

2024-2025 Boreal Sun & Watershed 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)	Potassium (mg)
Monday																	
Category: Hot Pack; May																	
24-25 ELE HP: Peanut Butter & Grape Jelly Sandwich - LR101020 (1	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	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; May																	
24-25 ELE HP POPCORN CHICKEN BITES (BCS, WSC ONLY) - LR101022 (1	269.00	13.00	3.00	0.00	60.00	590.00	20.00	3.00	0.00	0.00	18.00	2.00	17.00	168.00	1.00	0.00	0.00
Category: Cold Pack; May																	
24-25 ELE CP: POTATO SALAD & MIXED FRUIT (BSC, WSD ONLY) -	216.74	5.91	0.96	0.00	0.00	486.24	39.75	2.93	14.48(M)	0.00(M)	2.21	0.97	26.07	144.58	15.45	0.00(M)	15.04(M)
Wednesday																	
Category: Hot Pack; May																	
24-25 ELE HP CHICKEN DRUMSTICK & DINNER ROLL (BCS & WSC ONLY) -	403.97	17.37	3.54	0.00	60.16	685.73	38.05	3.66	8.98(M)	0.00(M)	24.64	2.67	56.95	32.87	3.82	0.00(M)	310.20(M)
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; May																	
24-25 ELE HP: CHEF SALAD W/ BREADSTICK (BCS, WSD ONLY) -	134.69	6.32	2.83	0.00	36.34	479.30	7.35	2.21	0.51(M)	0.51(M)	15.15	1.59	140.18	4613.68	40.57	4.82(M)	324.07(M)
Category: Cold Pack; May																	
24-25 ELE CP: CRISPY RANCH CHICKPEAS & ORANGE WEDGES (BSC, WSD ONLY) - LR101027 (1	80.94	0.39	0.03	0.00	0.00	162.03	18.52	3.74	0.60(M)	(M)	2.27	0.17	92.07	294.75	69.69	(M)	0.00(M)
Friday																	
Category: Hot Pack; May																	
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)
Category: Cold Pack; May																	
24-25 ELE CP: BABY CARROTS & PINEAPPLE TIDBITS - LR101029 (1	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)

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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)