

2024-2025 Boreal Sun & Watershed 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; May																	
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 BEAN SALAD & MIXED BERRIES (WCS,BSC ONLY) -	269.74	5.38	0.54	0.00	0.00	219.38	45.50	11.32	8.94(M)	0.78(M)	12.65	2.92	239.10	11.03	15.96	0.00(M)	18.80(M)
Tuesday																	
Category: Hot Pack; May																	
24-25 ELE HP: CHICKEN TEX MEX COUSCOUS (BCS,WSD ONLY) -	310.69	3.63	0.00	0.00	40.23	869.29	49.72	5.50	2.16	0.00(M)	21.25	3.12	24.56	374.39	0.00	0.00(M)	50.05(M)
Category: Cold Pack; May																	
24-25 ELE CP: Broccoli Buds, Cherry Tomatoes, Pineapple Tidbits -	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; May																	
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: JICAMA STICKS & FRESH CANTALOUPE (BSC, WSD	68.00	0.00	0.00	0.00	0.00	7.40	17.50	3.93	11.10	0.00(M)	0.90	0.72	27.20	1500.03	36.00	0.00(M)	89.93(M)
Thursday																	
Category: Hot Pack; May																	
24-25 ELE HP: CHICKEN BLT SALAD W/ BREADSTICK (BSC, WSD ONLY) - LR101036 (1 ea.)	317.32	8.78	1.82	0.00	38.04	476.49	41.49	4.88	9.98(M)	0.00(M)	22.32	2.50	58.46	2762.16	15.10	(M)	(M)
Category: Cold Pack; May																	
24-25 ELE CP: Baby Carrots & Pears (BCS,WSD ONLY) - LR101037 (1 ea.)	59.53(M)	0.22(M)	0.03(M)	0.00(M)	0.00(M)	132.68(M)	14.02(M)	4.93(M)	0.00(M)	(M)	1.09(M)	1.51(M)	54.43(M)	23456.79(M)	4.42(M)	(M)	(M)
Friday																	
Category: Hot Pack; May																	
24-25 ELE HP: TURKEY & SWISS SANDWICH (BSC, WSD ONLY) - LR101038 (1	276.75	6.27	3.00	0.00	36.50	1050.00	31.27	2.00	3.00	3.00(M)	22.75	2.46	140.00	300.00	0.00	0.00(M)	0.00(M)
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

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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)