



**Carbohydrate Report**  
 District: St. Louis Public Schools  
 School: AMES ES  
 Menu: Saint Louis k-8 Lunch

Wed - 04/01/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-8 Lunch			
Recipe	Total		
Small Southwest Chicken Salad w/ Crackers	1.00 Salad	531.398	62.681
Garlic Chile Chicken Stir Fry w/ Rice	1.00 Cup	462.775	65.226
Macaroni & Cheese	1.00 Cup	383.789	43.330
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
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		3.310	0.405
% of Calories			48.94%

Thu - 04/02/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-8 Lunch			
Recipe	Total		
Turkey & Cheese Sub	1.00 Sub	310.202	31.955
Cheeseburger	1.00 burger	285.437	27.012
Grilled Cheese Sandwich	1.00 sandwich	391.603	31.914

Large Ham & Cheese Salad	1.00 salad	236.164	22.394
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
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 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		1.743	0.208
% of Calories			47.68%

Fri - 04/03/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis 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 k-8 Lunch				
Recipe	Total			
Large Grilled Chicken Garden Salad w/ Crackers	1.00 salad	416.556	37.835	
Spicy Chicken Sandwich	1.00 sandwich	400.000	42.000	
Baked Rotini w/ Vegetables & Breadstick	1.00 cup	507.015	109.873	

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
Sliced Peaches	1/2 Cup	92.748	22.525
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		2.614	0.405
% of Calories			62.00%

Tue - 04/07/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-8 Lunch			
Recipe	Total		
Pretzel Bun Grilled Cheese Sandwich	1.00 Sandwich	442.996	42.050
Turkey Melt Sandwich	1.00 sandwich	394.104	30.556
Large BBQ Chicken Salad w/ Crackers	1.00 salad	439.844	46.889
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
Fresh Steamed Broccoli	1/2 cup	41.971	3.544
Fresh Orange	1.00 ORANGE	61.570	15.393
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		1.551	0.170
% of Calories			43.80%

Wed - 04/08/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-8 Lunch			
Recipe	Total		
BBQ Chicken Pizza	1.00 slice	323.264	32.171
Bean & Cheese WG Burrito HM	1.00 Burrito	339.267	42.149
Large Ham & Cheese Salad	1.00 salad	236.164	22.394
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
Mexicom	1/2 cup	92.485	16.131
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		3.393	0.380
% of Calories			44.83%

Thu - 04/09/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-8 Lunch			
Recipe	Total		
Small Chicken Caesar Salad w/ Crackers	1.00 salad	367.099	34.616
Grilled Chicken Wrap	1.00 Wrap	332.453	36.169
Spaghetti w/ Meatballs	1.00 Serving	246.959	40.660
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
Salad Bar, Beans, Garbanzo	1/2 cup	119.330	19.888
Fresh Banana	1.00 Banana	105.020	26.951
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 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		1.861	0.228
% of Calories			48.94%

Fri - 04/10/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-8 Lunch			
Recipe	Total		
Small Crispy Chicken Salad w/ Crackers	1.00 salad	367.172	32.268
Southwest Veggie Wrap	1.00 Wrap	373.536	54.360
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
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 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		1.917	0.233
% of Calories			48.70%

Mon - 04/13/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-8 Lunch			
Recipe	Total		
Chicken Nuggets, Elementary w/ Roll	5.00 nuggets	265.000	28.000
Broccoli & Garlic Rotini w/ Chicken	1.00 Serving	405.693	51.079
Small Italian Chicken Salad w/ crackers	1.00 salad	363.768	34.570
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
Fresh Apple	1.00 Apple	77.480	20.577
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		1.777	0.213
% of Calories			48.03%

Tue - 04/14/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-8 Lunch			
Recipe	Total		
Large Chef Salad w/ Roll	1.00 salad	408.635	36.928
Beef Nachos 2G	1.00 Nacho	448.253	47.377
Grilled Ham & Cheese Sandwich	1.00 sandwich	377.471	30.413
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
Mexicom	1/2 cup	92.485	16.131
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		1.639	0.185
% of Calories			45.25%

Wed - 04/15/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-8 Lunch				
Recipe	Total			
Pancakes and Sausage	2.00 pancakes and sausage	267.010	26.206	
Large Ham & Cheese Salad	1.00 salad	236.164	22.394	
Spicy Chicken Rings w/ Roll	5.00 rings	285.000	26.000	
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	
Fresh Orange	1.00 ORANGE	61.570	15.393	
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	
Syrup Cup	1.00 container	120.000	31.000	
Weighted Daily Average		1.654	0.194	
% of Calories			46.99%	

Thu - 04/16/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-8 Lunch				
Recipe	Total			
Italian Salad w/ Crackers	1.00 salad	396.138	38.818	
Sweet & Sour Chicken w/ Rice	12.00 Pieces	472.178	63.137	
Grilled Cheese Sandwich	1.00 sandwich	391.603	31.914	
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
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
Tater Gem	1/2 cup	130.844	14.624
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 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		1.894	0.225
% of Calories			47.41%

Fri - 04/17/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
------------------	--------------	-----------------	-------------------

Saint Louis k-8 Lunch			
Recipe	Total		
Small Southwest Chicken Salad w/ Crackers	1.00 Salad	531.398	62.681
Sausage Pizza	1.00 slice	299.977	30.022
Southwest Veggie Wrap	1.00 Wrap	373.536	54.360
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
Fresh Steamed Broccoli	1/2 cup	41.971	3.544
Fresh Banana	1.00 Banana	105.020	26.951

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		2.897	0.317
% of Calories			43.71%

Mon - 04/20/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-8 Lunch			
Recipe	Total		
Turkey Taco Salad	1.00 salad	625.859	61.014
Orange Chicken w/ Rice	12.00 Pieces	609.820	88.606
Grilled Cheese Sandwich & Tomato Soup	1.00 sandwich	481.603	50.914
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
Winter Mix Veggies	1/2 cup	35.000	4.000
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 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		1.890	0.218
% of Calories			46.21%

Tue - 04/21/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-8 Lunch			
Recipe	Total		
Chicken Burrito WG 9" HM	1.00 Burrito	455.035	45.117
Turkey & Cheese Sub	1.00 Sub	310.202	31.955
Grilled Cheese Sandwich	1.00 sandwich	391.603	31.914
Large Ham & Cheese Salad	1.00 salad	236.164	22.394
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 Orange	1.00 ORANGE	61.570	15.393
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		2.532	0.276
% of Calories			43.67%

Wed - 04/22/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-8 Lunch			
Recipe	Total		
Small Crispy Chicken Salad w/ Crackers	1.00 salad	367.172	32.268
Baked Rotini w/ Vegetables & Breadstick	1.00 cup	507.015	109.873
Chicken Patty Sandwich, Breaded	1.00 sandwich	346.000	38.000

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
Fresh Steamed Broccoli	1/2 cup	41.971	3.544
Fresh Banana	1.00 Banana	105.020	26.951
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 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		2.465	0.376
% of Calories			61.05%

Thu - 04/23/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
------------------	--------------	-----------------	-------------------

Saint Louis k-8 Lunch			
Recipe	Total		
Garlic Chile Chicken Stir Fry w/ Rice	1.00 Cup	462.775	65.226
Hamburger	1.00 burger	250.000	26.000
Small Italian Chicken Salad w/ crackers	1.00 salad	363.768	34.570
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
Salad Bar, Beans, Garbanzo	1/2 cup	119.330	19.888
Vegetables, Frzn, 5 Way Mixed	1/2 cup	74.670	9.148

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 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		2.909	0.371
% of Calories			51.05%

Fri - 04/24/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
------------------	--------------	-----------------	-------------------

Saint Louis k-8 Lunch			
Recipe	Total		
Large Grilled Chicken Garden Salad w/ Crackers	1.00 salad	416.556	37.835
Cheese Pizza	1.00 slice	275.602	29.272
Fish Nuggets	4.00 nuggets	220.000	20.000
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 Beans	1/2 cup	42.485	5.019
Fresh Banana	1.00 Banana	105.020	26.951
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			

	2.619	0.285
% of Calories		43.49%

Mon - 04/27/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
------------------	--------------	-----------------	-------------------

Saint Louis k-8 Lunch			
Recipe	Total		
Moz Cheese Quesadilla 9"	1.00 Quesadilla	390.000	30.500
Beef Ravioli w/ Roll	1.00 cup	347.904	44.335
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
Fresh Steamed Broccoli	1/2 cup	41.971	3.544
Fresh Orange	1.00 ORANGE	61.570	15.393
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		2.605	0.280
% of Calories			42.95%

Tue - 04/28/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
------------------	--------------	-----------------	-------------------

Saint Louis k-8 Lunch			
Recipe	Total		
Garlic & Herb Chicken Rotini w/ Breadstick	1.00 cup	370.080	46.866
Small Italian Chicken Salad w/ crackers	1.00 salad	363.768	34.570
Grilled Cheese Sandwich	1.00 sandwich	391.603	31.914

Cheeseburger	1.00 burger	285.437	27.012
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
Tater Gem	1/2 cup	130.844	14.624
Fresh Banana	1.00 Banana	105.020	26.951
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 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		1.822	0.210
% of Calories			46.04%

Wed - 04/29/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
------------------	--------------	-----------------	-------------------

Saint Louis k-8 Lunch			
Recipe	Total		
Small Southwest Chicken Salad w/ Crackers	1.00 Salad	531.398	62.681
Beef Flour Tacos, WG, HM, P, 6"	2.00 Tacos	348.520	42.042
Pretzel Bun Grilled Cheese Sandwich	1.00 Sandwich	442.996	42.050
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
Mexicom	1/2 cup	92.485	16.131
Salsa, Canned (C)	1/4 Cup	22.320	4.328

Fresh Apple	1.00 Apple	77.480	20.577
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		1.734	0.199
% of Calories			45.81%



Thu - 04/30/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
------------------	--------------	-----------------	-------------------

Saint Louis k-8 Lunch			
Recipe	Total		
Large Ham & Cheese Salad	1.00 salad	236.164	22.394
Grilled Chicken Wrap	1.00 Wrap	332.453	36.169
Meatball Sub	1.00 sandwich	374.248	38.155
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
Winter Mix Veggies	1/2 cup	35.000	4.000
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 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		2.028	0.241
% of Calories			47.58%

\* = 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.