

Carbohydrate Report

District: St. Louis Public Schools

School: Napa

Menu: Saint Louis Napa k-8 lunch



Fri - 05/01/2015		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	
Fresh Cucumber Slices	1/2 cup	8.779	1.580	
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		166.849	22.083	
% of Calories			52.94%	

Mon - 05/04/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis Napa k-8 lunch				
Recipe	Total			
Rice & Beans	1.50 Cup	114.729	20.972	
Fish Patty Sandwich	1.00 sandwich	290.000	29.000	

Turkey Melt Sandwich	1.00 sandwich	394.104	30.556
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Fresh Cucumber Slices	1/2 cup	8.779	1.580
Salad Bar, Lettuce/Spinach Mix	1.00 Cup	15.194	2.755
Pinto Beans	1/2 cup	79.449	14.301
Cooked Crinkle Cut Carrots	1/2 Cup	49.980	8.988
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
Tartar Sauce	1.00 packet	35.000	2.000
Weighted Daily Average		211.751	26.743
% of Calories			50.52%

◀		▶
---	--	---

Tue - 05/05/2015		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	
Pepperoni & Jalapeno Pizza	1.00 slice	374.534	38.104	
Turkey Burger (P)	1.00 burger	240.000	25.000	
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475	
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849	
Fresh Cucumber Slices	1/2 cup	8.779	1.580	
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
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		393.019	44.486
% of Calories			45.28%

Wed - 05/06/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis Napa k-8 lunch				
Recipe	Total			
Rice & Beans	1.50 Cup	114.729	20.972	
Macaroni & Cheese	0.67 Cup	188.132	21.240	
Chicken Patty Sandwich, Breaded	1.00 sandwich	346.000	38.000	
Pinto Beans	1/2 cup	79.449	14.301	
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475	
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849	
Fresh Cucumber Slices	1/2 cup	8.779	1.580	
Salad Bar, Lettuce/Spinach Mix	1.00 Cup	15.194	2.755	
Corn Kernels	1/2 cup	96.859	17.842	
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		204.916	26.602
% of Calories			51.93%

Thu - 05/07/2015		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	
Fresh Cucumber Slices	1/2 cup	8.779	1.580	
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 Strawberries	1/2 Cup	27.652	6.634	
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		412.742	47.210	

% of Calories		45.75%

Fri - 05/08/2015		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	¾ 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	
Fresh Cucumber Slices	½ cup	8.779	1.580	
Salad Bar, Lettuce/Spinach Mix	1.00 Cup	15.194	2.755	
Green Beans	½ cup	42.485	5.019	
Pinto Beans	½ cup	79.449	14.301	
Fresh Banana	1.00 Banana	105.020	26.951	
Fruit Cocktail	½ Cup	52.868	12.336	
Brown Rice	½ 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		170.141	22.813	
% of Calories				53.63%

Mon - 05/11/2015		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
Fresh Cucumber Slices	1/2 cup	8.779	1.580
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		227.804	26.738
% of Calories			46.95%

Tue - 05/12/2015		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	
Fresh Cucumber Slices	1/2 cup	8.779	1.580	
Salad Bar, Lettuce/Spinach Mix	1.00 Cup	15.194	2.755	

◀ ▶

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		162.321	21.072
% of Calories			51.93%

Thu - 05/14/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis Napa k-8 lunch				
Recipe	Total			
Rice & Beans	1.50 Cup	114.729	20.972	
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	
Fresh Cucumber Slices	$\frac{1}{2}$ cup	8.779	1.580	
Salad Bar, Lettuce/Spinach Mix	1.00 Cup	15.194	2.755	
Salad Bar, Beans, Garbanzo	$\frac{1}{2}$ cup	119.330	19.888	
Pinto Beans	$\frac{1}{2}$ cup	79.449	14.301	
Italian Mixed Veggies	$\frac{1}{2}$ cup	80.727	4.574	
Fresh Orange	1.00 ORANGE	61.570	15.393	
Applesauce	1.00 Cup	120.000	30.000	
Brown Rice	$\frac{1}{2}$ 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		407.921	46.757	
% of Calories			45.85%	

Fri - 05/15/2015		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	
Fresh Cucumber Slices	1/2 cup	8.779	1.580	
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		199.006	21.087	
% of Calories			42.38%	

Mon - 05/18/2015		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	

Tue - 05/19/2015		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	
Fresh Cucumber Slices	1/2 cup	8.779	1.580	
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	52.868	12.336	
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		407.161	45.264	
% of Calories			44.47%	

Wed - 05/20/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis Napa k-8 lunch				
Recipe	Total			
Rice & Beans	1.50 Cup	114.729	20.972	
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
Fresh Cucumber Slices	1/2 cup	8.779	1.580
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		167.335	22.091
% of Calories			52.81%

--	--

Thu - 05/21/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis Napa k-8 lunch				
Recipe	Total			
Rice & Beans	1.50 Cup	114.729	20.972	
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	
Fresh Cucumber Slices	1/2 cup	8.779	1.580	
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		405.241	46.471
% of Calories			45.87%

--	--	--	--

Fri - 05/22/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis Napa k-8 lunch				
Recipe	Total			
Rice & Beans	1.50 Cup	114.729	20.972	
Chicken Nuggets	6.00 nuggets	216.000	16.800	
Turkey Hot Dog	1.00 hot dog	250.000	23.000	
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475	
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849	
Fresh Cucumber Slices	1/2 cup	8.779	1.580	
Salad Bar, Lettuce/Spinach Mix	1.00 Cup	15.194	2.755	
Sweet Potato Fries, Crinkle Cut	3.00 oz	160.091	23.013	
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		153.568	19.407
% of Calories			50.55%

* = Indicates missing Nutrient Information.

WARNING: THE DATA CONTAINED WITHIN THIS REPORT CANNOT BE USED FOR AND DOES NOT PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY. USE OF THE SERVICES TO PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY IS A VIOLATION OF THE TERMS OF THIS SERVICE. ANY SUBSCRIBER PLANNING FOR OR TREATING MEDICAL CONDITIONS, DIETARY RESTRICTIONS OR A FOOD ALLERGY MUST CONSULT A MEDICAL PROFESSIONAL FOR ASSISTANCE. TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Copyright © 2014 A Higher Level

Warning: the data contained within this report cannot be used for and does not provide menu planning or medical treatment for anyone with a medical condition, dietary restriction or food allergy. Use of the services to provide menu planning or medical treatment for anyone with a medical condition, dietary restriction or food allergy is a violation of the terms of this service. Any subscriber planning for or treating medical conditions, dietary restrictions or a food allergy must consult a medical professional for assistance. Trans fat values are provided for information purposes only, not for monitoring purposes.