

2024-2025 Boreal Sun & Watershed 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)
Monday																	
Category: Hot Pack; May																	
24-25 ELE HP CHICKEN PASTA SALAD BOX (BCS, WSD ONLY) - LR101041 (1 ea.)	149.67	3.76	2.15	0.00	14.79	319.34	16.90	1.84(M)	2.18	0.47(M)	11.77	0.79	216.61	841.25(M)	7.73(M)	0.00(M)	0.00(M)
Category: Cold Pack; May																	
24-25 ELE CP: POTATO SALAD & MANDARIN ORANGES (BSC, WSD ONLY) - LR101042 (1 ea.)	233.99	5.91	0.96	0.00	0.00	481.22	43.08	2.23	18.19(M)	0.00(M)	2.21	0.71	8.07	144.58	34.94	0.00(M)	0.00(M)
Tuesday																	
Category: Hot Pack; May																	
24-25 ELE HP TACO SALAD (BCS, WSD ONLY) - LR101043 (1 ea.)	236.16	13.45	4.04	0.00	29.14	435.39	19.28	3.44	0.00(M)	0.00(M)	11.04	2.32	185.14	3156.85	11.28	(M)	(M)
Category: Cold Pack; May																	
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)
Wednesday																	
Category: Hot Pack; May																	
24-25 ELE HP SALMON SPREAD & HARD BOILED EGG W/ CRACKERS -	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)
Category: Cold Pack; May																	
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)
Thursday																	
Category: Hot Pack; May																	
24-25 ELE HP: CHICKEN CAESAR SALAD W/ BREADSTICK (BSC, WSD ONLY) - LR101047 (1 ea.)	415.69	26.08	7.19	0.00	55.50	1167.43	22.22	2.99	4.00(M)	3.00(M)	26.10	1.66	235.61	2729.29	11.28	(M)	(M)
Category: Cold Pack; May																	
24-25 ELE CP: CRISPY RANCH CHICKPEAS & FRESH GRAPES (BSC, WSD ONLY) - LR101048 (1 ea.)	86.36	0.58	0.11	0.00	0.00	164.03	20.28	1.50	0.60(M)	(M)	1.67	0.33	53.67	100.00	4.00	(M)	0.00(M)
Friday																	
Category: Hot Pack; May																	
24-25 ELE HP: ORIENTAL CHICKEN NOODLE BOWL (BCS, WSD ONLY) -	366.25	5.15	1.04	0.00	72.92	385.42	51.42	4.00	12.42	10.42	23.67	2.55	20.00	0.00	0.00	0.00(M)	0.00(M)
Category: Cold Pack; May																	
24-25 ELE CP: Cucumber Coins & Peaches -	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)
Milk																	

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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)