

2025-2026 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																	
25-26 ELE HP- CHEESE PIZZA - LR101148 (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																	
25-26 ELE CP: Celery, Grape Tomatoes & Blueberries - LR101151 (1 ea.)	57.48	0.69	0.04	0.00	0.00	55.73	11.96	3.52	6.00	0.00(M)	0.79	0.23	30.66	612.62	8.62	(M)	37.60(M)
Tuesday																	
Category: Hot Pack; May																	
25-26 ELE HP CHICKEN TENDER BITES W/ APPLE CHURRO (BCS, WSC ONLY) - LR101195 (1 ea.)	340.00	13.00	2.50	0.00	40.00	370.00	38.00	2.00	9.00	0.00	19.00	1.72	32.00	0.00	0.00	0.00	460.13
Category: Cold Pack; May																	
25-26 ELE CP: POTATO SALAD & FRESH ORANGE (BSC, WSD ONLY) - LR101195 (1 ea.)	223.09	6.06	0.98	0.00	0.00	471.94	41.32	5.37	1.96(M)	0.95(M)	3.45	0.50	60.47	439.33	85.14	0.00(M)	0.00(M)
Wednesday																	
Category: Hot Pack; May																	
25-26 ELE HP: CHICKEN BLT SALAD W/ BREADSTICK (BSC, WSD ONLY) - LR101197 (1 ea.)	335.89	9.52	2.07	0.00	38.04	521.77	48.09	5.26	15.18(M)	7.56(M)	21.24	3.13	58.17	2903.91	15.61	0.00(M)	227.71(M)
Category: Cold Pack; May																	
25-26 ELE CP: Broccoli, Cauliflower & Pineapple (WCS,BCS ONLY) - LR101198 (1 ea.)	104.81	0.45	0.05	0.00	0.00	44.92	24.86	4.57	13.00	0.00(M)	3.69	1.30	78.80	709.73	118.75	0.00(M)	0.00(M)
Thursday																	
Category: Hot Pack; May																	
25-26 ELE HP- YOGURT & STRING CHEESE W/ BANANA MUFFIN - LR101152 (1 ea.)	311.36(M)	11.05(M)	3.33(M)	0.00(M)	43.55(M)	510.73(M)	37.09(M)	2.68(M)	19.45(M)	8.61(M)	13.41(M)	0.53(M)	528.55(M)	96.56(M)	1.39(M)	4.18(M)	337.52(M)
Category: Cold Pack; May																	
25-26 ELE CP BAKED BEANS & PEACHES (WCS,BCS ONLY) - LR101199 (1 ea.)	277.86	1.30	0.00	0.00	0.00	613.33	59.23	8.87	32.10	16.03(M)	8.80	1.46	54.00	300.00	1.20	0.00(M)	17.80(M)
Friday																	
Category: Hot Pack; May																	
25-26 ELE HP PB&J SLIDER BOX - LR101161 (1 ea.)	826.29	38.71	7.09	0.00	0.33	580.90	87.57	21.14	41.53(M)	29.12(M)	25.21	5.31	117.33	65.74	0.16	0.00(M)	349.68(M)
Category: Cold Pack; May																	
25-26 ELE CP: Baby Carrots & Mixed Fruit - LR101161 (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)

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Milk																		
Milk, Chocolate, Fresh - LR-1400 (8 fl. oz.)	124.87	0.00	0.00	0.00	5.20	228.92	22.89	0.00	21.85	9.37	8.32	0.00	301.76	218.52	0.00	3.85	426.46	
Milk, Chocolate, Shelf - LR-1402 (8 fl. oz.)	130.00	0.00	0.00	0.00	5.00	180.00	23.00	1.00	22.00	10.00	8.00	1.00	300.00	150.00	0.00	2.00	375.99	
Milk, Soy, Shelf - LR100265 (1 ea.)	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00	0.00	2.50	350.15	
Milk, Strawberry, Shelf - LR-1403 (8 fl. oz.)	120.00	0.00	0.00	0.00	5.00	100.00	22.00	0.00	22.00	10.00	8.00	0.00	250.00	749.99	0.00	2.00	320.06	
Milk, White, Fresh, Fat-Free - LR-1399 (8 fl. oz.)	89.63	0.21	0.14	0.00	5.27	110.71	13.07	0.00	13.07	0.00	8.89	0.07	321.58	560.00	0.00	104.05	411.11	
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 (1 ea.)	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	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	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	0.00	(M)	(M)
pc, ketchup - LR-1393 (7 ea.)	10.00	0.00	0.00	0.00	0.00	75.00	2.00	0.00	2.00	2.00	0.00	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	0.00	1.00	0.00
pc, mayonnaise - LR-1391 (12 g.)	80.00	8.00	1.50	0.00	5.00	80.00	1.00	0.00	0.00	0.00	0.00	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	65.00	0.00	0.00	0.00	(M)	0.00	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	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	0.00	(M)	(M)
pc, Soy sauce, 9gm - LR-1385 (9 ea.)	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	0.00	(M)	(M)
PC, Syrup - LR100160 (1 ea.)	112.05	0.00	0.00	0.00	0.00	79.20	27.90	0.07	23.73	23.73	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)