

2024-2025 Discovery Peak & Watershed Charter School Breakfast - 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)
Breakfast Entrée																	
BAGEL, MINI W/ STRAWBERRY CREAM CHEESE, IW - LR100323 (1	230.00	6.00	2.00	0.00	10.00	190.00	42.00	2.00	13.00	12.00	6.00	1.60	30.00	0.00	0.00	0.00	140.06
BREAD, BOLI, VANILLA - LR101011 (1 ea.)	220.00	8.00	3.00	0.00	10.00	400.00	35.00	3.00	9.00	8.00	5.00	1.00	30.00	0.00	0.00	0.00	110.92
BREAD, SLICE, BANANA, IW - LR100297 (1 ea.)	260.00	8.00	1.50	0.00	0.00	240.00	45.00	2.00	24.00	23.00	5.00	1.00	159.00	0.00	0.00	0.00	113.00
Breakfast, Oatmeal Bar - LR-1431 (1 ea.)	290.00	9.00	3.00	0.00	20.00	240.00	47.00	3.00	22.00	(M)	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Cereal, Cinnamon toast crunch - LR100138 (1 ea.)	230.00	5.00	1.00	0.00	0.00	320.00	45.00	4.00	17.00	17.00	3.00	4.90	160.00	500.00	6.00	5.40	119.85
Cereal, Cocoa Puffs - LR100415 (1 ea.)	210.00	2.50	0.00	0.00	0.00	220.00	47.00	3.00	15.00	(M)	3.00	9.00	200.00	1250.00	12.00	(M)	(M)
Cereal, Lucky Charms - LR100131 (1 ea.)	210.00	2.00	0.00	0.00	0.00	350.00	47.00	4.00	19.00	19.00	4.00	10.00	361.00	1155.00	25.00	11.00	211.97
CEREAL, TRIX - LR100992 (1 ea.)	220.00	3.00	0.50	0.00	0.00	320.00	47.00	3.00	12.00	12.00	3.00	4.90	160.00	500.00	6.00	2.50	109.98
HOLES, POWDERED DONUT, MINI - LR100973	280.00	12.00	4.50	0.00	0.00	230.00	42.00	2.00	21.00	20.00	4.00	1.00	26.00	0.00	0.00	0.00	106.22
Pancakes, Cinnamon, IW - LR100892 (1 ea.)	210.00	6.00	1.00	0.00	10.00	300.00	36.00	3.00	10.00	(M)	4.00	1.80	40.00	0.00	0.00	(M)	(M)
WAFFLE, CHOCOLATE CHIP - LR101013 (1 ea.)	270.00	13.00	4.00	0.00	15.00	105.00	36.00	2.00	17.00	17.00	4.00	1.80	0.00	0.00	1.20	0.00	0.00
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)
Juice																	
BEV, 100% JUICE BOX, ORANGE TANGERINE - LR100994 (1 ea.)	60.00	0.00	0.00	0.00	0.00	15.00	15.00	0.00	13.00	0.00	0.00	0.00	20.00	500.00	60.00	0.00	0.00
ES-Juice, Apple, 4oz. - LR- 1411 (4 oz.)	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	13.00	0.00	0.00	0.20	10.00	0.00	60.00	(M)	89.77
Fruit																	
APPLESAUCE CUP, BLUE RASPBERRY - LR100979 (1	70.00	0.00	0.00	0.00	0.00	0.00	17.00	1.00	14.00	3.00	0.00	0.00	0.00	0.00	0.00	0.00	86.95

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APPLESAUCE CUP, CINNAMON - LR-1354 (1 ea.)	50.00	0.00	0.00	0.00	0.00	0.00	13.00	1.00	11.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
APPLESAUCE CUP, USDA - LR-1412 (1 ea.)	51.00	0.00	0.00	0.00	0.00	2.00	14.00	1.00	11.00	(M)	0.00	0.00	0.00	0.00	12.00	(M)	(M)
APPLESAUCE, CHERRY - LR100782 (1 ea.)	60.00	0.00	0.00	0.00	0.00	10.00	15.00	1.00	12.00	0.00	0.00	0.00	0.00	0.00	60.00	0.00	0.00
FRT, CUP, APPLESAUCE, STRAWBERRY, USDA - LR100661 (1 ea.)	50.00	0.00	0.00	0.00	0.00	0.00	14.00	1.00	11.00	0.00	0.00	0.00	5.00	0.00	0.00	0.00	91.18
FRT, CUP, GEL, CHERRY (100% FRUIT JUICE) - LR100886 (1/2 c.)	90.00	0.00	0.00	0.00	0.00	5.00	22.00	0.00	20.00	0.00	0.00	0.00	0.00	0.00	30.00	0.00	0.00
FRT, CUP, GEL, MANDARIN ORANGE (100% FRUIT JUICE) - LR100887 (1/2 c.)	70.00	0.00	0.00	0.00	0.00	5.00	18.00	0.00	17.00	0.00	0.00	0.00	0.00	0.00	30.00	0.00	0.00
FRT, CUP, GEL, STRAWBERRY (100% FRUIT JUICE) - LR100888	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	30.00	0.00	0.00	0.00	0.00
FRT, CUP, PEACH, USDA FROZEN - LR100885 (1 ea.)	90.00	0.00	0.00	0.00	0.00	0.00	21.00	2.00	19.00	0.00	1.00	0.00	0.00	0.00	0.00	(M)	(M)
FRT-Strawberries, frozen 4.5oz. - LR-1423 (1 ea.)	90.00	0.00	0.00	0.00	0.00	0.00	22.00	2.00	18.00	(M)	1.00	0.75	14.00	31.00	52.80	(M)	(M)
Fruit, Dried, Cranberries, IW pkg. - LR100315 (1 ea.)	110.00	0.00	0.00	0.00	0.00	0.00	28.00	3.00	24.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Fruit, Strawberries, whole - LR100666 (1/2 c.)	23.04	0.22	0.01	0.00	0.00	0.72	5.53	1.44	(M)	(M)	0.48	0.29	11.52	8.64	42.34	(M)	(M)
Fruit-Grapes 1/2 c. - LR-1384 (1/2 c.)	67.00	0.35	0.11	0.00	0.00	2.00	17.15	0.90	(M)	(M)	0.63	0.29	14.00	100.00	4.00	(M)	(M)
Mandarin Orange, Cup - LR100195 (1 ea.)	70.00	0.00	0.00	0.00	0.00	5.00	17.00	1.00	15.00	(M)	0.00	0.36	0.00	500.00	27.00	(M)	(M)
Mixed Berry, 4oz. frozen, Cup - LR100398 (1 ea.)	90.00	0.00	0.00	0.00	0.00	0.00	20.00	2.00	16.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mixed Fruit, Cup - LR100196 (1 ea.)	50.00	0.00	0.00	0.00	0.00	15.00	13.00	0.00	12.00	(M)	0.00	0.00	0.00	300.00	18.00	(M)	(M)
Peaches, Diced, Cup - LR100193 (1 ea.)	50.00	0.00	0.00	0.00	0.00	15.00	13.00	0.00	12.00	(M)	0.00	0.00	0.00	300.00	18.00	(M)	(M)
Pears, Diced, Cup - LR100194 (1 ea.)	50.00	0.00	0.00	0.00	0.00	15.00	13.00	0.00	12.00	(M)	0.00	0.00	0.00	300.00	18.00	(M)	(M)
Pineapple, Tidbits, Cup - LR100197 (1 ea.)	53.00	0.00	0.00	0.00	0.00	4.50	12.20	3.30	8.50	0.00	0.30	0.00	20.00	0.00	1.20	0.00	94.00
S-Whole, Pear - LR100224 (1 ea.)	85.84	0.18	0.01	(M)	0.00	1.48	22.88	4.59	(M)	(M)	0.56	0.25	13.32	34.04	6.22	(M)	(M)
Whole, Apple, ELE - LR-1426 (1 ea.)	55.12	0.18	0.03	0.00	0.00	1.06	14.64	2.54	(M)	(M)	0.28	0.13	6.36	57.24	4.88	(M)	(M)
Whole, Kiwi - LR-1383 (1 fruit with)	46.36	0.40	0.02	0.00	0.00	2.28	11.14	2.28	(M)	(M)	0.87	0.24	25.84	66.12	70.45	(M)	(M)
Whole, Orange - LR-1375 (1 ea.)	61.57	0.16	0.03	0.00	0.00	0.00	15.39	3.14	(M)	(M)	1.23	0.13	52.40	294.75	69.69	(M)	(M)