

2024-2025 Elementary & Discovery Peak Charter School Lunch Week #2 - 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- Hamburger on Bun & Baked Beans - LR101059 (1 ea.)	687.94	23.75	7.09	0.00	40.33	836.47	94.10	11.32	27.97(M)	10.00(M)	27.28	5.51	125.89	65.74	7.64	0.00(M)	0.00(M)
24-25 ELE HP PICKLE CHICKEN BITES & BAKED BEANS - LR101060 (1 ea.)	320.00	6.50	1.00	0.00	45.00	1090.00	43.00	6.00	13.00	13.00	17.00	3.80	61.00	0.00	0.00	0.00	263.20
Category: Cold Pack; May																	
24-25 ELE CP: Pickle Spears & Mixed Berries - LR101061 (1 ea.)	37.50	0.25	0.00	0.00	0.00	360.00	7.50	1.75	5.25	0.00(M)	0.00	0.18	5.00	0.00	14.40	0.00(M)	18.80(M)
Tuesday																	
Category: Hot Pack;																	
24-25 ELE HP Pork Carnitas W/ Rice & Corn - LR101062 (1 ea.)	386.48	9.07	2.52	0.00(M)	50.31	941.15	54.81	2.09	4.58(M)	0.00(M)	24.73	1.05	3.38	0.00	0.00	0.00(M)	1.13(M)
24-25 ELE HP: Cheese Filled Breadsticks & Marinara - LR101063 (1 ea.)	392.52	14.59	6.55	0.00	30.25	634.12	45.25	5.03	14.03	0.00(M)	21.16	3.10	386.05	578.65	6.00	(M)	(M)
Category: Cold Pack; May																	
24-25 ELE CP: BROCCOLI BUDS, CHERRY TOMATOES & PINEAPPLE TIDBITS - LR101033 (1 ea.)	105.26	0.49	0.06	0.00	0.00	39.28	24.99	4.39	13.00	0.00(M)	3.53	1.29	77.02	1016.77	111.88	(M)	(M)
Wednesday																	
Category: Hot Pack;																	
24-25 ELE HP CHICKEN QUESO & CHIPS W/ FRUIT CRISP - LR101067 (1 ea.)	606.93	26.70	7.71	0.00	43.33	725.28	74.97	9.16	19.76	2.56(M)	20.98	3.34	267.39	858.22	23.34	0.00(M)	396.78(M)
24-25 ELE HP: HAM & CHEESE BENTO BOX - LR101034 (1 ea.)	345.23	21.80	5.26	0.00	19.93	661.01	25.00	10.54	5.00	4.00(M)	16.21	2.25	170.47	151.16	1.04	0.00(M)	348.74(M)
Category: Cold Pack; May																	
24-25 ELE CP: Romaine / Spinach Salad & Cantaloupe Chunks -	39.19	0.13	0.02	0.00(M)	0.00	17.26	9.78	1.53	7.05(M)	(M)	1.07	0.89	36.72	3829.41	35.25	(M)	(M)
Thursday																	
Category: Hot Pack;																	
24-25 ELE HP- Beef Steak Fingers & Mashed Potato w/Gravy - LR101069 (1 ea.)	373.49	25.22	6.98	1.00	50.00	628.89	38.36	3.64	0.00	0.00(M)	15.64	3.00	23.98	100.00	16.97	0.00(M)	300.74(M)
24-25 ELE HP: POPCORN CHICKEN SALAD - LR101070 (1 ea.)	377.98	12.31	2.36	0.00	36.16	513.49	52.98	6.68	8.98(M)	0.00(M)	19.48	3.33	68.66	2862.96	15.70	0.00(M)	0.00(M)
Category: Cold Pack; May																	
24-25 ELE CP: Baby Carrots & Pears -	39.69(M)	0.15(M)	0.02(M)	0.00(M)	0.00(M)	88.45(M)	9.34(M)	3.29(M)	0.00(M)	(M)	0.73(M)	1.01(M)	36.29(M)	15637.86(M)	2.95(M)	(M)	(M)
Friday																	

2024-2025 Elementary & Discovery Peak Charter School Lunch Week #2 - Nutrient Analysis

Category: Hot Pack;																		
24-25 ELE HP: FIESTADA BEEF STUFFED SANDWICH - LR101071 (1 ea.)	320.00	14.00	7.00	0.00	40.00	600.00	31.00	3.00	6.00	1.00	18.00	2.50	290.00	80.00	0.00	0.00	0.00	
24-25 ELE HP: Grilled Cheese Sandwich - LR101072 (1 ea.)	360.00	19.00	6.00	0.00	30.00	640.00	31.00	2.00	7.00	3.00	20.00	1.00	423.00	0.00(M)	0.00(M)	0.00	652.83	
Category: Cold Pack; May																		
24-25 ELE CP: Cucumber Coins & Applesauce - LR101039 (1 ea.)	70.17	0.07	0.03	0.00	0.00	11.36	17.46	2.34	12.00	0.00(M)	0.44	1.63	10.85	71.22	4.30	(M)	0.00(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)	