

Carbohydrate Report

District: St. Louis Public Schools

School: Nottingham CAJT

Menu: Saint Louis SLPS Nottingham 9-12 Lunch



Mon - 02/02/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch				
Recipe	Total			
Cheeseburger	1.00 burger	285.437	27.012	
Turkey & Cheese Sub	1.00 Sub	310.202	31.955	
Large Chef Salad w/ Roll	1.00 salad	423.635	43.128	
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	
Seasoned Potato Wedges	1/2 cup	102.279	16.769	
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	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		6.662	0.800	
% of Calories			48.03%	

Tue - 02/03/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch				
Recipe	Total			
Beef Nachos 2G	1.00 Nacho	474.666	54.227	
Large Grilled Chicken Garden Salad w/ Crackers	1.00 salad	471.743	45.035	

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
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
Broccoli w/ Cheese Sauce HM	1.00 cup	211.057	14.906
Salsa, Canned (C)	1/4 Cup	22.320	4.328
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	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		6.608	0.751
% of Calories			45.49%



Wed - 02/04/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch			
Recipe	Total		
Sun Butter & Jelly Sandwich	1.00 Sandwich	352.867	43.351
Turkey Chili Dog w/ Saltines	1.00 chili dog	381.667	34.333
Small Crispy Chicken Salad w/ Crackers	1.00 salad	367.172	32.268
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 Banana	1.00 Banana	105.020	26.951
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	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		6.589	0.768
% of Calories			46.65%



Thu - 02/05/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch			
Recipe	Total		
Salisbury Steak w/ Roll & Rice	1.00 Patty	351.005	45.014
Turkey & Cheese Sandwich	1.00 Sandwich	274.512	30.389
Large Chicken Caesar Salad w/ Crackers	1.00 salad	517.696	45.064
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
Salsa, Canned (C)	1/4 Cup	22.320	4.328
Garbanzo Beans	1/2 cup	130.950	14.777
Cooked Crinkle Cut Carrots	1/2 Cup	49.980	8.988
Pineapple Tidbits	1/2 CUP	48.599	12.150
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	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		7.292	0.878
% of Calories			48.15%

Fri - 02/06/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch			
Recipe	Total		
Cheese Pizza	1.00 slice	363.121	37.651
Pepperoni Pizza	1.00 slice	373.284	37.854
Small Crispy Chicken Salad w/ Crackers	1.00 salad	367.172	32.268
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	1/2 cup	42.485	5.019
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	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		18.000	1.925
% of Calories			42.77%

Mon - 02/09/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch			
Recipe	Total		
HM Meatloaf w/ Roll & Rice	3.00 oz	259.484	40.739

Sun Butter & Jelly Sandwich	1.00 Sandwich	352.867	43.351
Large Chicken Garden Salad w/ Crackers	1.00 salad	330.539	44.461
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
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
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		127.609	15.951
% of Calories			50.00%

Tue - 02/10/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch			
Recipe	Total		
Turkey Corn Dog	1.00 com dog	240.000	33.000
Ham & Cheese Sub	1.00 Sub	297.162	32.294
Large Chicken Caesar Salad w/ Crackers	1.00 salad	517.696	45.064
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
Seasoned Crinkle Cut Sweet Potato Fries	1/2 cup	130.893	22.151

Fresh Orange	1.00 ORANGE	61.570	15.393
Sliced Pears	1/2 Cup	3.596	0.937
Chocolate Pudding	1/2 Cup	118.154	24.615
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		113.414	13.222
% of Calories			46.63%

Wed - 02/11/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis SLPS Nottingham 9-12 Lunch			
Recipe	Total		
Crispy Buffalo Chicken Salad w/ Crackers	1.00 salad	475.929	44.617
Ham, Turkey & Cheese Sandwich	1.00 Sandwich	278.998	30.658
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
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
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	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		111.018	12.988
% of Calories			46.80%

Thu - 02/12/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis SLPS Nottingham 9-12 Lunch			
Recipe	Total		
Turkey Sandwich	1.00 Sandwich	258.670	28.864
Large Chef Salad w/ Roll	1.00 salad	423.635	43.128
Spaghetti w/ Meatsauce & Breadstick	1.00 cup	324.750	93.959
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
Cooked Crinkle Cut Carrots	1/2 Cup	49.980	8.988
Fresh Apple	1.00 Apple	77.480	20.577
Fruit Cocktail	1/2 Cup	61.679	14.979
SS Goldfish Physedible Strawberry	1.00 Pouch	120.000	18.000
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		123.442	16.195
% of Calories			52.48%

Fri - 02/13/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis SLPS Nottingham 9-12 Lunch			
Recipe	Total		

Weighted Daily Average	N/A	N/A
% of Calories		N/A

Mon - 02/16/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis SLPS Nottingham 9-12 Lunch

Recipe	Total		
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Weighted Daily Average	N/A	N/A
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% of Calories		N/A
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Tue - 02/17/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis SLPS Nottingham 9-12 Lunch

Recipe	Total		
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Baked Rotini w/ Vegetables & Breadstick	1.00 cup	507.015	109.873
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Large Chicken Caesar Salad w/ Crackers	1.00 salad	517.696	45.064
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Ham Sub	1.00 Sub	285.953	31.263
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Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
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Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475
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Lettuce/Spinach Mix	1.00 Cup	15.194	2.755
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Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
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Salad Bar, Celery, Sticks	6.00 sticks	20.736	3.849
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Green Peas	1/2 cup	71.068	10.842
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Diced Pears	1/2 Cup	60.601	15.150
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Sliced Oranges	4.00 SLICES	61.570	15.393
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Fat Free Chocolate Milk	1.00 carton	110.000	19.000
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White 1% Low Fat Milk	1.00 carton	110.000	13.000
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Mustard Dispenser	1.00 TBSP	0.000	0.000
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Mayonnaise	1.00 TBSP	38.811	1.941
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Ketchup	1.00 TBSP	9.901	1.980
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Ranch Dressing	2.00 TBSP	50.000	8.000
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Weighted Daily Average		167.645	25.459
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% of Calories			60.74%
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Wed - 02/18/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch				
Recipe	Total			
Beef Flour Tacos, WG, HM, P, 6"	2.00 Tacos	348.520	42.042	
Turkey & Cheese Sandwich	1.00 Sandwich	274.512	30.389	
Large Chef Salad w/ Roll	1.00 salad	423.635	43.128	
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	
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	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		138.613	19.853	
% of Calories			57.29%	

Thu - 02/19/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch				
Recipe	Total			
Ham Macaroni & Cheese	1.00 Cup	400.496	48.734	
Large Grilled Chicken Garden Salad w/ Crackers	1.00 salad	471.743	45.035	
Sun Butter & Jelly Sandwich	1.00 Sandwich	352.867	43.351	

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
Garbanzo Beans	1/2 cup	130.950	14.777
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	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		150.475	17.985
% of Calories			47.81%



Fri - 02/20/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis SLPS Nottingham 9-12 Lunch			
Recipe	Total		
Chicken Nuggets w/ Roll	6.00 nuggets	276.000	29.800
Small Crispy Chicken Salad w/ Crackers	1.00 salad	367.172	32.268
Cheese Sandwich	1.00 sandwich	290.354	31.914
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
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
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	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		310.314	34.444
% of Calories			44.40%

Mon - 02/23/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch			
Recipe	Total		
Pasta Primavera w/ Chicken & Breadstick	3/4 cup	500.647	75.973
Large Grilled Chicken Garden Salad w/ Crackers	1.00 salad	471.743	45.035
Ham, Turkey & Cheese Sandwich	1.00 Sandwich	278.998	30.658
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
Garbanzo Beans	1/2 cup	130.950	14.777
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	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	353.823	42.592
% of Calories		48.15%

Tue - 02/24/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis SLPS Nottingham 9-12 Lunch			
Recipe	Total		
Small Crispy Chicken Salad w/ Crackers	1.00 salad	367.172	32.268
Grilled Cheese Sandwich & Tomato Soup	1.00 sandwich	481.603	50.914
Sun Butter & Jelly Sandwich	1.00 Sandwich	352.867	43.351
Breaded Baked Chicken w/ Roll	1.00 Serv (Per Recipe)	338.170	23.431
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
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
Pinto Beans	1/2 cup	79.449	14.301
Green Beans	1/2 cup	42.485	5.019
Canned Sweet Potatoes (C)	1/2 Cup	111.488	26.147
Garbanzo Beans	1/2 cup	130.950	14.777
Fresh Banana	1.00 Banana	105.020	26.951
Applesauce, Unsweet	1/2 cup	60.000	15.000
Combread Square	1.00 Loaf	170.000	25.000
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		332.142	38.756
% of Calories			46.67%

Wed - 02/25/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch				
Recipe	Total			
Country Fried Steak w/ Roll	1.00 Patty	340.000	30.000	
Large Chef Salad w/ Roll	1.00 salad	423.635	43.128	
Chicken Nuggets w/ Roll	6.00 nuggets	276.000	29.800	
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038	
Salad Bar, Carrots, Baby	6.00 Carrots	31.751	7.475	
Mashed Potatoes	1/2 cup	26.756	3.339	
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	
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	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		319.038	35.488	
% of Calories			44.49%	

Thu - 02/26/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch				
Recipe	Total			
Turkey Sandwich	1.00 Sandwich	258.670	28.864	
Spaghetti w/ Meatsauce & Breadstick	1.00 cup	324.750	93.959	
Crispy Buffalo Chicken Salad w/ Crackers	1.00 salad	475.929	44.617	
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
Broccoli w/ Cheese Sauce HM	1.00 cup	211.057	14.906
Salad Bar, Beans, Garbanzo	1/2 cup	119.330	19.888
Garbanzo Beans	1/2 cup	130.950	14.777
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	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		363.592	46.083
% of Calories			50.70%



Fri - 02/27/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis SLPS Nottingham 9-12 Lunch			
Recipe	Total		
Large Chicken Caesar Salad w/ Crackers	1.00 salad	517.696	45.064
Breaded Baked Chicken w/ Roll	1.00 Serv (Per Recipe)	338.170	23.431
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
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
Garbanzo Beans	1/2 cup	130.950	14.777
Canned Sweet Potatoes (C)	1/2 Cup	111.488	26.147

Braised Mustard Greens	1.00 1/2 cup	119.588	11.973
Sliced Peaches	1/2 Cup	92.748	22.525
Fresh Apple	1.00 Apple	77.480	20.577
Cornbread Square	1.00 Loaf	170.000	25.000
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
Roasted Turkey Gravy	1/4 Cup	55.760	8.922
Weighted Daily Average		632.980	68.014
% of Calories			42.98%

* = Indicates missing Nutrient Information.

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