

Carbohydrate Report

District: St. Louis Public Schools

School: Ashland Elementary

Menu: Saint Louis 2015/16 SLPS Snack



Mon - 08/17/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis 2015/16 SLPS Snack				
Recipe	Total			
Cinnamon Goldfish Graham	1.00 pouch	120.000	19.000	
Fat Free Chocolate Milk	1.00 carton	110.000	19.000	
Weighted Daily Average		0.023	0.004	
% of Calories				66.09%

Tue - 08/18/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis 2015/16 SLPS Snack				
Recipe	Total			
Raw Carrot Sticks	9.00 Sticks	48.940	11.435	
Ranch Dressing PC	1.00 packet	10.000	2.000	
String Cheese	1.00 stick	119.260	1.988	
Weighted Daily Average		0.018	0.002	
% of Calories				34.62%

Wed - 08/19/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis 2015/16 SLPS Snack				
Recipe	Total			
Apple Juice 100%	1.00 Juice	87.000	23.000	
Graham Bug Bite Crackers	1.00 pouch	120.000	21.000	
Weighted Daily Average		0.021	0.004	
% of Calories				85.02%

Thu - 08/20/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis 2015/16 SLPS Snack				
Recipe	Total			
Strawberry Banana Yogurt 4oz Cup	1.00 Each	90.000	19.000	

Honey Graham Cracker 3 pk	1.00 package	90.000	17.000
Weighted Daily Average		0.018	0.004
% of Calories			80.00%

Fri - 08/21/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis 2015/16 SLPS Snack				
Recipe	Total			
Blueberry Loaf	1.00 Each	170.000	29.000	
White 1% Low Fat Milk	1.00 carton	110.000	13.000	
Weighted Daily Average		0.028	0.004	
% of Calories			60.00%	

Mon - 08/24/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis 2015/16 SLPS Snack				
Recipe	Total			
Animal Crackers	1.00 bag	120.000	24.000	
Fat Free Chocolate Milk	1.00 carton	110.000	19.000	
Weighted Daily Average		0.023	0.004	
% of Calories			74.78%	

Tue - 08/25/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis 2015/16 SLPS Snack				
Recipe	Total			
Fresh Apple	1.00 Apple	94.640	25.134	
String Cheese	1.00 stick	119.260	1.988	
Weighted Daily Average		0.021	0.003	
% of Calories			50.72%	

Wed - 08/26/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis 2015/16 SLPS Snack				
Recipe	Total			
RS Frosted Flakes	1.00 bowl	100.000	24.000	

White 1% Low Fat Milk	1.00 carton	110.000	13.000
Weighted Daily Average		0.021	0.004
% of Calories			70.48%

Thu - 08/27/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis 2015/16 SLPS Snack				
Recipe	Total			
Fresh Celery Sticks	1.00 Cup	20.736	3.849	
Ranch Dressing PC	1.00 packet	10.000	2.000	
String Cheese	1.00 stick	119.260	1.988	
Weighted Daily Average		0.015	0.001	
% of Calories			20.90%	

Fri - 08/28/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis 2015/16 SLPS Snack				
Recipe	Total			
Apple Juice 100%	1.00 Juice	87.000	23.000	
Cheddar Goldfish	1.00 bag	100.000	14.000	
Weighted Daily Average		0.019	0.004	
% of Calories			79.14%	

Mon - 08/31/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis 2015/16 SLPS Snack				
Recipe	Total			
Orange Juice 6oz	1.00 Juice	84.000	21.000	
Heartzels Pretzels	1.00 Package	80.000	15.000	
Weighted Daily Average		0.016	0.004	
% of Calories			87.80%	

* = Indicates missing Nutrient Information.

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