

2024-2025 Elementary & Discovery Peak Charter School Lunch Week #1 - Nutrient Analysis

| Menu Item (Serving Size) | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Total Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Iron (mg) | Calcium (mg) | VitA (IU) | VitC (mg) | VitD (mcg) | Potassi um (mg) |
|---|--------------------|------------------|----------------|------------------|--------------|----------------|-------------|-----------------------|------------------------|------------------------|----------------|--------------|-----------------|--------------|--------------|---------------|-----------------------|
| Monday | | | | | | | | | | | | | | | | | |
| Category: Hot Pack; | | | | | | | | | | | | | | | | | |
| 24-25 ELE HP Bean & Cheese Burrito W/ Green Beans - LR101050 (1 ea.) | 304.29 | 8.94 | 4.05 | 0.00 | 17.56 | 568.83 | 42.36 | 9.81 | 1.59 | 0.00(M) | 15.62 | 3.19 | 182.50 | 100.00 | 1.28 | (M) | (M) |
| 24-25 ELE HP: Peanut Butter & Grape Jelly Sandwich - LR101020 (1 ea.) | 590.00 | 32.00 | 7.00 | 0.00 | 0.00 | 530.00 | 64.00 | 7.00 | 30.00 | 26.00 | 18.00 | 2.00 | 83.00 | 0.00 | 0.00 | 0.00 | 463.89 |
| Category: Cold Pack; May | | | | | | | | | | | | | | | | | |
| 24-25 ELE CP: Celery, Grape Tomatoes & Blueberries - LR101021 (1 ea.) | 46.92 | 0.57 | 0.02 | 0.00 | 0.00 | 27.36 | 9.83 | 2.64 | 6.00 | 0.00(M) | 0.31 | 0.09 | 14.32 | 221.97 | 3.92 | (M) | 37.60(M) |
| Tuesday | | | | | | | | | | | | | | | | | |
| Category: Hot Pack; | | | | | | | | | | | | | | | | | |
| 24-25 ELE HP- Mini Corn Dogs w/ Baked Beans - LR101051 (1 ea.) | 424.82 | 13.21 | 3.56 | 0.00 | 40.71 | 857.32 | 60.54 | 11.09 | 15.09 | 15.09 | 16.18 | 2.91 | 192.68 | 0.00 | 0.00 | 0.00 | 0.00(M) |
| 24-25 ELE HP: Fish Nuggets W/ Breadstick & Baked Beans - LR101052 | 474.29 | 12.19 | 2.27 | 0.00 | 50.08 | 757.87 | 69.72 | 9.95 | 15.49(M) | 10.00(M) | 24.05 | 3.00 | 81.47 | 116.44 | 1.91 | 0.00(M) | 79.43(M) |
| Category: Cold Pack; May | | | | | | | | | | | | | | | | | |
| 24-25 ELE CP: Pickle Spears & Mixed Fruit - LR101053 (1 ea.) | 62.00 | 0.00 | 0.00 | 0.00 | 0.00 | 374.30 | 14.30 | 0.70 | 13.00 | 0.00 | 0.00 | 0.60 | 18.00 | 0.00 | 0.00 | 0.00 | 15.04 |
| Wednesday | | | | | | | | | | | | | | | | | |
| Category: Hot Pack; | | | | | | | | | | | | | | | | | |
| 24-25 ELE HP PANCAKE & TURKEY SAUSAGE BITES - LR101055 (1 ea.) | 256.00 | 5.00 | 0.90 | 0.00 | 29.00 | 586.00 | 37.00 | 4.00 | 11.00 | 0.00 | 17.00 | 3.00 | 70.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| 24-25 ELE HP: French Toast & Sausage Patty - LR101054 (1 ea.) | 368.77 | 25.09 | 7.80 | 0.00 | 124.39 | 381.69 | 24.37 | 2.70 | 9.89 | 8.99 | 12.19 | 3.30 | 65.62 | 0.00 | 0.00 | 20.74 | 49.43 |
| Category: Cold Pack; May | | | | | | | | | | | | | | | | | |
| 24-25 ELE CP: Broccoli, Cauliflower & Peaches - LR101025 (1 ea.) | 94.81 | 0.45 | 0.05 | 0.00 | 0.00 | 51.92 | 20.86 | 4.27 | 10.00 | 0.00(M) | 4.39 | 0.94 | 58.80 | 709.73 | 112.75 | 0.00(M) | 8.46(M) |
| Thursday | | | | | | | | | | | | | | | | | |
| Category: Hot Pack; | | | | | | | | | | | | | | | | | |
| 24-25 ELE HP- Chicken Patty on Bun w/Tater Tots - LR101057 (1 ea.) | 652.94 | 22.25 | 3.34 | 0.00 | 45.33 | 716.47 | 82.60 | 8.82 | 17.97(M) | 0.00(M) | 31.28 | 4.60 | 85.89 | 65.74 | 7.64 | 0.00(M) | 842.71(M) |
| 24-25 ELE HP- Spaghetti & Meat Sauce w/ Corn - LR101056 (1 ea.) | 557.73 | 19.24 | 6.84 | 0.00 | 62.74 | 1116.59 | 68.69 | 7.99 | 13.91(M) | 0.00(M) | 31.30 | 7.16 | 58.51 | 762.89 | 14.73 | (M) | (M) |
| Category: Cold Pack; May | | | | | | | | | | | | | | | | | |
| 24-25 ELE CP: ROMAINE SALAD & ORANGE WEDGES - LR101058 (1 ea.) | 69.56 | 0.30 | 0.04 | 0.00 | 0.00 | 3.76 | 16.94 | 4.13 | 0.00(M) | (M) | 1.81 | 0.59 | 67.91 | 3024.04 | 80.97 | (M) | 0.00(M) |
| Friday | | | | | | | | | | | | | | | | | |
| Category: Hot Pack; | | | | | | | | | | | | | | | | | |

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|---|--------|-------|------|------|-------|--------|-------|------|----------|-------|-------|------|--------|----------|-------|---------|-----------|
| 24-25 ELE HP- CHEESE PIZZA - LR101028 (1 ea.) | 310.00 | 13.00 | 6.00 | 0.00 | 30.00 | 440.00 | 31.00 | 3.00 | 9.00 | 2.00 | 16.00 | 2.10 | 280.00 | 60.00 | 0.00 | 0.00 | (M) |
| 24-25 ELE HP- YOGURT & STRING CHEESE W/ MUFFIN LOAF - LR101030 | 310.32 | 8.00 | 3.00 | 0.00 | 15.02 | 400.18 | 48.07 | 1.00 | 31.05 | 26.04 | 13.01 | 1.00 | 497.03 | 63.00 | 0.00 | 4.01(M) | 188.50(M) |
| Category: Cold Pack; May | | | | | | | | | | | | | | | | | |
| 24-25 ELE CP: BABY CARROTS & PINEAPPLE TIDBITS - LR101029 (1 ea.) | 119.53 | 0.22 | 0.03 | 0.00 | 0.00 | 132.68 | 30.02 | 5.93 | 13.00(M) | (M) | 1.09 | 1.87 | 74.43 | 23456.79 | 10.42 | (M) | (M) |
| Milk | | | | | | | | | | | | | | | | | |
| Milk, Chocolate, Fresh - LR-1400 (8 fl. oz.) | 135.27 | 0.00 | 0.00 | 0.00 | 5.20 | 166.49 | 23.93 | 0.00 | 23.93 | 11.45 | 8.32 | 0.00 | 305.93 | 156.09 | 0.00 | 2.60 | 400.54 |
| Milk, Chocolate, Shelf - LR-1402 (8 fl. oz.) | 140.00 | 0.00 | 0.00 | 0.00 | 5.00 | 260.00 | 27.00 | 0.00 | 25.00 | (M) | 8.00 | 0.00 | 300.00 | 499.99 | 0.00 | (M) | (M) |
| Milk, Soy, Shelf - LR100265 (1 ea.) | 130.00 | 4.50 | 0.50 | 0.00 | 0.00 | 110.00 | 13.00 | 2.00 | 11.00 | 10.00 | 8.00 | 1.44 | 300.00 | 500.00 | 0.00 | 25.00 | 350.15 |
| Milk, Strawberry, Shelf - LR-1403 (8 fl. oz.) | 130.00 | 0.00 | 0.00 | 0.00 | 5.00 | 100.00 | 25.00 | 0.00 | 25.00 | (M) | 8.00 | 0.00 | 300.00 | 499.99 | 0.00 | (M) | (M) |
| Milk, White, Fresh, Fat-Free - LR-1399 (8 fl. oz.) | 83.00 | 0.20 | 0.00 | 0.00 | 4.90 | 102.90 | 12.15 | 0.00 | 12.00 | 0.00 | 8.26 | 0.00 | 299.00 | 519.99 | 0.00 | 2.42 | 381.99 |
| Milk, White, Shelf - LR-1401 (8 fl. oz.) | 80.00 | 0.00 | 0.00 | 0.00 | 5.00 | 110.00 | 11.00 | 0.50 | 11.00 | (M) | 8.00 | 0.00 | 250.00 | 499.99 | 1.20 | (M) | (M) |
| Milk, White, Shelf, USDA - LR100059 (8 fl. oz.) | 80.00 | 0.00 | 0.00 | 0.00 | 5.00 | 110.00 | 11.00 | 0.50 | 11.00 | (M) | 8.00 | 0.00 | 250.00 | 500.00 | 1.20 | (M) | (M) |
| Condiments | | | | | | | | | | | | | | | | | |
| pc, bbq sauce - LR-1386 (12 g.) | 20.00 | 0.00 | 0.00 | 0.00 | 0.00 | 105.00 | 5.00 | 0.00 | 4.00 | 4.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| PC, Honey, 9g. - LR100262 (1 ea.) | 25.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 7.00 | 0.00 | 7.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| PC, Jam, Strawberry, .5oz. - LR100263 (1 ea.) | 35.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5.00 | 9.00 | 0.00 | 6.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| pc, ketchup - LR-1393 (7 g.) | 10.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 3.00 | 0.00 | 2.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| pc, Margarine cup - LR-1382 (1 ea.) | 20.00 | 3.00 | 0.00 | 0.00 | 0.00 | 30.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.00 | 0.00 |
| pc, mayonnaise - LR-1391 (12 g.) | 90.00 | 9.00 | 1.50 | 0.00 | 5.00 | 70.00 | 1.00 | 0.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| PC, Mustard 5.5g - LR100275 (1 ea.) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 30.00 | 0.00 | 0.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 1.20 | (M) | (M) |
| PC, Ranch Dressing 1oz. - LR100276 (1 ea.) | 130.00 | 13.00 | 2.00 | 0.00 | 5.00 | 230.00 | 1.00 | 0.00 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| PC, Salsa 9g - LR100295 (1 ea.) | 5.00 | 0.00 | 0.00 | 0.00 | 0.00 | 95.00 | 1.00 | 0.00 | 0.00 | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| pc, Soy sauce, 9gm - LR-1385 (9 g.) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 267.86 | 0.00 | 0.00 | (M) | (M) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |
| PC, Syrup - LR100160 (1 ea.) | 165.00 | 0.00 | 0.00 | 0.00 | 0.00 | 120.00 | 42.00 | 0.00 | 36.00 | 36.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (M) | (M) |