

2026-2027 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																	
26-27 ELE HP CHEESE ENCHILADAS W/ REFRIED BEANS & RICE - LR101307	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)
26-27 ELE HP: Beef Hot Dog "Blanket" w/ Baked	486.72	18.22	6.55	0.50	30.16	1036.55	65.80	6.95	25.23(M)	18.25(M)	17.81	3.63	78.66	32.87	2.08	0.00(M)	495.37(M)
Category: Cold Pack; May																	
26-27 ELE CP: Celery Sticks & Pears - LR101308	80.77	0.11	0.03	0.00	0.00	68.87	19.00	1.08	13.00	0.00(M)	1.17	0.43	26.93	302.33	2.09	0.00(M)	54.05(M)
Tuesday																	
Category: Hot Pack; May																	
26-27 ELE HP- BBQ Pork W/ Cornbread & Green	348.02	6.06	2.30	0.00	53.49	734.93	56.67	3.82	34.26(M)	29.48(M)	16.10	1.99(M)	86.75(M)	245.80(M)	2.60(M)	0.10(M)	110.30(M)
26-27 ELE HP Mini Pizza Bagels - LR101310 (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																	
26-27 ELE CP: Baby Carrots & Strawberries -	84.53	0.22	0.03	0.00	0.00	132.68	20.52	6.43	4.50(M)	0.00(M)	1.09	1.87	64.43	23456.79	31.42	(M)	0.00(M)
Wednesday																	
Category: Hot Pack; May																	
26-27 ELE HP Pretzel & Cheese Dip - LR101311 (1	364.00	19.00	9.20	0.00	52.00	950.00	32.00	2.00	2.00	0.00	16.00	1.44	408.00	778.00	0.00	(M)	(M)
26-27 ELE HP SALMON SPREAD & CRACKER BOX - LR101313 (1 ea.)	248.18	10.93	1.91	5.00(M)	203.51	267.34	21.44	2.50	4.00(M)	3.00(M)	15.76	2.18	89.62	1868.73	4.82	1.00(M)	184.00(M)
Category: Cold Pack; May																	
26-27 ELE CP: Cucumber & Peaches - LR101314 (1	90.17	1.07	0.03	0.00	0.00	11.36	24.46	1.34	19.00	10.00	1.44	0.19	10.85	371.22	3.10	0.00(M)	8.46(M)
Thursday																	
Category: Hot Pack; May																	
26-27 ELE HP BREAKFAST WRAP W/ POTATO BITES - LR101315 (1 ea.)	292.01	10.29	2.90	0.00	48.85	351.29	38.71	4.46	0.74	0.08	10.81	2.18	110.30	51.00	0.18	1.04	533.45
26-27 ELE HP- Salisbury Steak, Mashed Potatoes/ Gravy & Roll - LR101317 (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)
Category: Cold Pack; May																	
26-27 ELE CP: CAULIFLOWER & FRESH GRAPES - LR101318 (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																	
26-27 ELE HP - ORIENTAL CHICKEN NOODLES W/ BROCCOLI - LR101320 (1	400.88	5.60	1.17	0.00	81.67	442.94	55.76	5.02	13.69(M)	11.67(M)	26.08	2.76	28.94	0.00(M)	0.00(M)	0.00(M)	0.00(M)

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26-27 ELE HP: MACARONI & CHEESE W/ BROCCOLI - LR101319 (1 ea.)	578.55	31.14	15.82	0.00	61.10	786.70	47.74	5.96	3.46(M)	0.00(M)	27.06	2.50	1138.83	2322.75	42.01	0.00(M)	223.64(M)
Category: Cold Pack; May																	
26-27 ELE CP: ROMAINE SALAD & MANDARIN ORANGES - LR101321 (1 ea.)	118.56	0.68	0.09	0.00	0.00	18.14	26.46	4.76	18.00	17.00	2.79	2.40	174.84	13170.28	73.43	0.00(M)	100.11(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.)	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)
Condiments																	
pc, bbq sauce - LR-1386 (12 g.)	20.00	0.00	0.00	0.00	0.00	130.00	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 g.)	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.)	60.00	3.50	0.50	0.00	5.00	370.00	7.00	0.00	3.00	0.00	0.00	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, 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)