

2025-2026 Discovery Peak & Watershed Charter School Breakfast - 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)
Breakfast Entrée																	
25-26 ELE & CHARTER BREAKFAST/HARD COOKED EGG & CHEESE STICK - LR101224 (1 ea.)	170.00	11.00	5.00	0.00	205.00	240.00	2.00	0.00	1.00	0.00	14.00	1.00	225.00	0.00	0.00	1.10	83.19
BAGEL, MINI W/ STRAWBERRY CREAM CHEESE, IW - LR100323 (1	240.00	6.00	2.50	0.00	10.00	180.00	41.00	2.00	13.00	12.00	6.00	1.08	20.00	100.00	0.00	0.00	140.06
BREAD, SLICE, BANANA, IW - LR100297 (1 ea.)	260.00	8.00	1.50	0.00	0.00	250.00	44.00	2.00	23.00	22.00	5.00	1.00	105.00	0.00	0.00	0.00	115.15
Breakfast, Oatmeal Bar - LR-1431 (1 ea.)	290.00	9.00	3.00	0.00	20.00	240.00	47.00	3.00	22.00	(M)	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Cereal, Cinnamon toast crunch - LR100138 (1 ea.)	210.00	6.00	0.50	0.00	0.00	320.00	44.00	7.00	11.00	11.00	3.00	4.50	100.00	500.00	0.00	5.00	94.00
Cereal, Cocoa Puffs - LR100415 (1 ea.)	210.00	2.50	0.00	0.00	0.00	220.00	47.00	3.00	15.00	(M)	3.00	9.00	200.00	1250.00	12.00	(M)	(M)
Cereal, GM Blueberry Chex LR101130 (1 ea.)	240.00	5.00	0.50	0.00	0.00	320.00	46.00	1.00	11.00	11.00	3.00	16.20	130.00	500.00	0.00	5.00	0.00
Cereal, Lucky Charms - LR100121 (1 ea.)	210.00	2.00	0.00	0.00	0.00	440.00	45.00	5.00	12.00	12.00	5.00	5.60	200.00	750.00	0.00	6.20	149.93
HOLES, POWDERED DONUT, MINI - LR100973 (1 ea.)	280.00	12.00	4.50	0.00	0.00	230.00	42.00	2.00	21.00	20.00	4.00	1.00	26.00	0.00	0.00	0.00	106.22
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)
100% Juice																	
BEV, 100% JUICE BOX, ORANGE TANGERINE - LR100994 (1 ea.)	60.00	0.00	0.00	0.00	0.00	5.00	15.00	0.00	13.00	0.00	0.00	0.20	100.00	0.00	70.00	0.00	109.98
ES-Juice, Apple, 4oz. - LR- 1411 (4 oz.)	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	13.00	0.00	0.00	0.20	10.00	0.00	60.00	(M)	89.77
Juice, Tropical Fruit Punch, Box-Ardmore - LR101143 (1 ea.)	60.00	0.00	0.00	0.00	0.00	5.00	15.00	0.00	13.00	0.00	0.00	0.20	100.00	0.00	70.00	0.00	89.77
Fruit																	
APPLESAUCE CUP, BLUE RASPBERRY - LR100979 (1 ea.)	70.00	0.00	0.00	0.00	0.00	0.00	17.00	1.00	14.00	3.00	0.00	0.00	0.00	0.00	0.00	0.00	86.95

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APPLESAUCE CUP, CINNAMON - LR-1354 (1 ea.)	50.00	0.00	0.00	0.00	0.00	0.00	0.00	13.00	1.00	11.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
APPLESAUCE CUP, USDA - LR-1412 (1 ea.)	51.00	0.00	0.00	0.00	0.00	2.00	14.00	1.00	11.00	(M)	0.00	0.00	0.00	0.00	12.00	(M)	(M)	
APPLESAUCE, CHERRY - LR100782 (1 ea.)	60.00	0.00	0.00	0.00	0.00	10.00	15.00	1.00	12.00	0.00	0.00	0.00	0.00	0.00	60.00	0.00	0.00	
FRT, BANANA, WHOLE - LR101222 (1 ea.)	120.00	0.00	0.00	0.00	0.00	0.00	31.00	4.00	17.00	0.00	1.00	0.00	7.00	0.00	0.00	0.00	486.92	
FRT, CUP, APPLESauce, STRAWBERRY, USDA - LR100661 (1 ea.)	50.00	0.00	0.00	0.00	0.00	0.00	14.00	1.00	11.00	0.00	0.00	0.00	5.00	0.00	0.00	0.00	91.18	
FRT, CUP, GEL, CHERRY (100% FRUIT JUICE) - LR100886 (1/2 c.)	80.00	0.00	0.00	0.00	0.00	5.00	20.00	0.00	19.00	0.00	0.00	0.00	2.00	0.00	30.00	0.00	0.00	
FRT, CUP, GEL, ORANGE (100% FRUIT JUICE) - LR100887 (1/2 c.)	70.00	0.00	0.00	0.00	0.00	5.00	16.00	0.00	16.00	0.00	0.00	0.00	20.00	0.00	18.00	0.00	0.00	
FRT, CUP, GEL, STRAWBERRY (100% FRUIT JUICE) - LR100888	70.00	0.00	0.00	0.00	0.00	5.00	18.00	0.00	17.00	0.00	0.00	0.00	20.00	0.00	18.00	0.00	0.00	
FRT, CUP, PEACH, USDA FROZEN - LR100885 (1 ea.)	90.00	0.00	0.00	0.00	0.00	0.00	21.00	2.00	19.00	0.00	1.00	0.00	0.00	0.00	0.00	(M)	(M)	
FRT-Strawberries, frozen 4.5oz. - LR-1423 (1 ea.)	90.00	0.00	0.00	0.00	0.00	0.00	22.00	2.00	18.00	(M)	1.00	0.75	14.00	31.00	52.80	(M)	(M)	
Fruit, Dried, Cranberries, IW pkg. - LR100315 (1 ea.)	110.00	0.00	0.00	0.00	0.00	0.00	28.00	3.00	24.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	
Fruit, Strawberries, whole - LR100666 (1/2 c.)	23.04	0.22	0.01	0.00	0.00	0.72	5.53	1.44	(M)	(M)	0.48	0.29	11.52	8.64	42.34	(M)	(M)	
Fruit-Grapes 1/2 c. - LR-1384 (1/2 c.)	67.00	0.35	0.11	0.00	0.00	2.00	17.15	0.90	(M)	(M)	0.63	0.29	14.00	100.00	4.00	(M)	(M)	
Mandarin Orange, Cup - LR100195 (1 ea.)	70.00	0.00	0.00	0.00	0.00	5.00	17.00	1.00	15.00	(M)	0.00	0.36	0.00	500.00	27.00	(M)	(M)	
Mixed Berry, 4oz. frozen, Cup - LR100398 (1 ea.)	90.00	0.00	0.00	0.00	0.00	0.00	20.00	2.00	16.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	
Mixed Fruit, Cup - LR100196 (1 ea.)	80.00	0.00	0.00	0.00	0.00	0.00	19.00	1.00	16.00	0.00	1.00	0.00	14.00	0.00	18.00	0.00	9.87	
Peaches, Diced, Cup - LR100193 (1 ea.)	50.00	0.00	0.00	0.00	0.00	15.00	13.00	0.00	12.00	(M)	0.00	0.00	0.00	300.00	18.00	(M)	(M)	
Pears, Diced, Cup - LR100194 (1 ea.)	70.00	0.00	0.00	0.00	0.00	5.00	19.00	1.00	15.00	0.00	0.00	0.00	7.00	300.00	18.00	(M)	(M)	
Pineapple, Tidbits, Cup - LR100197 (1 ea.)	53.00	0.00	0.00	0.00	0.00	4.50	12.20	3.30	8.50	0.00	0.30	0.00	20.00	0.00	1.20	0.00	94.00	
S-Whole, Pear - LR100224 (1 ea.)	85.84	0.18	0.01	(M)	0.00	1.48	22.88	4.59	(M)	(M)	0.56	0.25	13.32	34.04	6.22	(M)	(M)	
Whole, Apple, ELE - LR-1426 (1 ea.)	55.12	0.18	0.03	0.00	0.00	1.06	14.64	2.54	(M)	(M)	0.28	0.13	6.36	57.24	4.88	(M)	(M)	
Whole, Kiwi - LR-1383 (1 fruit with)	46.36	0.40	0.02	0.00	0.00	2.28	11.14	2.28	(M)	(M)	0.87	0.24	25.84	66.12	70.45	(M)	(M)	
Whole, Orange - LR-1375 (1 ea.)	61.57	0.16	0.03	0.00	0.00	0.00	15.39	3.14	(M)	(M)	1.23	0.13	52.40	294.75	69.69	(M)	(M)	