

2025-2026 Elementary & Discovery Peak 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 Scrambled Eggs & Blueberry Muffin - LR101150 (1 ea.)	290.48	16.03	6.01	0.00	221.00	401.38	28.01	1.00	13.00	12.00	9.03	0.90	20.11	0.00	0.00	1.21(M)	0.00(M)
25-26 ELE HP: French Toast & Sausage Patty - LR101151 (1 ea.)	368.77	25.09	7.80	0.00	124.39	399.67	24.37	0.90	9.89	8.99	11.29	3.30	65.62	0.00	0.00	20.74	49.43
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- 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)
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: Broccoli, Cauliflower & Fresh Orange Wedges - LR101153 (1 ea.)	106.38	0.60	0.08	0.00	0.00	44.92	24.25	6.72	0.00(M)	(M)	4.92	1.07	111.20	1004.48	182.44	(M)	(M)
Wednesday																	
Category: Hot Pack; May																	
25-26 ELE HP AK FISH TACOS & PINTO BEANS - LR101155 (1 ea.)	388.82	12.00	2.00	0.00	50.00	889.79	51.90	4.14	1.39(M)	0.00(M)	18.14	2.52	145.27	244.84	6.17	0.00(M)	79.43(M)
25-26 ELE HP- Mini Corn Dogs w/ Pinto Beans - LR101154 (1 ea.)	283.64	12.21	3.56	0.00	40.71	647.12	32.44	5.23	5.48(M)	5.09(M)	10.32	1.83	157.95	144.84	6.17	0.00(M)	0.00(M)
Category: Cold Pack; May																	
25-26 ELE CP Coleslaw & Pineapple - LR101156 (1 ea.)	111.41	2.30	0.34	0.00	6.30	88.83	31.24	2.92	17.23(M)	2.10(M)	0.98	0.88	54.20	2707.93	26.07	0.00(M)	146.01(M)
Thursday																	
Category: Hot Pack; May																	
25-26 ELE HP- Chicken Patty on Bun w/Tater Tots - LR101157 (1 ea.)	671.29	22.21	3.84	0.00	35.33	815.90	94.07	7.64	26.53(M)	15.12(M)	27.21	5.16	105.33	65.74	0.16	0.00(M)	342.63(M)
25-26 ELE HP- Spaghetti & Meat Sauce w/ Corn - LR101158 (1 ea.)	311.24	1.32	0.12	0.00	0.00	859.67	65.19	6.49	11.90(M)	2.00(M)	11.88	4.18	19.67	762.89	14.73	0.00(M)	0.00(M)
Category: Cold Pack; May																	
25-26 ELE CP: Romaine Salad & Peaches - LR101159 (1 ea.)	106.57	0.68	0.09	0.00	0.00	23.81	23.33	5.90	14.74	10.20	2.79	2.20	74.84	13510.36	55.79	(M)	0.00(M)
Friday																	
Category: Hot Pack; May																	
25-26 ELE HP Bean & Cheese Burrito W/ Green Beans - LR101160 (1 ea.)	334.06	9.00	3.92	0.00	17.03	589.14	45.58	9.90	1.92	0.00(M)	16.67	3.78	150.00	400.00	1.20	0.00(M)	0.00(M)

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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 -	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)
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 (12 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 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	(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)