

2025-2026 Elementary & Discovery Peak 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)	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)
25-26 ELE HP Sloppy Joe Nachos w/ Broccoli -	447.84	18.92	6.71	0.00(M)	30.00	969.36	59.22	4.32	22.42(M)	17.19(M)	11.02	1.30	762.93	1816.03	27.68	0.00(M)	38.92(M)
Category: Cold Pack; May																	
25-26 ELE CP: CELERY STICKS & STRAWBERRIES -	35.67	0.11	0.03	0.00	0.00	53.33	8.48	2.57	4.50	(M)	0.46	0.49	36.67	299.33	29.07	(M)	(M)
Tuesday																	
Category: Hot Pack; May																	
25-26 ELE HP- Chicken Egg Rolls w/ Rice - LR101181 (1)	435.18	11.31	2.00	0.00	70.00	1058.38	62.15	6.00	4.34	2.00(M)	22.91	3.66	81.90	100.00	14.00	0.00(M)	780.83(M)
25-26 ELE HP Mini Pizza Bagels - LR101182 (1 ea.)	309.82	10.99	4.50	0.00	29.98	759.55	35.98	3.00	5.00	2.00	18.99	3.00	240.86	0.00	0.00	0.00	0.00
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 Pretzel & Cheese Dip - LR101185 (1)	356.00	17.00	9.20	0.00	56.00	1024.00	32.00	2.00	2.00	0.00(M)	18.00	1.44	406.00	778.00	0.00	(M)	(M)
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)	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: BEEF RIB SANDWICH & POTATO WEDGES - LR101188 (1)	749.94	26.17	6.65	0.00	35.33	1094.55	105.73	8.37	35.53(M)	15.12(M)	27.44	5.87	87.33	165.74	3.50	0.00(M)	512.47(M)
25-26 ELE HP: MACARONI & CHEESE W/ GREEN PEAS LR101190 (1 ea.)	473.82	23.02	11.87	0.00	46.51	587.90	42.81	6.97	4.85(M)	0.00(M)	23.13	2.91	856.79	1742.24	6.02	0.00(M)	167.73(M)
Category: Cold Pack; May																	
25-26 ELE CP: CAULIFLOWER & FRESH GRAPES - LR101191 (1)	73.25	0.38	0.12	0.00	0.00	9.50	18.48	1.52	0.00(M)	0.00(M)	1.13	0.40	19.50	103.25	15.60	(M)	(M)
Friday																	
Category: Hot Pack; May																	
25-26 ELE HP CHEESE ENCHILADAS W/ REFRIED BEANS & RICE - LR101193	386.88	13.70	7.10	0.00	29.23	918.39	46.06	9.79	0.99(M)	0.00(M)	17.82	2.35	43.87	508.53	3.64	0.00(M)	0.00(M)

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25-26 ELE HP: Beef Hot Dog "Blanket" w/ Baked Beans - LR101192 (1 ea.)	486.72	18.22	6.55	0.50	30.16	1037.67	64.94	7.82	23.49(M)	18.25(M)	17.81	3.63	78.66	32.87	2.08	0.00(M)	276.23(M)
Category: Cold Pack; May																	
25-26 ELE CP: ROMAINE SALAD & MANDARIN ORANGES - LR101194 (1 ea.)	118.56	0.68	0.09	0.00	0.00	28.14	28.46	4.76	20.00	14.00	2.79	2.40	74.84	13170.28	68.43	0.00(M)	90.00(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 (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)