

District: St. Louis Public Schools**Carbohydrate Report****Nottingham Lunch 2014-2015**

Mon - 08/11/2014	Portion Size	Cals (kcal)	Carb (g)
Nottingham Lunch 2014-2015	Total		
Cheeseburger (P)	1 burger	355.437	38.012
Large Chef Salad w/ Crackers	1 salad	334.635	33.628
Turkey & Cheese Sub	1 Sub	290.542	32.482
Sliced Peaches	1/2 Cup	69.561	16.893
Fresh Apple	1 Apple	94.640	25.134
Lettuce/Spinach Mix	1 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6 sticks	20.736	3.849
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots, Baby	6 Carrots	31.751	7.475
Fat Free Chocolate Milk	1 carton	110.000	19.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Mustard Dispenser	1 TBSP	0.000	0.000
Mayonnaise	1 TBSP	38.812	1.941
Ketchup	1 TBSP	9.901	1.980
Ranch Dressing	2 TBSP	50.000	8.000
Chocolate Chip Cookie	1 Cookie	131.623	17.212
Seasoned Potato Wedges	1/2 cup	102.181	16.750
Weighted Daily Average		327.422	38.697
% of calories			47.275%

District: St. Louis Public Schools

Tue - 08/12/2014	Portion Size	Cals (kcal)	Carb (g)
Nottingham Lunch 2014-2015	Total		
Beef Nachos 2G	1 Nacho	474.628	54.223*
Large Grilled Chicken Garden Salad w/ Crackers	1 salad	407.743	33.035
Ham & Cheese Sandwich	1 Sandwich	278.874	34.825
Diced Pears	1/2 Cup	60.601	15.150
Fresh Orange	1 ORANGE	61.570	15.393
Lettuce/Spinach Mix	1 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6 sticks	20.736	3.849
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Broccoli, Steamed, Fresh	.5 cup	41.971	3.544
Salad Bar, Carrots, Baby	6 Carrots	31.751	7.475
Salsa, Canned (C)	1/4 Cup	22.500	4.363
Fat Free Chocolate Milk	1 carton	110.000	19.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Mustard Dispenser	1 TBSP	0.000	0.000
Mayonnaise	1 TBSP	38.812	1.941
Ketchup	1 TBSP	9.901	1.980
Ranch Dressing	2 TBSP	50.000	8.000
Weighted Daily Average		320.947	36.920*
% of calories			46.014%*

Wed - 08/13/2014	Portion Size	Cals (kcal)	Carb (g)
Nottingham Lunch 2014-2015	Total		
Large Crispy Chicken Salad w/ Croutons	1 salad	494.185	43.982
Patty Melt w/ Crackers	1 patty melt	351.340	40.648
Cheese Sandwich	1 sandwich	301.748	36.050
Fresh Banana	1 Banana	105.020	26.951
Applesauce	1 Cup	120.000	30.000
Vegetables, Frzn, 5 Way Mixed	.5 cup	74.670	9.148
Lettuce/Spinach Mix	1 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6 sticks	20.736	3.849
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots, Baby	6 Carrots	31.751	7.475
Fat Free Chocolate Milk	1 carton	110.000	19.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Mustard Dispenser	1 TBSP	0.000	0.000
Mayonnaise	1 TBSP	38.812	1.941
Ketchup	1 TBSP	9.901	1.980
Ranch Dressing	2 TBSP	50.000	8.000
Weighted Daily Average		329.904	38.530
% of calories			46.717%

District: St. Louis Public Schools

Thu - 08/14/2014	Portion Size	Cals (kcal)	Carb (g)
Nottingham Lunch 2014-2015	Total		
Salisbury Steak w/ Roll & Rice	1 Patty	425.559	49.010
Large Chef Salad w/ Crackers	1 salad	334.635	33.628
Turkey & Cheese Sandwich	1 Sandwich	271.160	34.920
Pineapple Tidbits	1/2 CUP	48.599	12.150
Fresh Apple	1 Apple	94.640	25.134
Lettuce/Spinach Mix	1 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6 sticks	20.736	3.849
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots, Baby	6 Carrots	31.751	7.475
Cooked Smooth Cut Carrots	1 Cup	96.028	14.943
Fat Free Chocolate Milk	1 carton	110.000	19.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Mustard Dispenser	1 TBSP	0.000	0.000
Mayonnaise	1 TBSP	38.812	1.941
Ketchup	1 TBSP	9.901	1.980
Ranch Dressing	2 TBSP	50.000	8.000
Salad Bar, Beans, Garbanzo	1/2 cup	119.330	19.888
Weighted Daily Average		338.935	39.392
% of calories			46.489%

Fri - 08/15/2014	Portion Size	Cals (kcal)	Carb (g)
Nottingham Lunch 2014-2015	Total		
WG Cheese Pizza	1 slice	244.116	36.712
WG Pepperoni Pizza	1 slice	245.366	36.737
Diced Pears	1/2 Cup	60.601	15.150
Fresh Orange	1 ORANGE	61.570	15.393
Lettuce/Spinach Mix	1 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6 sticks	20.736	3.849
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots, Baby	6 Carrots	31.751	7.475
Fat Free Chocolate Milk	1 carton	110.000	19.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Mustard Dispenser	1 TBSP	0.000	0.000
Mayonnaise	1 TBSP	38.812	1.941
Ketchup	1 TBSP	9.901	1.980
Ranch Dressing	2 TBSP	50.000	8.000
Beans, Green, Frozen (P)	.5 cup	32.996	4.099
Weighted Daily Average		698.882	94.292
% of calories			53.967%

District: St. Louis Public Schools

Mon - 08/18/2014	Portion Size	Cals (kcal)	Carb (g)
Nottingham Lunch 2014-2015	Total		
HM Meatloaf w/ Roll & Rice	3 oz	447.224	50.385
Large Garden Salad	1 salad	515.881	62.570
Sun Butter & Jelly Sandwich w/ Crackers	1 Sandwich	609.770	57.789
Sliced Peaches	1/2 Cup	69.561	16.893
Fresh Apple	1 Apple	94.640	25.134
Lettuce/Spinach Mix	1 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6 sticks	20.736	3.849
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Broccoli w/ Cheese Sauce	1 cup	127.358	11.310
Salad Bar, Carrots, Baby	6 Carrots	31.751	7.475
Fat Free Chocolate Milk	1 carton	110.000	19.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Mustard Dispenser	1 TBSP	0.000	0.000
Mayonnaise	1 TBSP	38.812	1.941
Ketchup	1 TBSP	9.901	1.980
Ranch Dressing	2 TBSP	50.000	8.000
Weighted Daily Average		418.511	48.438
% of calories			46.296%

Tue - 08/19/2014	Portion Size	Cals (kcal)	Carb (g)
Nottingham Lunch 2014-2015	Total		
Turkey Corn Dog	1 corn dog	240.000	33.000
Spicy Crispy Chicken Caesar Salad	1 salad	528.202	51.241
Ham & Cheese Sub	1 Sub	290.827	32.188
Fresh Orange	1 ORANGE	61.570	15.393
Pineapple Tidbits	1/2 CUP	48.599	12.150
Lettuce/Spinach Mix	1 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6 sticks	20.736	3.849
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots, Baby	6 Carrots	31.751	7.475
Sweet Potato Fries, Crinkle Cut, Seasoned	3 oz	130.894	22.151
Fat Free Chocolate Milk	1 carton	110.000	19.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Mustard Dispenser	1 TBSP	0.000	0.000
Mayonnaise	1 TBSP	38.812	1.941
Ketchup	1 TBSP	9.901	1.980
Ranch Dressing	2 TBSP	50.000	8.000
Chocolate Pudding	1/2 Cup	118.154	24.615
Weighted Daily Average		340.742	39.840
% of calories			46.768%

District: St. Louis Public Schools

Wed - 08/20/2014	Portion Size	Cals (kcal)	Carb (g)
Nottingham Lunch 2014-2015	Total		
Spaghetti w/ Meatsauce & Breadstick	1 cup	404.068	70.790*
Crispy Buffalo Chicken Salad w/ Crackers	1 salad	370.044*	34.962*
Ham, Turkey & Cheese Sandwich w/ Crackers	1 Sandwich	293.693	36.819
Applesauce	1 Cup	120.000	30.000
Fresh Banana	1 Banana	105.020	26.951
Lettuce/Spinach Mix	1 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6 sticks	20.736	3.849
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots, Baby	6 Carrots	31.751	7.475
Fat Free Chocolate Milk	1 carton	110.000	19.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Mustard Dispenser	1 TBSP	0.000	0.000
Mayonnaise	1 TBSP	38.812	1.941
Ketchup	1 TBSP	9.901	1.980
Ranch Dressing	2 TBSP	50.000	8.000
Green Peas	.5 cup	103.720	12.909
Weighted Daily Average		357.420*	43.523*
% of calories			48.708%*

Thu - 08/21/2014	Portion Size	Cals (kcal)	Carb (g)
Nottingham Lunch 2014-2015	Total		
Large Chef Salad w/ Crackers	1 salad	334.635	33.628
Turkey Hot Dog	1 hot dog	320.000	31.000
Turkey Sandwich	1 Sandwich	240.572	33.790
Fresh Apple	1 Apple	94.640	25.134
Diced Pears	1/2 Cup	60.601	15.150
Lettuce/Spinach Mix	1 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6 sticks	20.736	3.849
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots, Baby	6 Carrots	31.751	7.475
Fat Free Chocolate Milk	1 carton	110.000	19.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Mustard Dispenser	1 TBSP	0.000	0.000
Mayonnaise	1 TBSP	38.812	1.941
Ketchup	1 TBSP	9.901	1.980
Ranch Dressing	2 TBSP	50.000	8.000
Corn	1/2 cup	84.791	15.917
Salad Bar, Beans, Garbanzo	1/2 cup	119.330	19.888
Weighted Daily Average		357.653	43.966
% of calories			49.171%

District: St. Louis Public Schools

Fri - 08/22/2014	Portion Size	Cals (kcal)	Carb (g)
Nottingham Lunch 2014-2015	Total		
WG Cheese Pizza	1 slice	244.116	36.712
WG Pepperoni Pizza	1 slice	245.366	36.737
Sliced Peaches	1/2 Cup	69.561	16.893
Fresh Banana	1 Banana	105.020	26.951
Lettuce/Spinach Mix	1 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6 sticks	20.736	3.849
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots, Baby	6 Carrots	31.751	7.475
Fat Free Chocolate Milk	1 carton	110.000	19.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Mustard Dispenser	1 TBSP	0.000	0.000
Mayonnaise	1 TBSP	38.812	1.941
Ketchup	1 TBSP	9.901	1.980
Ranch Dressing	2 TBSP	50.000	8.000
Cherry Cobbler	1 Piece	249.640	54.100
Beans, Green, Frozen (P)	.5 cup	32.996	4.099
Weighted Daily Average		784.382	112.896
% of calories			57.572%

Mon - 08/25/2014	Portion Size	Cals (kcal)	Carb (g)
Nottingham Lunch 2014-2015	Total		
Chicken Teriyaki w/ Brown Rice	2.75 Ounces	383.043	54.689
Large Grilled Chicken Garden Salad w/ Crackers	1 salad	407.743	33.035
Sun Butter & Jelly Sandwich w/ Crackers	1 Sandwich	609.770	57.789
Pineapple Tidbits	1/2 CUP	83.636	20.909
Fresh Apple	1 Apple	94.640	25.134
Lettuce/Spinach Mix	1 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6 sticks	20.736	3.849
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots, Baby	6 Carrots	31.751	7.475
Fat Free Chocolate Milk	1 carton	110.000	19.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Mustard Dispenser	1 TBSP	0.000	0.000
Mayonnaise	1 TBSP	38.812	1.941
Ketchup	1 TBSP	9.901	1.980
Ranch Dressing	2 TBSP	50.000	8.000
Tater Gem	1/2 cup	130.844	14.624
Weighted Daily Average		355.717	41.236
% of calories			46.370%

District: St. Louis Public Schools

Tue - 08/26/2014	Portion Size	Cals (kcal)	Carb (g)
Nottingham Lunch 2014-2015	Total		
Baked Ziti w/ Breadstick	1 cup	329.492	54.562*
Large Chicken Caesar Salad w/ Crackers	1 salad	453.695	33.064
Ham Sub	1 Sub	273.353	31.053
Sliced Oranges	4 SLICES	61.570	15.393
Diced Pears	1/2 Cup	60.601	15.150
Lettuce/Spinach Mix	1 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6 sticks	20.736	3.849
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots, Baby	6 Carrots	31.751	7.475
Fat Free Chocolate Milk	1 carton	110.000	19.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Mustard Dispenser	1 TBSP	0.000	0.000
Mayonnaise	1 TBSP	38.812	1.941
Ketchup	1 TBSP	9.901	1.980
Ranch Dressing	2 TBSP	50.000	8.000
Green Peas	1 cup	130.033	18.434
Salad Bar, Beans, Garbanzo	1/2 cup	119.330	19.888
Weighted Daily Average		678.183	96.244*
% of calories			56.766%*

Wed - 08/27/2014	Portion Size	Cals (kcal)	Carb (g)
Nottingham Lunch 2014-2015	Total		
Large Chef Salad w/ Crackers	1 salad	334.635	33.628
Beef Flour Tacos, WG, HM, P, 6"	2 Tacos	348.519	42.042*
Turkey & Cheese Sandwich	1 Sandwich	271.160	34.920
Fresh Banana	1 Banana	105.020	26.951
Applesauce	1 Cup	120.000	30.000
Lettuce/Spinach Mix	1 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6 sticks	20.736	3.849
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots, Baby	6 Carrots	31.751	7.475
Salsa, Canned (C)	1/4 Cup	22.500	4.363
Fat Free Chocolate Milk	1 carton	110.000	19.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Mustard Dispenser	1 TBSP	0.000	0.000
Mayonnaise	1 TBSP	38.812	1.941
Ketchup	1 TBSP	9.901	1.980
Ranch Dressing	2 TBSP	50.000	8.000
Pulled Chicken w/ Roll & Rice	1 2 OZ Serving	361.497	47.000
Cherry Cobbler	1 Piece	249.640	54.100
Corn	1/2 cup	84.791	15.917
Weighted Daily Average		832.681	112.187*
% of calories			53.892%*

District: St. Louis Public Schools

Thu - 08/28/2014	Portion Size	Cals (kcal)	Carb (g)
Nottingham Lunch 2014-2015	Total		
Ham Macaroni & Cheese	1 Cup	409.001	48.977
Large Grilled Chicken Garden Salad w/ Crackers	1 salad	407.743	33.035
Cheese Sandwich	1 sandwich	301.748	36.050
Sliced Peaches	1/2 Cup	69.561	16.893
Fresh Apple	1 Apple	94.640	25.134
Lettuce/Spinach Mix	1 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6 sticks	20.736	3.849
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Broccoli, Steamed, Fresh	.5 cup	41.971	3.544
Salad Bar, Carrots, Baby	6 Carrots	31.751	7.475
Fat Free Chocolate Milk	1 carton	110.000	19.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Mustard Dispenser	1 TBSP	0.000	0.000
Mayonnaise	1 TBSP	38.812	1.941
Ketchup	1 TBSP	9.901	1.980
Ranch Dressing	2 TBSP	50.000	8.000
Salad Bar, Beans, Garbanzo	1/2 cup	119.330	19.888
Weighted Daily Average		448.350	53.910
% of calories			48.096%

Fri - 08/29/2014	Portion Size	Cals (kcal)	Carb (g)
Nottingham Lunch 2014-2015	Total		
WG Cheese Pizza	1 slice	244.116	36.712
WG Pepperoni Pizza	1 slice	245.366	36.737
Sliced Peaches	1/2 Cup	69.561	16.893
Fresh Apple	1 Apple	94.640	25.134
Lettuce/Spinach Mix	1 Cup	15.194	2.755
Salad Bar, Cucumber, Raw	1/2 cup	9.072	1.633
Salad Bar, Celery, Sticks	6 sticks	20.736	3.849
Salad Bar, Broccoli, Florets	1/2 cup	15.557	3.038
Salad Bar, Carrots, Baby	6 Carrots	31.751	7.475
Cooked Crinkle Cut Carrots	1/2 Cup	49.980	8.988
Fat Free Chocolate Milk	1 carton	110.000	19.000
White 1% Low Fat Milk	1 carton	110.000	13.000
Mustard Dispenser	1 TBSP	0.000	0.000
Mayonnaise	1 TBSP	38.812	1.941
Ketchup	1 TBSP	9.901	1.980
Ranch Dressing	2 TBSP	50.000	8.000
Chocolate Chip Cookie	1 Cookie	131.623	17.212
Weighted Daily Average		712.566	97.117
% of calories			54.517%

District: St. Louis Public Schools

Weighted Average	486.820*	62.479*
		51.337%*

* = 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