

Carbohydrate Report

District: St. Louis Public Schools

School: Nottingham CAJT

Menu: Saint Louis SLPS Nottingham 9-12 Lunch



Fri - 05/01/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch			
Recipe	Total		
Large Chef Salad w/ Roll	1.00 salad	408.635	36.928
Rotini Marinara w/ Breadstick & meatballs	1.00 Serving	362.335	48.033
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
Fresh Cucumber Slices	1/2 cup	8.779	1.580
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Broccoli Florets	1/2 cup	35.593	4.345
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		358.368	43.219
% of Calories			48.24%

Mon - 05/04/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch			
Recipe	Total		
Large Chef Salad w/ Roll	1.00 salad	408.635	36.928
Fish Patty Sandwich	1.00 sandwich	290.000	29.000
Ham & Cheese Sandwich	1.00 Sandwich	273.112	30.783

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
Fresh Cucumber Slices	1/2 cup	8.779	1.580
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Broccoli Florets	1/2 cup	35.593	4.345
Cooked Crinkle Cut Carrots	1/2 Cup	49.980	8.988
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
Tartar Sauce	1.00 packet	35.000	2.000
Weighted Daily Average		152.248	17.610
% of Calories			46.27%

Tue - 05/05/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch			
Recipe	Total		
Large Chef Salad w/ Roll	1.00 salad	408.635	36.928
Grilled Cheese Sandwich	1.00 sandwich	391.603	31.914
Turkey Burger (P)	1.00 burger	240.000	25.000
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
Fresh Cucumber Slices	1/2 cup	8.779	1.580
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Seasoned Crinkle Cut Sweet Potato Fries	1/2 cup	161.099	23.158

Fresh Orange	1.00 ORANGE	61.570	15.393
Sliced Pears	1/2 Cup	3.596	0.937
Vanilla Pudding	1/2 Cup	120.376	29.091
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		116.086	13.272
% of Calories			45.73%



Wed - 05/06/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch			
Recipe	Total		
Egg, Ham & Cheese Bagel Sandwich	1.00 Sandwich	278.956	31.571
Large Chef Salad w/ Roll	1.00 salad	408.635	36.928
Ham & Cheese Sandwich	1.00 Sandwich	273.112	30.783
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
Fresh Cucumber Slices	1/2 cup	8.779	1.580
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Country Style Chunky Hash Brown	1/2 cup	111.486	20.270
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		106.225	12.412
% of Calories			46.74%

Thu - 05/07/2015

Recipe	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch			
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
Fresh Cucumber Slices	1/2 cup	8.779	1.580
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Salad Bar, Beans, Garbanzo	1/2 cup	119.330	19.888
Braised Mustard Greens	1.00 1/2 cup	119.588	11.973
Fruit Cocktail	1/2 Cup	52.868	12.336
Fresh Strawberries	1/2 Cup	27.652	6.634
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		116.639	13.637
% of Calories			46.77%

Fri - 05/08/2015

Recipe	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch			
Total			
Cheese Pizza	1.00 slice	363.121	37.651

Large Chef Salad w/ Roll	1.00 salad	408.635	36.928
BBQ Chicken Pizza	1.00 slice	416.926	42.020
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
Fresh Cucumber Slices	1/2 cup	8.779	1.580
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Vegetables, Frzn, 5 Way Mixed	1/2 cup	74.670	9.148
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		18.864	2.012
% of Calories			42.66%

Mon - 05/11/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis SLPS Nottingham 9-12 Lunch			
Recipe	Total		
Chicken Teriyaki w/ Brown Rice	1.00 Serving	380.551	52.949
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
Fresh Cucumber Slices	1/2 cup	8.779	1.580
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Tater Gem	1/2 cup	130.844	14.624

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
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		122.364	13.540
% of Calories			44.26%

Tue - 05/12/2015			
Recipe	Portion Size	Calories (kcal)	Carbohydrates (g)

Saint Louis SLPS Nottingham 9-12 Lunch			
Recipe	Portion Size	Calories (kcal)	Carbohydrates (g)
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	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
Fresh Cucumber Slices	1/2 cup	8.779	1.580
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Green Peas	1/2 cup	71.068	10.842
Diced Pears	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		167.275	25.431
% of Calories			60.81%

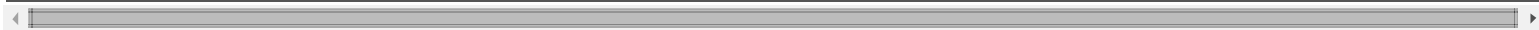
Wed - 05/13/2015

Recipe	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch			
Total			
Turkey & Cheese Sandwich	1.00 Sandwich	274.512	30.389
Large Chef Salad w/ Roll	1.00 salad	408.635	36.928
Sloppy Joe Sandwich	1.00 sandwich	191.430	28.303
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
Fresh Cucumber Slices	1/2 cup	8.779	1.580
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Salsa, Canned (C)	1/4 Cup	22.320	4.328
Corn Kemels	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		201.206	29.126
% of Calories			57.90%

Thu - 05/14/2015

Recipe	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch			
Total			

Ham Macaroni & Cheese	1.00 Cup	400.496	48.734
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
Fresh Cucumber Slices	1/2 cup	8.779	1.580
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Garbanzo Beans	1/2 cup	130.950	14.777
Green Beans	1/2 cup	42.485	5.019
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		187.891	21.696
% of Calories			46.19%



Fri - 05/15/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch			
Recipe	Total		
Large Chef Salad w/ Roll	1.00 salad	408.635	36.928
Cheese Pizza	1.00 slice	363.121	37.651
Pepperoni Pizza	1.00 slice	373.284	37.854
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

Fresh Cucumber Slices	1/2 cup	8.779	1.580
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
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		841.093	88.835
% of Calories			42.25%

Mon - 05/18/2015		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

Tue - 05/19/2015		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	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	
Fresh Cucumber Slices	1/2 cup	8.779	1.580	
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849	

Green Peas	1/2 cup	71.068	10.842
Diced Pears	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		167.275	25.431
% of Calories			60.81%

Wed - 05/20/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis SLPS Nottingham 9-12 Lunch			
Recipe	Total		
Large Chef Salad w/ Roll	1.00 salad	408.635	36.928
Fish Patty Sandwich	1.00 sandwich	290.000	29.000
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
Fresh Cucumber Slices	1/2 cup	8.779	1.580
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Corn Kemels	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
Vanilla Pudding	1/2 Cup	120.376	29.091
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
Tartar Sauce	1.00 packet	35.000	2.000
Weighted Daily Average		151.606	17.521
% of Calories			46.23%

Thu - 05/21/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis SLPS Nottingham 9-12 Lunch			
Recipe	Total		
Large Chef Salad w/ Roll	1.00 salad	408.635	36.928
Turkey & Cheese Sandwich	1.00 Sandwich	274.512	30.389
HM Meatloaf w/ Roll & Rice	3.00 oz	259.484	40.739
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
Fresh Cucumber Slices	1/2 cup	8.779	1.580
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Garbanzo Beans	1/2 cup	130.950	14.777
Italian Mixed Veggies	1/2 cup	80.727	4.574
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		137.689	16.782
% of Calories			48.75%

Fri - 05/22/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis SLPS Nottingham 9-12 Lunch			
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Recipe	Total		
Large Chef Salad w/ Roll	1.00 salad	408.635	36.928
BBQ Chicken Pizza	1.00 slice	416.926	42.020
Cheese Pizza	1.00 slice	363.121	37.651
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
Fresh Cucumber Slices	1/2 cup	8.779	1.580
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
Garbanzo Beans	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		863.716	90.746
% of Calories			42.03%

* = Indicates missing Nutrient Information.

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