

2026-2027 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																	
26-27 ELE HP- Cheeseburger on Bun w/	756.29	27.21	8.84	0.00	47.83	1125.90	101.57	10.14	36.53(M)	26.12(M)	24.71	6.19	228.32	65.74	0.16	0.00(M)	101.05(M)
26-27 ELE HP CHICKEN STRIPS & BAKED BEANS -	340.00	10.50	1.50	0.00	35.00	990.00	42.00	7.00	11.00	11.00	15.00	2.80	52.00	0.00	0.00	0.00	460.13
Category: Cold Pack; May																	
26-27 ELE CP: Pickle Spears & Blueberries -	41.67	0.50	0.00	0.00	0.00	120.00	8.50	2.00	6.00	0.00(M)	0.00	0.00	0.00	0.00	1.80	0.00(M)	37.60
Tuesday																	
Category: Hot Pack; May																	
26-27 ELE HP CHICKEN DRUMSTICK W/ MIXED VEGETABLES - LR101294	402.74	12.36	2.50	0.00	90.16	547.92	51.16	5.30	15.20	8.50(M)	26.50	2.38	52.59	407.54	4.58	0.00(M)	0.00(M)
26-27 ELE HP: Cheese Filled Breadsticks W/	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																	
26-27 ELE CP: CONFETTI CORN SALAD & FRESH MELON - LR101295 (1 ea.)	108.76	2.59	0.25	0.00	5.35	43.38	20.90	2.59	15.04(M)	0.57(M)	2.02	1.01	25.00	1595.76	114.14	0.00(M)	163.02(M)
Wednesday																	
Category: Hot Pack; May																	
26-27 ELE HP- Beef Nacho Cheese Dip w/Tortilla Chips & Fruit Crisp - LR101296 (1	592.20	31.14	9.83	0.00	45.45	643.70	62.88	6.19	16.93	13.41(M)	17.66	2.18	289.84	1062.97	3.75	0.00(M)	97.96(M)
26-27 ELE HP- YOGURT & STRING CHEESE W/ CHEEZ-	161.28(M)	6.08(M)	3.54(M)	0.00(M)	20.20(M)	277.76(M)	15.05(M)	0.00(M)	13.05(M)	7.03(M)	10.10(M)	0.00(M)	521.61(M)	63.79(M)	0.00(M)	4.01(M)	190.55(M)
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26-27 ELE CP: APPLE CABBAGE CRUNCH & FRESH KIWI - LR101298 (1	175.27	3.99	0.56	0.00	0.00	76.70	36.50	6.51	15.91(M)	0.00(M)	2.72	0.97(M)	85.06(M)	5023.49(M)	106.45(M)	0.00(M)	251.17(M)
Thursday																	
Category: Hot Pack; May																	
26-27 ELE HP HAM & CHEESE SLIDERS - LR101299 (1 ea.)	532.66	19.73	7.34	0.00	37.52	977.84	74.58	5.14	26.03(M)	15.63(M)	22.78	3.97	288.31	665.74	0.16	4.82(M)	324.07(M)
26-27 ELE HP Sloppy Joe with Bread Bites -	272.69	4.41	0.55	0.00(M)	0.16	499.83	55.53	4.03	22.50(M)	15.20(M)	8.17	1.78	48.41	209.82	3.06	0.00(M)	17.30(M)
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26-27 ELE CP: Broccoli Buds & Pineapple -	117.83	0.63	0.07	0.00	0.00	56.13	27.30	5.42	13.00	0.00(M)	4.80	1.60	99.95	1059.72	157.73	0.00(M)	0.00(M)
Friday																	
Category: Hot Pack; May																	
26-27 ELE HP PEPPERONI & MOZZARELLA PIZZA SANDWICH - LR101304 (1	350.00	15.00	6.00	0.00	55.00	910.00	33.00	2.00	3.00	2.00	20.00	2.30	330.00	0.00	0.00	0.00	240.17
26-27 ELE HP: Grilled Cheese Sandwich - LR101302 (1 ea.)	430.00	27.00	9.00	0.00	30.00	630.00	27.00	4.00	3.00	2.00	19.00	0.00	460.00	0.00	0.00	0.00	210.09

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26-27 ELE CP: Baby Carrots & Applesauce -	119.53	0.22	0.03	0.00	0.00	156.68	29.02	6.93	11.00(M)	0.00(M)	1.09	2.95	64.43	23456.79	28.42	(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.)	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 ea.)	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 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.)	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)