

2026-2027 Elementary, Discovery Peak & Boreal Sun Charter Schools 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																	
BREAD, PANCAKE PUFF, MAPLE 808492 - LR101265 (1 ea.)	190.00	6.00	1.00	0.00	0.00	160.00	33.00	2.00	10.00	9.00	3.00	1.20	60.00	0.00	0.00	0.00	180.01
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.)	220.00	6.00	0.50	0.00	0.00	340.00	43.00	5.00	12.00	12.00	3.00	4.50	100.00	500.00	0.00	5.00	94.00
Cereal, Frosted Corn Flakes - LR101264 (1 ea.)	210.00	1.50	0.00	0.00	0.00	370.00	48.00	3.00	12.00	11.00	3.00	15.00	150.00	0.00	0.00	4.00	109.98
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
ELE- Cheesy Scrambled Eggs Breakfast Entree -	236.50	16.50	7.00	0.00	395.00	610.00	4.00	0.00	0.00	0.00(M)	15.50	0.17	396.00	609.00	0.00	2.40(M)	0.00(M)
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
Pizza, Breakfast Turkey Sausage Tony's -	220.00	7.00	2.50	0.00	15.00	340.00	31.00	3.00	4.00	1.00	10.00	1.30	190.00	20.00	2.00	0.00	0.00
SAN, BREAKFAST, TORTILLA WRAPPED	160.00	9.00	4.00	0.00	180.00	380.00	9.00	1.00	1.00	0.00	9.00	1.08	80.00	0.00	0.00	0.80	94.00
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.)	130.00	4.50	0.50	0.00	0.00	110.00	13.00	2.00	11.00	10.00	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.)	86.69	0.21	0.14	0.00	5.10	107.07	12.64	0.00	12.64	0.00	8.60	0.07	311.02	541.61	0.00	100.63	397.61
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	10.00	14.00	0.00	14.00	0.00	0.00	0.20	100.00	0.00	70.00	(M)	89.77

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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, CINNAMON - LR-1354 (1 ea.)	50.00	0.00	0.00	0.00	0.00	0.00	14.00	1.00	12.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00
APPLESAUCE, CHERRY - LR100782 (1 ea.)	50.00	0.00	0.00	0.00	0.00	0.00	14.00	1.00	12.00	0.00	0.00	0.00	5.00	0.00	0.00	0.00	94.94
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, APPLES, DICED, ZEEZEES - LR101137 (1 ea.)	90.00	0.00	0.00	0.00	0.00	10.00	22.00	1.00	19.00	0.00	0.00	1.00	11.00	0.00	0.00	0.00	93.06
FRT, CUP, APPLESauce, STRAWBERRY, USDA - LR100886 (1/2 c.)	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,APPLESAUCE, ZEEZEES,PLAIN - LR101229 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
FRT,DRIED, APPLE CRISPS - LR101271 (1 Bag)	40.00	0.00	0.00	0.00	0.00	0.00	10.00	1.00	7.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	79.90
FRT.DRIED APPLE CRISPS STRAWBERRY - LR101266	40.00	0.00	0.00	0.00	0.00	0.00	10.00	1.00	7.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	79.90
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.)	47.00	0.00	0.00	0.00	0.00	6.00	12.00	1.00	11.00	0.00	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,Diced ZeeZees - 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.)	60.00	0.00	0.00	0.00	0.00	1.00	16.00	1.00	14.50	0.00	1.00	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)

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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)