

Carbohydrate Report
 District: St. Louis Public Schools
 School: AMES ES
 Menu: Saint Louis k-12 breakfast



Mon - 03/02/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-12 breakfast				
Recipe	Total			
Raisin Bran 1G	1.00 bowl	102.718	22.124	
WG Rice Krispies Cereal	1.00 bowl	100.000	23.000	
RS Frosted Flakes	1.00 bowl	100.000	24.000	
Apple Jacks Cereal 1 Grain	1.00 bowl	110.000	24.000	
Egg & Potato Breakfast Burrito 9"	1.00 Burrito	323.703	43.081	
Salsa, Canned (C)	1/4 Cup	22.320	4.328	
Apple Juice 4oz	1.00 Juice	58.000	15.000	
Mandarin Oranges	1/2 Cup	65.064	15.801	
WG Toast w/ Margarine	1.00 Slice	108.000	14.933	
White 1% Low Fat Milk	1.00 carton	110.000	13.000	
Fat Free White Milk	1.00 carton	80.000	12.000	
Jelly Packet	1.00 packet	25.000	7.000	
Weighted Daily Average		0.136	0.028	
% of Calories			82.92%	

Tue - 03/03/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-12 breakfast				
Recipe	Total			
Raisin Bran 1G	1.00 bowl	102.718	22.124	
WG Rice Krispies Cereal	1.00 bowl	100.000	23.000	
RS Frosted Flakes	1.00 bowl	100.000	24.000	
Cocoa Puffs Cereal	1.00 Bowl	110.000	25.000	
Blueberry Muffin WG	1.00 muffin	261.770	41.522	
Orange Juice 4oz	1.00 Juice	56.000	14.000	
Diced Pears	1/2 Cup	60.601	15.150	
WG Toast w/ Margarine	1.00 Slice	108.000	14.933	

White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Weighted Daily Average		0.138	0.030
% of Calories			87.88%

Wed - 03/04/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-12 breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
WG Rice Krispies Cereal	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Cinnamon Toast Crunch R/S	1.00 bowl	110.000	22.000
Cinnamon French Toast	1.00 Slice	199.480	23.938
Grape Juice 4oz	1.00 Juice	70.000	17.000
Pineapple Tidbits	1/2 CUP	48.599	12.150
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Syrup Cup	1.00 container	120.000	31.000
Weighted Daily Average		0.073	0.014
% of Calories			75.70%

Thu - 03/05/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-12 breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
WG Rice Krispies Cereal	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Oatmeal	0.50 CUP	97.407	15.243

Trix Reduced Sugar 1 Grain	1.00 bowl	110.000	24.000
Apple Juice 4oz	1.00 Juice	58.000	15.000
Sliced Peaches	1/2 Cup	92.748	22.525
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Weighted Daily Average		0.262	0.055
% of Calories			83.90%

Fri - 03/06/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-12 breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
WG Rice Krispies Cereal	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Reduced Sugar Froot Loops	1.00 bowl	111.373	24.300
Sausage Croissant Sandwich	1.00 Sandwich	260.000	30.000
Fresh Banana	1.00 Banana	105.020	26.951
Orange Juice 4oz	1.00 Juice	56.000	14.000
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Weighted Daily Average		0.072	0.013
% of Calories			72.98%

Mon - 03/09/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-12 breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
WG Rice Krispies Cereal	1.00 bowl	100.000	23.000

RS Frosted Flakes	1.00 bowl	100.000	24.000
Apple Jacks Cereal 1 Grain	1.00 bowl	110.000	24.000
Apple Frudel	1.00 frudel	210.000	36.000
Apple Juice 4oz	1.00 Juice	58.000	15.000
Diced Pears	1/2 Cup	60.601	15.150
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Weighted Daily Average		0.135	0.030
% of Calories			88.89%

Tue - 03/10/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)

Saint Louis k-12 breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
WG Rice Krispies Cereal	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Cocoa Puffs Cereal	1.00 Bowl	110.000	25.000
Egg & Sausage Taco 6"	2.00 Taco	312.364	30.517
Orange Juice 4oz	1.00 Juice	56.000	14.000
Applesauce	1.00 Cup	120.000	30.000
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Weighted Daily Average		0.159	0.034
% of Calories			85.78%

Wed - 03/11/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)

Saint Louis k-12 breakfast			

Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
WG Rice Krispies Cereal	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Cinnamon Toast Crunch R/S	1.00 bowl	110.000	22.000
Banana Loaf	1.00 loaf	180.000	30.000
Grape Juice 4oz	1.00 Juice	70.000	17.000
Pineapple Tidbits	1/2 CUP	48.599	12.150
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Weighted Daily Average		0.065	0.012
% of Calories			76.27%

Thu - 03/12/2015			
Recipe	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-12 breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
WG Rice Krispies Cereal	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Pancakes and Sausage	2.00 pancakes and sausage	267.010	26.206
Trix Reduced Sugar 1 Grain	1.00 bowl	110.000	24.000
Apple Juice 4oz	1.00 Juice	58.000	15.000
Sliced Peaches	1/2 Cup	92.748	22.525
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Syrup Cup	1.00 container	120.000	31.000
Weighted Daily Average		0.213	0.047
% of Calories			88.40%

Fri - 03/13/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-12 breakfast				
Recipe	Total			
Weighted Daily Average			N/A	N/A
% of Calories				N/A

Mon - 03/16/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-12 breakfast				
Recipe	Total			
Weighted Daily Average			N/A	N/A
% of Calories				N/A

Tue - 03/17/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-12 breakfast				
Recipe	Total			
Weighted Daily Average			N/A	N/A
% of Calories				N/A

Wed - 03/18/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-12 breakfast				
Recipe	Total			
Weighted Daily Average			N/A	N/A
% of Calories				N/A

Thu - 03/19/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-12 breakfast				
Recipe	Total			
Weighted Daily Average			N/A	N/A
% of Calories				N/A

Fri - 03/20/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis k-12 breakfast			
Recipe	Total		
Weighted Daily Average	N/A		N/A
% of Calories			N/A

Mon - 03/23/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-12 breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
WG Rice Krispies Cereal	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Apple Jacks Cereal 1 Grain	1.00 bowl	110.000	24.000
Egg, Sausage & Cheese Biscuit Sandwich	1.00 Sandwich	375.437	31.012
Apple Juice 4oz	1.00 Juice	58.000	15.000
Sliced Peaches	1/2 Cup	92.748	22.525
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Weighted Daily Average		0.212	0.045
% of Calories			85.61%

Tue - 03/24/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-12 breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
WG Rice Krispies Cereal	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Cinnamon Toast Crunch R/S	1.00 bowl	110.000	22.000
Mini Blueberry Pancakes	1.00 pouch	200.000	34.000
Grape Juice 4oz	1.00 Juice	70.000	17.000

Pineapple Tidbits	1/2 CUP	48.599	12.150
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Syrup Cup	1.00 container	120.000	31.000
Weighted Daily Average		0.073	0.015
% of Calories			79.10%

Wed - 03/25/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis k-12 breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
WG Rice Krispies Cereal	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Reduced Sugar Froot Loops	1.00 bowl	111.373	24.300
Waffles	2.00 Waffles	200.000	32.000
Orange Juice 4oz	1.00 Juice	56.000	14.000
Fresh Banana	1.00 Banana	105.020	26.951
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Syrup Cup	1.00 container	120.000	31.000
Weighted Daily Average		0.076	0.015
% of Calories			80.23%

Thu - 03/26/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis k-12 breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
WG Rice Krispies Cereal	1.00 bowl	100.000	23.000

RS Frosted Flakes	1.00 bowl	100.000	24.000
Pineapple & Vanilla Yogurt Parfait	1.00 Parfait	308.666	60.332
Trix Reduced Sugar 1 Grain	1.00 bowl	110.000	24.000
Apple Juice 4oz	1.00 Juice	58.000	15.000
Diced Pears	1/2 Cup	60.601	15.150
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Weighted Daily Average		0.141	0.031
% of Calories			89.31%

Fri - 03/27/2015

	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis k-12 breakfast			
Recipe	Total		
Raisin Bran 1G	1.00 bowl	102.718	22.124
WG Rice Krispies Cereal	1.00 bowl	100.000	23.000
RS Frosted Flakes	1.00 bowl	100.000	24.000
Cocoa Puffs Cereal	1.00 Bowl	110.000	25.000
Breakfast on a Stick	1.00 stick	159.375	19.688
Orange Juice 4oz	1.00 Juice	56.000	14.000
Pineapple Tidbits	1/2 CUP	48.599	12.150
WG Toast w/ Margarine	1.00 Slice	108.000	14.933
White 1% Low Fat Milk	1.00 carton	110.000	13.000
Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Syrup Cup	1.00 container	120.000	31.000
Weighted Daily Average		0.070	0.014
% of Calories			77.84%

Mon - 03/30/2015

	Portion Size	Calories (kcal)	Carbohydrates (g)

Fat Free White Milk	1.00 carton	80.000	12.000
Jelly Packet	1.00 packet	25.000	7.000
Weighted Daily Average		0.080	0.014
% of Calories			67.20%

* = Indicates missing Nutrient Information.

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