

2025-2026 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)	Potassium (mg)
Monday																	
Category: Hot Pack; May																	
25-26 ELE HP - ORIENTAL CHICKEN NOODLES W/ CARROTS - LR101178 (1 ea.)	363.42	3.98	0.49	0.00	49.12	433.73	57.84	5.02	15.78(M)	13.75(M)	21.16	2.90	41.72	0.00(M)	0.00(M)	0.00(M)	229.95(M)
Category: Cold Pack; May																	
25-26 ELE CP Ranch Seasoned Chickpeas & Strawberries (WSC, BSC ONLY) - LR101206 (1 ea.)	150.87	1.49	0.00	0.00	0.00	202.69	26.83	5.37	8.37	(M)	6.78	0.60	267.85	0.00	27.00	(M)	(M)
Tuesday																	
Category: Hot Pack; May																	
25-26 ELE HP TACO SALAD (BCS, WSD ONLY) - LR101203 (1 ea.)	242.46	13.45	4.04	0.00	29.14	435.39	20.85	3.75	0.94	0.00(M)	11.36	2.66	185.14	3251.35	14.12	(M)	(M)
Category: Cold Pack; May																	
25-26 ELE CP: Baby Carrots & Pears -	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)
Wednesday																	
Category: Hot Pack; May																	
25-26 ELE HP SALMON SPREAD & HARD BOILED EGG W/ FLATBREAD -	288.18	11.43	1.91	5.00(M)	203.51	269.36	27.44	2.50	2.00(M)	1.00(M)	17.76	2.78	79.62	1868.73	4.82	1.00(M)	193.87(M)
Category: Cold Pack; May																	
25-26 ELE CP: Cucumber & Peaches - LR101187 (1 ea.)	80.17	0.07	0.03	0.00	0.00	11.36	19.46	1.34	16.00	0.00	1.44	0.19	10.85	371.22	3.10	0.00(M)	8.46(M)
Thursday																	
Category: Hot Pack; May																	
25-26 ELE HP Pretzel & Cheese Dip (WSC,BSC ONLY) - LR101204 (1 ea.)	320.00	11.00	6.00	0.00	30.00	590.00	41.00	2.00	10.00	0.00(M)	14.00	1.44	334.00	0.00	0.00	0.00(M)	1828.77(M)
Category: Cold Pack; May																	
25-26 ELE CP: CAULIFLOWER & FRESH GRAPES (WSC,BSC ONLY) - LR101220 (1 ea.)	85.75	0.42	0.13	0.00	0.00	24.50	21.13	2.77	0.00(M)	0.00(M)	2.12	0.62	30.50	109.75	38.80	(M)	(M)
Friday																	
Category: Hot Pack; May																	
25-26 ELE HP: TURKEY & SWISS SANDWICH (BSC, WSD ONLY) - LR101207 (1 ea.)	513.04	14.98	4.09	0.00	36.83	1150.90	73.83	5.14	25.53(M)	15.12(M)	26.96	3.97	185.32	365.74	0.16	0.00(M)	0.00(M)
Category: Cold Pack; May																	
25-26 ELE CP: POTATO SALAD & MANDARIN ORANGES (BSC, WSD ONLY) - LR101208 (1 ea.)	241.52	5.91	0.96	0.00	0.00	481.94	46.92	2.23	21.96(M)	14.95(M)	2.21	0.57	8.07	144.58	29.45	0.00(M)	90.00(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)