

2026-2027 Elementary & Discovery Peak Charter School Lunch Week #1 - 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 CHICKEN SOFT TACOS & PINTO BEANS - LR101278 (1 ea.)	235.76	4.63	0.00	0.00	36.73	1004.08	32.72	2.14	0.39(M)	0.00(M)	16.39	2.26	138.34	214.23	6.17	0.00(M)	0.00(M)
26-27 ELE HP- Mini Corn Dogs w/ Pinto Beans - LR101276 (1 ea.)	283.64	12.21	3.05	0.00	40.71	647.12	35.49	1.16	5.48(M)	5.09(M)	10.32	1.47	25.63	144.84	8.61	0.00(M)	0.00(M)
Category: Cold Pack; May																	
26-27 ELE CP: Baby Carrots & Pears - LR101275 (1 ea.)	39.69(M)	0.15(M)	0.02(M)	0.00(M)	0.00(M)	88.45(M)	9.34(M)	3.29(M)	0.00(M)	(M)	0.73(M)	1.01(M)	36.29(M)	15637.8 6(M)	2.95(M)	(M)	(M)
Tuesday																	
Category: Hot Pack; May																	
26-27 ELE HP- CHEESE PIZZA - LR101279 (1 ea.)	310.00	13.00	6.00	0.00	30.00	440.00	31.00	3.00	9.00	2.00	16.00	2.10	280.00	60.00	0.00	0.00	(M)
26-27 ELE HP PB&J SLIDER BOX - LR101280 (1 ea.)	826.29	38.71	7.09	0.00	0.33	580.90	87.57	21.14	41.53(M)	29.12(M)	25.21	5.31	117.33	65.74	0.16	0.00(M)	349.68(M)
Category: Cold Pack; May																	
26-27 ELE CP: Broccoli, Cauliflower & Pineapple - LR101281 (1 ea.)	104.81	0.45	0.05	0.00	0.00	44.92	24.86	4.57	13.00	0.00(M)	3.69	1.30	78.80	709.73	118.75	0.00(M)	0.00(M)
Wednesday																	
Category: Hot Pack; May																	
26-27 ELE HP: Biscuit & Sausage Gravy - LR101282 (1 ea.)	484.62	25.51	9.51	0.00	30.96	1405.96	55.05	3.53	0.00(M)	(M)	15.02	3.18	80.13	0.00	0.00	0.00(M)	52.38(M)
26-27 ELE HP: French Toast & Sausage Patty - LR101283 (1 ea.)	368.77	25.09	7.80	0.00	124.39	399.67	24.37	0.90	9.89	8.99	11.29	3.30	65.62	0.00	0.00	20.74	49.43
Category: Cold Pack; May																	
26-27 ELE CP: Celery, Grape Tomatoes & Mixed Fruit - LR101284 (1 ea.)	68.54	0.12	0.03	0.00	0.00	68.38	16.47	1.83	13.00	0.00(M)	0.50	0.75	45.36	337.73	2.63	0.00(M)	15.04(M)
Thursday																	
Category: Hot Pack; May																	
26-27 ELE HP Bean Burrito W/ Corn - LR101285 (1 ea.)	408.06	11.00	3.92	0.00	31.03	519.14	58.08	10.90	9.42	0.00	18.17	3.96	150.00	300.00	1.20	0.00	200.22
26-27 ELE HP- Chicken Patty on Bun w/Tater Tots - LR101286 (1 ea.)	797.96	27.21	4.34	0.00	55.33	982.57	103.40	7.97	25.53(M)	15.12(M)	35.88	5.33	105.33	65.74	0.16	0.00(M)	430.99(M)
Category: Cold Pack; May																	
26-27 ELE CP: ROMAINE SALAD & ORANGES WEDGES - LR101287 (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	13170.2 8	73.43	0.00(M)	100.11(M)
Friday																	

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26-27 ELE HP- Spaghetti & Meatballs W/ Green Beans - LR101288 (1 ea.)	439.63	10.52	3.50	0.60	36.00	606.00	62.51	10.05	13.03	3.00(M)	22.09	5.18	114.25	205.00	1.00	0.00(M)	470.00(M)
26-27 ELE HP TERIYAKI BEEF BITES & RICE W/ GREEN BEANS - LR101289	291.18	9.31	3.50	0.50	40.00	858.38	33.15	3.00	5.34	0.00(M)	17.91	2.26	21.90	200.00	0.01	0.00(M)	0.63(M)
Category: Cold Pack; May																	
26-27 ELE CP: SQUASH SLICES & MIXED FRUIT - LR101322 (1 ea.)	70.00	0.10	0.00	0.00	0.00	5.00	17.00	1.60	12.00	0.00(M)	0.60	0.36	0.00	100.00	4.80	0.00(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)