

Carbohydrate Report

District: St. Louis Public Schools

School: AMES ES

Menu: Saint Louis NEW k-12 breakfast



Mon - 02/02/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis NEW 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	
Mini Cinni Roll, IW	1.00 Package	240.000	40.000	
Apple Juice 4oz	1.00 Juice	58.000	15.000	
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		0.068	0.013	
% of Calories			76.58%	

Tue - 02/03/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis NEW 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 English Muffin Sandwich	1.00 Sandwich	260.000	25.000	
Orange Juice 4oz	1.00 Juice	56.000	14.000	
Applesauce, Unsweet	1/2 cup	60.000	15.000	
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		0.156	0.034
% of Calories			86.70%

Wed - 02/04/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis NEW 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
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
Syrup Cup	1.00 container	120.000	31.000
Weighted Daily Average		0.131	0.029
% of Calories			86.99%

Thu - 02/05/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis NEW 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
Cinnamon Raisin Bagel	1.00 Bagel	159.054	34.793

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
Cream Cheese PC, Reduced Fat	1.00 packet	60.000	1.000
Weighted Daily Average		0.202	0.046
% of Calories			90.34%

Fri - 02/06/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis NEW 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
Ham, Egg & Cheese Quesadilla 6"	1.00 Quesadilla	300.491	16.816
Salsa, Canned (C)	1/4 Cup	22.320	4.328
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
Weighted Daily Average		0.080	0.013
% of Calories			66.91%

Mon - 02/09/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis NEW 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 Taco 6"	2.00 Taco	312.364	30.517
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		0.208	0.045
% of Calories			87.17%

Tue - 02/10/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis NEW 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
Biscuits & Gravy	1.00 Biscuit	282.958	37.755
Grape Juice 4oz	1.00 Juice	70.000	17.000
Applesauce, Unsweet	1/2 cup	60.000	15.000
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		0.742	0.112
% of Calories			60.63%

Wed - 02/11/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)

Saint Louis NEW 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
Colby Cheese Omelet, IW	1.00 Omelet	136.500	1.050
Salsa, Canned (C)	1/4 Cup	22.320	4.328
Hash Brown Potato Patty	1.00 Patty	130.000	14.000
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	0.012
% of Calories			65.01%



Thu - 02/12/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis NEW 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
Pineapple & Vanilla Yogurt Parfait	1.00 Parfait	308.666	60.332
Apple Juice 4oz	1.00 Juice	58.000	15.000
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	0.072	0.014
% of Calories		79.08%

Fri - 02/13/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis NEW k-12 breakfast				
Recipe	Total			
Weighted Daily Average		N/A		N/A
% of Calories				N/A

Mon - 02/16/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis NEW k-12 breakfast				
Recipe	Total			
Weighted Daily Average		N/A		N/A
% of Calories				N/A

Tue - 02/17/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis NEW 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 Sausage Pizza, Tony's	1.00 Piece	190.002		23.524
Orange Juice 4oz	1.00 Juice	56.000		14.000
Applesauce, Unsweet	1/2 cup	60.000		15.000
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		0.329		0.056
% of Calories				67.64%

Wed - 02/18/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis NEW 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	
French Toast Sticks	4.00 sticks	286.562	38.208	
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		0.079	0.015	
% of Calories			75.00%	

Thu - 02/19/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis NEW 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	
Blueberry Nutrigrain Bar	1.00 Bar	160.000	30.000	
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
String Cheese	1.00 stick	119.260	1.988
Weighted Daily Average		0.206	0.045
% of Calories			88.23%

Fri - 02/20/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis NEW 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	
Sausage & Cheese Biscuit Sandwich HM	1.00 Sandwich	305.437	30.012	
Reduced Sugar Froot Loops	1.00 bowl	111.373	24.300	
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	
Weighted Daily Average		0.075	0.013	
% of Calories			70.23%	

Mon - 02/23/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis NEW 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	
Cinnamon Raisin Bagel	1.00 Bagel	159.054	34.793	
Apple Juice 4oz	1.00 Juice	58.000	15.000	
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
Cream Cheese PC, Reduced Fat	1.00 packet	60.000	1.000
Weighted Daily Average		0.066	0.013
% of Calories			76.50%

Tue - 02/24/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis NEW 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 & Potato Breakfast Burrito 9"	1.00 Burrito	323.703	43.081
Salsa, Canned (C)	1/4 Cup	22.320	4.328
Orange Juice 4oz	1.00 Juice	56.000	14.000
Applesauce, Unsweet	1/2 cup	60.000	15.000
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		0.165	0.036
% of Calories			87.03%

Wed - 02/25/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Saint Louis NEW 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
Pancakes	2.00 pancakes	147.010	26.206
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		0.070	0.014
% of Calories			80.05%

Thu - 02/26/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis NEW 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
Strawberry Banana Yogurt 4oz Cup	1.00 Each	90.000	19.000
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
Honey Graham Cracker 3 pk	1.00 package	90.000	17.000
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		0.200	0.046
% of Calories			91.47%

Fri - 02/27/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
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Saint Louis NEW 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
Egg, Sausage & Cheese Biscuit Sandwich	1.00 Sandwich	375.437	31.012
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
Weighted Daily Average		0.080	0.013
% of Calories			66.69%

* = Indicates missing Nutrient Information.

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