

## 2025-2026 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) | Potassium (mg) |
|--|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|-----------|--------------|-----------|-----------|------------|----------------|
| <b>Monday</b>  |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |
| <b>Category: Hot Pack; May</b>   |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |
| 25-26 ELE HP: CHICKEN TEX MEX COUSCOUS (BCS,WSD ONLY) -                          | 310.53          | 2.38          | 0.05        | 0.00(M)       | 40.23     | 877.14      | 49.77    | 5.50            | 2.16             | 0.00(M)          | 21.25       | 3.12      | 37.12        | 374.39    | 0.00      | 0.00(M)    | 141.12(M)      |
| <b>Category: Cold Pack; May</b>  |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |
| 25-26 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)       |
| <b>Tuesday</b>   |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |
| <b>Category: Hot Pack; May</b>   |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |
| 25-26 ELE HP PIZZA POWER PACK - LR101167   | 210.00(M)       | 6.50(M)       | 1.00(M)     | 0.00(M)       | 25.00(M)  | 470.00(M)   | 26.00(M) | 2.00(M)         | 2.00(M)          | 1.00(M)          | 11.00(M)    | 2.12(M)   | 40.00(M)     | 0.00(M)   | 0.00(M)   | 0.00(M)    | 179.54(M)      |
| <b>Category: Cold Pack; May</b>  |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |
| 25-26 ELE CP: BABY CARROTS & PINEAPPLE TIDBITS - LR101168 (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)            |
| <b>Wednesday</b>   |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |
| <b>Category: Hot Pack; May</b>   |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |
| 25-26 ELE HP: POPCORN CHICKEN SALAD -  | 405.25          | 13.50         | 2.81        | 2.50          | 122.66    | 484.21      | 55.21    | 6.29            | 13.26(M)         | 7.56(M)          | 20.65       | 3.61      | 79.17        | 2846.16   | 11.86     | 0.50(M)    | 0.00(M)        |
| <b>Category: Cold Pack; May</b>  |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |
| 25-26 ELE CP: CONFETTI CORN SALAD & FRESH CANTALOUPE - LR101171                  | 140.64          | 3.89          | 0.38        | 0.00          | 8.02      | 62.58       | 25.34    | 3.38            | 17.57(M)         | 0.86(M)          | 2.78        | 1.33      | 27.50        | 1643.62   | 153.22    | 0.00(M)    | 244.53(M)      |
| <b>Thursday</b>  |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |
| <b>Category: Hot Pack; May</b>   |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |
| 25-26 ELE HP CHICKEN DRUMSTICK & DINNER ROLL (BCS & WSC ONLY) - LR101202 (1 ea.) | 408.14          | 15.36         | 3.54        | 0.00          | 80.16     | 685.45      | 45.78    | 3.57            | 13.76(M)         | 8.56(M)          | 22.61       | 2.66      | 52.66        | 32.87     | 0.08      | 0.00(M)    | 210.09(M)      |
| <b>Category: Cold Pack; May</b>  |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |
| 25-26 ELE CP: Cucumber & Tomato Salad & Pears (WSC,BSC ONLY) - LR101221 (1 ea.)  | 146.94          | 4.29          | 2.77        | 0.00          | 0.00      | 887.83      | 20.39    | 2.53            | 11.19(M)         | 0.00(M)          | 7.17        | 0.67      | 181.33       | 584.69    | 9.94      | 0.00(M)    | 54.05(M)       |
| <b>Friday</b>  |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |
| <b>Category: Hot Pack; May</b>   |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |
| 25-26 ELE HP: HAM & CHEESE BENTO BOX - LR101176 (1 ea.)                          | 290.75          | 11.53         | 4.01        | 0.00          | 45.38     | 733.88      | 29.02    | 2.00            | 2.01             | 2.01             | 23.14       | 1.91      | 251.97       | 0.00      | 0.00      | 9.64       | 940.01         |
| <b>Category: Cold Pack; May</b>  |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |
| 25-26 ELE CP: BROCCOLI & APPLESAUCE - LR101177                                   | 82.44           | 0.24          | 0.03        | 0.00          | 0.00      | 45.78       | 19.38    | 3.72            | 11.00            | 0.00(M)          | 1.86        | 1.92      | 41.02        | 411.18    | 82.87     | (M)        | (M)            |
| <b>Milk</b>  |                 |               |             |               |           |             |          |                 |                  |                  |             |           |              |           |           |            |                |
| 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         |

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|  |        |       |      |      |      |        |       |      |       |       |      |      |        |        |      |        |        |
|--|--------|-------|------|------|------|--------|-------|------|-------|-------|------|------|--------|--------|------|--------|--------|
| 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)    |
| <b>Condiments</b>                                  |        |       |      |      |      |        |       |      |       |       |      |      |        |        |      |        |        |
| 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 | (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 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 | (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.)                   | 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 | (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   | 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 q.)                | 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.)                       | 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 | (M)    | (M)    |