

Carbohydrate Report

District: St. Louis Public Schools

School: Nottingham CAJT

Menu: Saint Louis SLPS Nottingham 9-12 Lunch



Wed - 04/01/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch				
Recipe	Total			
Sun Butter & Jelly Sandwich	1.00 Sandwich	352.867	43.351	
Large Chef Salad w/ Roll	1.00 salad	408.635	36.928	
Fish Patty Sandwich	1.00 sandwich	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	
Salad Bar, 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 Banana	1.00 Banana	105.020	26.951	
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		8.841	0.995	
% of Calories				45.00%

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Thu - 04/02/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch				
Recipe	Total			
Salisbury Steak w/ Roll & Rice	1.00 Patty	336.005	39.014	
Turkey & Cheese Sandwich	1.00 Sandwich	274.512	30.389	
Large Chef Salad w/ Roll	1.00 salad	408.635	36.928	

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
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Salsa, Canned (C)	1/4 Cup	22.320	4.328
Garbanzo Beans	1/2 cup	130.950	14.777
Corn Kernels	1/2 cup	96.859	17.842
Pineapple Tidbits	1/2 CUP	48.599	12.150
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		7.503	0.919
% of Calories			49.01%

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Fri - 04/03/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch				
Recipe	Total			
Weighted Daily Average			N/A	N/A
% of Calories				N/A

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Mon - 04/06/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch				
Recipe	Total			
HM Meatloaf w/ Roll & Rice	3.00 oz	259.484	40.739	
Sun Butter & Jelly Sandwich	1.00 Sandwich	352.867	43.351	
Large Chef Salad w/ Roll	1.00 salad	408.635	36.928	

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
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Broccoli Florets	1/2 cup	35.593	4.345
Winter Mix Veggies	1/2 cup	35.000	4.000
Sliced Peaches	1/2 Cup	92.748	22.525
Fresh Apple	1.00 Apple	77.480	20.577
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		146.536	18.060
% of Calories			49.30%

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Tue - 04/07/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch				
Recipe	Total			
Pretzel Bun Turkey & Cheese Sandwich	1.00 Sandwich	325.905	40.525	
Large Chef Salad w/ Roll	1.00 salad	408.635	36.928	
Grilled Cheese Sandwich	1.00 sandwich	391.603	31.914	
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	
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633	
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849	
Seasoned Crinkle Cut Sweet Potato Fries	1/2 cup	130.893	22.151	
Fresh Orange	1.00 ORANGE	61.570	15.393	

Sliced Pears	1/2 Cup	3.596	0.937
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
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		113.652	13.219
% of Calories			46.52%

Wed - 04/08/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch				
Recipe	Total			
Ham, Turkey & Cheese Sandwich	1.00 Sandwich	278.998	30.658	
Large Chef Salad w/ Roll	1.00 salad	408.635	36.928	
Fish Patty Sandwich	1.00 sandwich	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	
Salad Bar, 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	
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	148.327	16.729
% of Calories		45.11%

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Thu - 04/09/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch				
Recipe	Total			
Turkey Sandwich	1.00 Sandwich	258.670	28.864	
Large Chef Salad w/ Roll	1.00 salad	408.635	36.928	
Country Fried Steak w/ Roll	1.00 Patty	340.000	30.000	
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	
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 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 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		116.548	14.022	
% of Calories			48.13%	

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Fri - 04/10/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch				
Recipe	Total			
Cheese Pizza	1.00 slice	363.121	37.651	
Pepperoni Pizza	1.00 slice	373.284	37.854	

Pineapple Tidbits	$\frac{1}{2}$ CUP	48.599	12.150
Fresh Apple	1.00 Apple	77.480	20.577
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		122.240	13.579
% of Calories			44.44%

Tue - 04/14/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch				
Recipe	Total			
Baked Rotini w/ Vegetables & Breadstick	1.00 cup	507.015	109.873	
Ham Sub	1.00 Sub	285.953	31.263	
Large Chef Salad w/ Roll	1.00 salad	408.635	36.928	
Salad Bar, Broccoli, Florets	$\frac{1}{2}$ 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	
Salad Bar, Cucumber, Raw	$\frac{1}{2}$ cup	9.072	1.633	
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849	
Green Peas	$\frac{1}{2}$ cup	71.068	10.842	
Diced Pears	$\frac{1}{2}$ Cup	60.601	15.150	
Sliced Oranges	4.00 SLICES	61.570	15.393	
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	167.281	25.432
% of Calories		60.81%

Wed - 04/15/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch				
Recipe	Total			
Pancakes and Sausage	2.00 pancakes and sausage		267.010	26.206
Turkey & Cheese Sandwich	1.00 Sandwich		274.512	30.389
Large Chef Salad w/ Roll	1.00 salad		408.635	36.928
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
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
Applesauce, Unsweet	1/2 cup		60.000	15.000
Cherry Jello	1/2 cup		71.620	17.393
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			137.994	19.722
% of Calories				57.17%

Thu - 04/16/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch				
Recipe	Total			
Ham Macaroni & Cheese	1.00 Cup		400.496	48.734
Sun Butter & Jelly Sandwich	1.00 Sandwich		352.867	43.351

Large Chef Salad w/ Roll	1.00 salad	408.635	36.928
Salad Bar, Broccoli, Florets	$\frac{1}{2}$ 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
Salad Bar, Cucumber, Raw	$\frac{1}{2}$ cup	9.072	1.633
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Garbanzo Beans	$\frac{1}{2}$ cup	130.950	14.777
Italian Mixed Veggies	$\frac{1}{2}$ cup	80.727	4.574
Sliced Peaches	$\frac{1}{2}$ Cup	92.748	22.525
Fresh Apple	1.00 Apple	77.480	20.577
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		154.032	18.172
% of Calories			47.19%

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Fri - 04/17/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch				
Recipe	Total			
Chicken Nuggets w/ Roll	6.00 nuggets	301.000	30.800	
Cheese Sandwich	1.00 sandwich	290.354	31.914	
Large Chef Salad w/ Roll	1.00 salad	408.635	36.928	
Salad Bar, Broccoli, Florets	$\frac{1}{2}$ 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	
Salad Bar, Cucumber, Raw	$\frac{1}{2}$ cup	9.072	1.633	
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849	
Garbanzo Beans	$\frac{1}{2}$ cup	130.950	14.777	

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		301.801	33.376
% of Calories			44.24%

Mon - 04/20/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch				
Recipe	Total			
Pasta Primavera w/ Chicken & Breadstick	3/4 cup	500.647	75.973	
Ham, Turkey & Cheese Sandwich	1.00 Sandwich	278.998	30.658	
Large Chef Salad w/ Roll	1.00 salad	408.635	36.928	
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	
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	
Diced Pears	1/2 Cup	60.601	15.150	
Fresh Orange	1.00 ORANGE	61.570	15.393	
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		328.250	39.697
% of Calories			48.37%

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Tue - 04/21/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch				
Recipe	Total			
Sun Butter & Jelly Sandwich	1.00 Sandwich	352.867	43.351	
Turkey Sub	1.00 Sub	312.704	30.597	
Large Chef Salad w/ Roll	1.00 salad	408.635	36.928	
Salad Bar, Broccoli, Florets	¹ / ₂ cup	15.557	3.038	
Vegetables, Frzn, 5 Way Mixed	¹ / ₂ cup	74.670	9.148	
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475	
Salad Bar, 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	
Garbanzo Beans	¹ / ₂ cup	130.950	14.777	
Fresh Banana	1.00 Banana	105.020	26.951	
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		324.242	37.760	
% of Calories			46.58%	

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Wed - 04/22/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch				
Recipe	Total			
Country Fried Steak w/ Roll	1.00 Patty	340.000	30.000	

Large Chef Salad w/ Roll	1.00 salad	408.635	36.928
Chicken Nuggets w/ Roll	6.00 nuggets	301.000	30.800
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475
Mashed Potatoes	1/2 cup	26.756	3.339
Salad Bar, 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
Garbanzo Beans	1/2 cup	130.950	14.777
Pineapple Tidbits	1/2 CUP	48.599	12.150
Fresh Apple	1.00 Apple	77.480	20.577
Carnival Cookie	1.00 Cookie	121.498	18.225
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		320.233	35.607
% of Calories			44.48%

Thu - 04/23/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch			
Recipe	Total		
Turkey Sandwich	1.00 Sandwich	258.670	28.864
Spaghetti w/ Meatsauce & Breadstick	1.00 cup	324.750	93.959
Large Chef Salad w/ Roll	1.00 salad	408.635	36.928
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
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633

Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Broccoli w/ Cheese Sauce HM	1.00 cup	211.057	14.906
Salad Bar, Beans, Garbanzo	1/2 cup	119.330	19.888
Garbanzo Beans	1/2 cup	130.950	14.777
Diced Pears	1/2 Cup	60.601	15.150
Fresh Orange	1.00 ORANGE	61.570	15.393
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		362.980	46.013
% of Calories			50.71%

Fri - 04/24/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch				
Recipe	Total			
Pepperoni Pizza	1.00 slice	373.284	37.854	
Cheese Pizza	1.00 slice	363.121	37.651	
Large Chef Salad w/ Roll	1.00 salad	408.635	36.928	
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	
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633	
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849	
Corn Kemels	1/2 cup	96.859	17.842	
Garbanzo Beans	1/2 cup	130.950	14.777	
Sliced Peaches	1/2 Cup	92.748	22.525	
Fresh Apple	1.00 Apple	77.480	20.577	
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
Roasted Turkey Gravy	1/4 Cup	55.760	8.922
Weighted Daily Average		976.532	108.620
% of Calories			44.49%

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Mon - 04/27/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch				
Recipe	Total			
Cheeseburger	1.00 burger	285.437	27.012	
Turkey & Cheese Sub	1.00 Sub	310.202	31.955	
Large Chef Salad w/ Roll	1.00 salad	408.635	36.928	
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	
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633	
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849	
Seasoned Potato Wedges	1/2 cup	102.279	16.769	
Garbanzo Beans	1/2 cup	130.950	14.777	
Sliced Peaches	1/2 Cup	92.748	22.525	
Fresh Apple	1.00 Apple	77.480	20.577	
Carnival Cookie	1.00 Cookie	121.498	18.225	
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	7.209	0.861
% of Calories		47.76%

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Tue - 04/28/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis SLPS Nottingham 9-12 Lunch

Recipe	Total		
Beef Nachos 2G	1.00 Nacho	474.666	54.227
Ham & Cheese Sandwich	1.00 Sandwich	273.112	30.783
Large Chef Salad w/ Roll	1.00 salad	408.635	36.928
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
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Salsa, Canned (C)	1/4 Cup	22.320	4.328
Garbanzo Beans	1/2 cup	130.950	14.777
Fresh Steamed Broccoli	1.00 cup	83.941	7.089
Diced Pears	1/2 Cup	60.601	15.150
Fresh Orange	1.00 ORANGE	61.570	15.393
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		6.909	0.795
% of Calories			46.05%

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Wed - 04/29/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis SLPS Nottingham 9-12 Lunch

Recipe	Total		
Sun Butter & Jelly Sandwich	1.00 Sandwich	352.867	43.351

Turkey Chili Dog w/ Saltines	1.00 chili dog	381.667	34.333
Large Chef Salad w/ Roll	1.00 salad	408.635	36.928
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
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
Garbanzo Beans	1/2 cup	130.950	14.777
Fresh Banana	1.00 Banana	105.020	26.951
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		7.147	0.831
% of Calories			46.53%

Thu - 04/30/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch				
Recipe	Total			
Salisbury Steak w/ Roll & Rice	1.00 Patty	336.005	39.014	
Turkey & Cheese Sandwich	1.00 Sandwich	274.512	30.389	
Large Chef Salad w/ Roll	1.00 salad	408.635	36.928	
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	
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633	
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849	

Salsa, Canned (C)	$\frac{1}{4}$ Cup	22.320	4.328
Garbanzo Beans	$\frac{1}{2}$ cup	130.950	14.777
Cooked Crinkle Cut Carrots	$\frac{1}{2}$ Cup	49.980	8.988
Pineapple Tidbits	$\frac{1}{2}$ CUP	48.599	12.150
Sliced Peaches	$\frac{1}{2}$ 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		7.267	0.875
% of Calories			48.16%

* = Indicates missing Nutrient Information.

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