

2025-2026 Elementary & Discovery Peak 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)
Monday																	
Category: Hot Pack; May																	
25-26 ELE HP CHICKEN BITES & BAKED BEANS -	320.00	6.50	1.00	0.00	45.00	1090.00	43.00	6.00	13.00	13.00	17.00	3.80	61.00	0.00	0.00	0.00	263.20
25-26 ELE HP- Hamburger on Bun & Baked Beans -	716.29	24.21	7.09	0.00	40.33	985.90	100.57	10.14	36.53(M)	26.12(M)	21.21	6.19	125.33	65.74	0.16	0.00(M)	0.00(M)
Category: Cold Pack; May																	
25-26 ELE CP: Pickle Spears & Mixed Berries -	37.50	0.25	0.00	0.00	0.00	360.00	7.50	1.75	5.25	0.00(M)	0.00	0.18	5.00	0.00	14.40	0.00(M)	18.80(M)
Tuesday																	
Category: Hot Pack; May																	
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)
25-26 ELE HP: Grilled Cheese Sandwich -	360.00	19.00	6.00	0.00	30.00	640.00	31.00	2.00	7.00	3.00	20.00	1.00	423.00	0.00(M)	0.00(M)	0.00	652.83
Category: Cold Pack; May																	
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)
Wednesday																	
Category: Hot Pack; May																	
25-26 ELE HP CHICKEN QUESO & CHIPS W/ FRUIT CRISP - LR101169 (1 ea.)	648.55	26.91	7.73	0.00	43.33	737.37	81.26	13.16	16.13	13.41(M)	24.27	4.84	290.39	847.39	23.34	0.00(M)	428.01(M)
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)
Category: Cold Pack; May																	
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)
Thursday																	
Category: Hot Pack; May																	
25-26 ELE HP CHICKEN DRUMSTICK W/ MIXED VEGETABLES & DINNER ROLL - LR101173 (1 ea.)	358.13	12.36	2.54	0.00	45.16	527.92	43.78	4.07	14.26(M)	7.56(M)	20.11	2.38	52.66	407.65	4.58	0.00(M)	0.00(M)
25-26 ELE HP: Cheese Filled Breadsticks &	382.44	14.59	6.55	0.00	30.25	553.45	44.24	4.02	15.04	1.01(M)	21.16	2.90	393.11	610.92	6.00	0.00(M)	322.76(M)
Category: Cold Pack; May																	
25-26 ELE CP: Cucumber & Tomato Salad & Pears -	117.30	2.86	1.85	0.00	0.00	593.09	18.26	2.15	10.79(M)	0.00(M)	5.01	0.55	120.89	389.80	6.63	0.00(M)	54.05(M)
Friday																	
Category: Hot Pack; May																	
25-26 ELE HP- Salisbury Steak & WW Roll w/Mashed Potatoes - LR101175 (1	292.62	6.10	0.55	0.00	0.16	311.40	55.30	4.21	12.76(M)	7.56(M)	7.25	1.66	52.92	32.87	2.05	0.00(M)	281.25(M)
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

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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)
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)