

Carbohydrate Report

District: St. Louis Public Schools

School: AMES ES

Menu: SLPS K-8 Lunch



Tue - 09/02/2014		Portion Size	Calories (kcal)	Carbohydrates (g)
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	
Garlic & Herb Chicken Rotini w/ Breadstick	1.00 cup	370.080	46.866	
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	
Weighted Daily Average		2207.331	252.289	
% of Calories			45.72%	

Wed - 09/03/2014		Portion Size	Calories (kcal)	Carbohydrates (g)
SLPS K-8 Lunch				
Recipe	Total			
Small Southwest Chicken Salad w/ Crackers	1.00 Salad	531.398	62.681	
Grilled Cheese Sandwich	1.00 sandwich	402.996	36.050	
Beef Flour Tacos, WG, HM, P, 6"	2.00 Tacos	348.520	42.042	

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		2329.672	269.364
% of Calories			46.25%

Thu - 09/04/2014		Portion Size	Calories (kcal)	Carbohydrates (g)
SLPS K-8 Lunch				
Recipe	Total			
Spicy Crispy Chicken Caesar Salad	1.00 salad	528.203	51.242	
Chili Dog	1.00 chili dog	389.507	33.593	
Ranch Chicken Patty Sandwich	1.00 sandwich	313.027	30.975	
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		2534.960	314.951
% of Calories			49.70%

Fri - 09/05/2014		Portion Size	Calories (kcal)	Carbohydrates (g)
SLPS K-8 Lunch				
Recipe	Total			
Small Crispy Chicken Salad w/ Crackers	1.00 salad	367.172	32.268	
Turkey & Cheese Sandwich	1.00 Sandwich	264.506	30.389	
Cheese Pizza	1.00 slice	186.374	28.573	
Salad Bar, Broccoli, Florets	1½ 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	1½ cup	9.072	1.633	
Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849	
Vegetables, Frzn, 5 Way Mixed	1½ cup	74.670	9.148	
Fresh Apple	1.00 Apple	77.480	20.577	
Diced Pears	1½ 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		3137.862	400.155	
% of Calories			51.01%	

Mon - 09/08/2014		Portion Size	Calories (kcal)	Carbohydrates (g)
SLPS K-8 Lunch				
Recipe	Total			
Large Grilled Chicken Garden Salad w/ Crackers	1.00 salad	471.743	45.035	
Chicken Tacos, WG, HM, 6	2.00 Taco	336.893	33.114	
Turkey Corn Dog	1.00 corn dog	240.000	33.000	
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	
Vegetables, Frzn, 5 Way Mixed	1/2 cup	74.670	9.148	
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		2632.932	300.782	
% of Calories			45.70%	

Tue - 09/09/2014		Portion Size	Calories (kcal)	Carbohydrates (g)
SLPS K-8 Lunch				
Recipe	Total			
Large Chef Salad w/ Crackers	1.00 salad	284.635	25.628	
Cheese Pizza	1.00 slice	186.374	28.573	
Grilled Ham & Cheese Sandwich	1.00 sandwich	379.185	34.387	
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
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		3016.225	375.672
% of Calories			49.82%

Wed - 09/10/2014		Portion Size	Calories (kcal)	Carbohydrates (g)
SLPS K-8 Lunch				
Recipe	Total			
Small Ham & Cheese Salad	1.00 salad	270.402	28.579	
Turkey & Cheese Wrap, WG	1.00 Wrap	306.861	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		2510.728	313.332
% of Calories			49.92%

Thu - 09/11/2014		Portion Size	Calories (kcal)	Carbohydrates (g)
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%	

Fri - 09/12/2014		Portion Size	Calories (kcal)	Carbohydrates (g)
SLPS K-8 Lunch				

Recipe	Total		
Large Garden Salad	1.00 salad	515.882	62.570
Cheeseburger	1.00 burger	285.437	27.012
Chicken Quesadilla WG 10	1.00 Quesadilla	402.466	36.002
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 Kemels	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		3299.877	362.407
% of Calories			43.93%

Mon - 09/15/2014		Portion Size	Calories (kcal)	Carbohydrates (g)
SLPS K-8 Lunch				
Recipe	Total			
Small Italian Chicken Salad w/ crackers	1.00 salad	377.119	41.487	
Chicken Burrito WG 9" HM	1.00 Burrito	440.455	44.117	
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	
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
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		3423.287	390.923
% of Calories			45.68%

Tue - 09/16/2014		Portion Size	Calories (kcal)	Carbohydrates (g)
SLPS K-8 Lunch				
Recipe	Total			
Turkey Taco Salad	1.00 salad	625.859	61.014	
Turkey & Cheese Sub	1.00 Sub	296.861	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		2757.754	326.409
% of Calories			47.34%

Wed - 09/17/2014		Portion Size	Calories (kcal)	Carbohydrates (g)
SLPS K-8 Lunch				
Recipe	Total			
Small Southwest Chicken Salad w/ Crackers	1.00 Salad	531.398	62.681	
Pepperoni Pizza	1.00 slice	199.030	28.826	
Ham, Turkey & Cheese Wrap	1.00 Wrap	318.853	34.238	
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		3314.481	406.469	
% of Calories			49.05%	

Thu - 09/18/2014		Portion Size	Calories (kcal)	Carbohydrates (g)
SLPS K-8 Lunch				
Recipe	Total			
Spicy Crispy Chicken Caesar Salad	1.00 salad	528.203	51.242	
Fish Nuggets	4.00 nuggets	220.000	20.000	
Garlic Chile Chicken Stir Fry w/ Rice	1.00 Cup	462.775	65.226	

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		3834.950	491.654
% of Calories			51.28%

Fri - 09/19/2014		Portion Size	Calories (kcal)	Carbohydrates (g)
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	296.861	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		2398.312	279.438
% of Calories			46.61%

Mon - 09/22/2014		Portion Size	Calories (kcal)	Carbohydrates (g)
SLPS K-8 Lunch				
Recipe	Total			
Large Grilled Chicken Garden Salad w/ Crackers	1.00 salad	471.743	45.035	
Moz Cheese Quesadilla WG 9"	1.00 Quesadilla	271.029	30.567	
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	
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	
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		4214.141	536.523	
% of Calories			50.93%	

Tue - 09/23/2014		Portion Size	Calories (kcal)	Carbohydrates (g)
SLPS K-8 Lunch				
Recipe	Total			
Orange Chicken	12.00 Pieces	486.479	65.665	
Large Chef Salad w/ Crackers	1.00 salad	284.635	25.628	
Turkey Melt Sandwich	1.00 sandwich	380.763	30.556	
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 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		2062.353	227.345	
% of Calories			44.09%	

Wed - 09/24/2014		Portion Size	Calories (kcal)	Carbohydrates (g)
SLPS K-8 Lunch				
Recipe	Total			
Cheese Pizza	1.00 slice	186.374	28.573	
Grilled Chicken Wrap, WG	1.00 Wrap	347.640	37.169	
Small Ham & Cheese Salad	1.00 salad	270.402	28.579	
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 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		3179.659	408.746
% of Calories			51.42%

Thu - 09/25/2014		Portion Size	Calories (kcal)	Carbohydrates (g)
SLPS K-8 Lunch				
Recipe	Total			
Meatball Sub-2MMA	1.00 sub	300.563	36.551	
Small Chicken Caesar Salad w/ Crackers	1.00 salad	407.099	41.816	
Chicken Tenders w/ Roll	3.00 tenders	320.555	29.034	
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	
Salad Bar, Beans, Garbanzo	1/2 cup	119.330	19.888	
Diced Pears	1/2 Cup	60.601	15.150	
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	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		2325.346	277.114
% of Calories			47.67%

Fri - 09/26/2014		Portion Size	Calories (kcal)	Carbohydrates (g)
SLPS K-8 Lunch				
Recipe	Total			
Large Garden Salad	1.00 salad	515.882	62.570	
Hamburger	1.00 burger	250.000	26.000	
Southwest Veggie Wrap, WG	1.00 Wrap	404.613	54.848	
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 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		2172.495	255.207	
% of Calories			46.99%	

Mon - 09/29/2014		Portion Size	Calories (kcal)	Carbohydrates (g)
SLPS K-8 Lunch				
Recipe	Total			

Small Italian Chicken Salad w/ crackers	1.00 salad	377.119	41.487
Chicken Teriyaki w/ Brown Rice	1.00 Serving	380.551	52.949
Beef Ravioli w/ Roll	1.00 cup	308.196	48.740
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 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		2387.790	289.958
% of Calories			48.57%

Tue - 09/30/2014		Portion Size	Calories (kcal)	Carbohydrates (g)
SLPS K-8 Lunch				
Recipe	Total			
Turkey Corn Dog	1.00 corn dog	240.000	33.000	
Turkey & Cheese Wrap, WG	1.00 Wrap	306.861	33.955	
Turkey Taco Salad	1.00 salad	625.859	61.014	
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
Mandarin Oranges	1/2 Cup	65.064	15.801
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	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		2168.240	248.731
% of Calories			45.89%

* = Indicates missing Nutrient Information.

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