

## 2024-2025 Elementary & Discovery Peak Charter School Lunch Week #3 - 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)
<b>Monday</b>																	
<b>Category: Hot Pack;</b>																	
24-25 ELE HP: BEEF RIB SANDWICH & WAFFLE FRIES - LR101073 (1 ea.)	620.00	20.50	6.50	0.00	35.00	1505.00	81.00	6.00	13.00	3.00	24.00	5.00	57.00	100.00	2.00	0.00(M)	434.99(M)
24-25 ELE HP: MACARONI & CHEESE W/ WAFFLE FRIES - LR101074 (1 ea.)	413.82	23.02	11.87	0.00	46.51	587.90	32.81	2.97	1.85(M)	0.00(M)	19.13	1.61	838.79	1442.24	0.02	0.00(M)	167.73(M)
<b>Category: Cold Pack; May</b>																	
24-25 ELE CP: Diced Pears & Mandarin Oranges - LR101075 (1 ea.)	105.00	0.00	0.00	0.00	0.00	11.25	25.50	0.75	22.50	(M)	0.00	0.54	0.00	75.00	19.35	(M)	(M)
<b>Tuesday</b>																	
<b>Category: Hot Pack;</b>																	
24-25 ELE HP Mini Pizza Bagels - LR101076 (1 ea.)	310.00	11.00	4.50	0.00	30.00	760.00	36.00	3.00	5.00	2.00	19.00	3.00	241.00	0.00	0.00	0.00	0.00
24-25 ELE HP: NACHO FRIES W/ APPLE CHURRO - LR101077 (1 ea.)	485.43	22.52	8.56	0.00	47.24	818.51	53.78	4.76	10.80	0.00(M)	18.45	2.42	273.51	724.59	4.74	0.00(M)	579.19(M)
<b>Category: Cold Pack; May</b>																	
24-25 ELE CP: Baby Carrots & Mixed Fruit - LR101044 (1 ea.)	109.61	0.18	0.03	0.00	0.00	115.56	26.68	5.11	12.00(M)	(M)	0.91	1.62	45.36	19647.33	8.49	(M)	0.00(M)
<b>Wednesday</b>																	
<b>Category: Hot Pack;</b>																	
24-25 ELE HP SALMON SPREAD & HARD BOILED EGG W/ CRACKERS - LR101045 (1 ea.)	370.13	14.37	1.91	5.00(M)	203.51	619.04	41.10	5.65	6.16(M)	5.16(M)	15.34	3.96	137.56	1868.73	4.82	1.00(M)	291.86(M)
24-25 ELE HP: SHREDDED BEEF TAMALE - LR101078 (1 ea.)	342.05	16.29	7.68	0.00	45.33	639.90	29.96	3.17	1.99	0.21	18.93	1.80	150.00	1000.00	1.20	0.00	22802.52
<b>Category: Cold Pack; May</b>																	
24-25 ELE CP: CELERY STICKS & STRAWBERRIES - LR101046 (1 ea.)	41.16	0.17	0.04	0.00	0.00	80.80	9.50	3.12	4.50	(M)	0.70	0.56	50.40	453.49	30.13	(M)	(M)
<b>Thursday</b>																	
<b>Category: Hot Pack;</b>																	
24-25 ELE HP: BEEF & BEAN CHILI w/CINNAMON ROLL - LR101080 (1 ea.)	657.44	23.51	8.79	0.00	35.30	1240.19	87.15	15.07	20.31(M)	14.26(M)	32.93	7.99	154.40	928.60	18.07	0.00(M)	91.15(M)
24-25 ELE HP: Beef Hot Dog "Blanket" w/ Baked Beans - LR101079 (1 ea.)	478.45	18.24	6.55	0.50	30.16	1037.95	62.78	7.91	21.29(M)	9.11(M)	17.84	3.65	78.95	32.87	5.82	0.00(M)	276.23(M)
<b>Category: Cold Pack; May</b>																	
24-25 ELE CP: ROMAINE SALAD & FRESH GRAPES - LR101081 (1 ea.)	74.99	0.49	0.13	0.00	0.00	5.76	18.70	1.89	0.00(M)	(M)	1.21	0.75	29.51	2829.29	15.28	(M)	(M)

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Friday																	
<b>Category: Hot Pack;</b>																	
24-25 ELE HP - ORIENTAL CHICKEN NOODLES & CARROTS - LR101083 (1	425.00	5.60	1.17	0.00	81.62	453.90	59.17	7.05	15.18	11.66(M)	28.74	3.20	50.23	599.65	62.96	0.00(M)	0.00(M)
24-25 ELE HP: Pretzel & Cheese Dip - LR101082 (1	356.00	17.00	9.20	0.00	56.00	1024.00	32.00	2.00	2.00	0.00(M)	18.00	1.44	406.00	778.00	0.00	(M)	(M)
<b>Category: Cold Pack; May</b>																	
24-25 ELE CP: Cucumber Coins & Peaches - LR101049 (1 ea.)	78.19	0.07	0.03	0.00	0.00	7.03	18.33	1.47	14.74	10.20	0.44	0.19	10.85	411.30	3.26	(M)	0.00(M)
<b>Milk</b>																	
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)
<b>Condiments</b>																	
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)