23.823	
Fat Free Chocolate Milk	1.00 carton	110.000	19.000	
White 1% Low Fat Milk	1.00 carton	110.000	13.000	
Ranch Dispenser	2.00 TBSP	50.000	8.000	
Ketchup Dispenser	1.00 TBSP	9.901	1.980	
Mayonnaise Dispenser	1.00 TBSP	38.811	1.941	
Mustard Dispenser	1.00 TBSP	0.000	0.000	
Weighted Daily Average		405.249	46.472	
% of Calories			45.87%	

Fri - 04/24/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis Napa k-8 lunch				
Recipe	Total			
Rice & Beans	1.50 Cup	114.729	20.972	
Chicken Alfredo	1.00 cup	292.921	38.381	
Chicken Nuggets	6.00 nuggets	216.000	16.800	
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475	
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849	
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633	
Salad Bar, Lettuce/Spinach Mix	1.00 Cup	15.194	2.755	
Sweet Potato Fries, Crinkle Cut	3.00 oz	130.074	22.013	
Pinto Beans	1/2 cup	79.449	14.301	
Fresh Orange	1.00 ORANGE	61.570	15.393	
Pineapple Tidbits	1/2 CUP	48.599	12.150	
Brown Rice	1/2 cup	128.398	23.823	
Fat Free Chocolate Milk	1.00 carton	110.000	19.000	
White 1% Low Fat Milk	1.00 carton	110.000	13.000	
Ranch Dispenser	2.00 TBSP	50.000	8.000	
Ketchup Dispenser	1.00 TBSP	9.901	1.980	
Mayonnaise Dispenser	1.00 TBSP	38.811	1.941	
Mustard Dispenser	1.00 TBSP	0.000	0.000	
Weighted Daily Average		165.343	21.001	
% of Calories			50.81%	

Mon - 04/27/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis Napa k-8 lunch				
Recipe	Total			
Rice & Beans	1.50 Cup	114.729	20.972	
Spicy Chicken Rings w/ Roll	5.00 rings	285.000	26.000	
Chicken Quesadilla 9"	1.00 Quesadilla	399.382	32.002	
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475	

Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Lettuce/Spinach Mix	1.00 Cup	15.194	2.755
Salsa, Canned (C)	1/4 Cup	22.320	4.328
Mexicom	1/2 cup	92.485	16.131
Pinto Beans	1/2 cup	79.449	14.301
Fresh Orange	1.00 ORANGE	61.570	15.393
Diced Pears	1/2 Cup	60.601	15.150
Brown Rice	1/2 cup	128.398	23.823
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Ranch Dispenser	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	9.901	1.980
Mayonnaise Dispenser	1.00 TBSP	38.811	1.941
Mustard Dispenser	1.00 TBSP	0.000	0.000
Weighted Daily Average		227.909	26.779
% of Calories			47.00%

Tue - 04/28/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis Napa k-8 lunch				
Recipe	Total			
Rice & Beans	1.50 Cup	114.729	20.972	
Cheese Pizza	1.00 slice	363.121	37.651	
Turkey & Cheese Sandwich	1.00 Sandwich	274.512	30.389	
Spicy Chicken Pizza	1.00 slice	430.621	41.901	
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475	
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849	
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633	
Salad Bar, Lettuce/Spinach Mix	1.00 Cup	15.194	2.755	
Fresh Steamed Broccoli	1/2 cup	41.971	3.544	
Pinto Beans	1/2 cup	79.449	14.301	

Fresh Banana	1.00 Banana	105.020	26.951
Pineapple Tidbits	$\frac{1}{2}$ CUP	48.599	12.150
Brown Rice	$\frac{1}{2}$ cup	128.398	23.823
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Ranch Dispenser	2.00 TBSP	50.000	8.000
Ketchup Dispenser	1.00 TBSP	9.901	1.980
Mayonnaise Dispenser	1.00 TBSP	38.811	1.941
Mustard Dispenser	1.00 TBSP	0.000	0.000
Weighted Daily Average		407.851	44.909
% of Calories			44.04%

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Wed - 04/29/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis Napa k-8 lunch				
Recipe	Total			
Rice & Beans	1.50 Cup	114.729	20.972	
Turkey Melt Sandwich	1.00 sandwich	394.104	30.556	
Chicken Tenders	3.00 tenders	260.555	16.034	
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475	
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849	
Salad Bar, Cucumber, Raw	$\frac{1}{2}$ cup	9.072	1.633	
Salad Bar, Lettuce/Spinach Mix	1.00 Cup	15.194	2.755	
Tater Gem	$\frac{1}{2}$ cup	130.844	14.624	
Pinto Beans	$\frac{1}{2}$ cup	79.449	14.301	
Fresh Apple	1.00 Apple	77.480	20.577	
Sliced Peaches	$\frac{1}{2}$ Cup	92.748	22.525	
Brown Rice	$\frac{1}{2}$ cup	128.398	23.823	
Fat Free Chocolate Milk	1.00 carton	110.000	19.000	
White 1% Low Fat Milk	1.00 carton	110.000	13.000	
Ranch Dispenser	2.00 TBSP	50.000	8.000	
Ketchup Dispenser	1.00 TBSP	9.901	1.980	

Mustard Dispenser	1.00 TBSP	0.000	0.000
Tartar Sauce	1.00 packet	35.000	2.000
Weighted Daily Average		116.596	20.025
% of Calories			68.70%

Thu - 04/30/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis Napa k-8 lunch				
Recipe	Total			
Rice & Beans	1.50 Cup	114.729	20.972	
Cheese Pizza	1.00 slice	363.121	37.651	
Ham Sub	1.00 Sub	285.953	31.263	
Buffalo Chicken Pizza	1.00 slice	440.596	38.145	
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475	
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849	
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633	
Salad Bar, Lettuce/Spinach Mix	1.00 Cup	15.194	2.755	
Pinto Beans	1/2 cup	79.449	14.301	
Winter Mix Veggies	1/2 cup	35.000	4.000	
Fresh Banana	1.00 Banana	105.020	26.951	
Pineapple Tidbits	1/2 CUP	48.599	12.150	
Brown Rice	1/2 cup	128.398	23.823	
Fat Free Chocolate Milk	1.00 carton	110.000	19.000	
White 1% Low Fat Milk	1.00 carton	110.000	13.000	
Ranch Dispenser	2.00 TBSP	50.000	8.000	
Ketchup Dispenser	1.00 TBSP	9.901	1.980	
Mayonnaise Dispenser	1.00 TBSP	38.811	1.941	
Mustard Dispenser	1.00 TBSP	0.000	0.000	
Weighted Daily Average		431.977	46.143	
% of Calories			42.73%	

* = Indicates missing Nutrient Information.

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