

Discovery Peak 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)	Mois (g)
Monday																		
Category: Hot Pack; May																		
20-21 ELE HP: Peanut Butter & Jelly Sandwich - LR100618 (1 ea.)	420.00	18.00	3.50	0.00	0.00	560.00	49.00	3.00	0.00(M)	(M)	17.00	2.70	40.00	0.00	0.00	(M)	(M)	(M)
Category: Cold Pack;																		
20-21 ELE CP: Baby Carrots & Blueberries - LR100571 (1 ea.)	84.65	0.67	0.03	0.00	0.00	99.51	19.01	5.70	6.00(M)	(M)	0.82	1.14	40.82	17592.59	5.12	(M)	37.60(M)	115.26(M)
Tuesday																		
Category: Hot Pack; May																		
20-21 DPC HP: Yogurt & Colby Cheese Stick W/ Blueberry Muffin Top - LR100621 (1 ea.)	400.00	19.00	9.00	0.00	60.00	395.00	46.00	1.00	29.00	12.00(M)	13.00	0.90	500.00	300.00	1.20	(M)	(M)	(M)
Category: Cold Pack;																		
19-20 DPC CP: Romaine Salad W/ Grape Tomatoes & Pineapple Tidbits - LR100459 (1 ea.)	74.69	0.22	0.03	0.00	0.00	5.62	19.01	2.43	13.00(M)	(M)	0.91	0.92	39.23	3039.58	22.01	(M)	(M)	79.67(M)
Wednesday																		
Category: Hot Pack; May																		
20-21 DPC HP: Ham & Cheese Hoagie - LR100622 (1 ea.)	260.38	11.27	5.51	0.00(M)	37.66	1013.88	25.00	2.00	1.00	(M)	13.56	1.68	190.00	300.00	10.00	(M)	79.90(M)	(M)
Category: Cold Pack;																		
20-21 DPC CP: Crispy Ranch Chipeas & Orange Wedges - LR100623 (1 ea.)	80.94	0.39	0.03	0.00	0.00	162.03	18.52	3.74	0.60(M)	(M)	2.27	0.17	92.07	294.75	69.69	(M)	(M)	113.64(M)
Thursday																		
Category: Hot Pack; May																		
20-21 DPC HP: Spicy Chicken Salad W/ Croutons - LR100624 (1 ea.)	286.38(M)	16.18(M)	4.70(M)	0.00(M)	55.32(M)	455.58(M)	12.31(M)	3.11(M)	2.84(M)	(M)	23.18(M)	2.42(M)	127.81(M)	5103.55(M)	23.76(M)	(M)	(M)	95.00(M)
Category: Cold Pack;																		
20-21 DPC CP: Potato Salad & Fresh Grapes - LR100625 (1 ea.)	189.11	6.47	1.15	0.00	18.11	496.79	31.39	2.51	1.48(M)	(M)	2.87	0.52	15.34	203.06	16.77	(M)	(M)	31.28(M)
Friday																		
Category: Hot Pack; May																		
20-21 ELE HP: Turkey & Ham Sandwich - LR100586 (1 ea.)	428.16	10.76	1.84	0.00	25.42	789.47	64.59	5.32	17.97(M)	(M)	21.31	3.71	85.89	65.74	7.64	(M)	(M)	0.00(M)

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20-21 ELE CP: Sugar Snap Peas, Broccoli, Diced Peaches & Jello - LR100507 (1 ea)	130.07	0.16	0.02	0.00	0.00	66.71	29.81	2.67	15.35(M)	(M)	2.32	0.68	25.68	788.25	59.44	(M)	(M)	39.29(M)
Milk																		
Milk, Choclate, Shelf - LR-	140.00	0.00	0.00	0.00	5.00	260.00	27.00	0.00	25.00	(M)	8.00	0.00	300.00	499.99	0.00	(M)	(M)	(M)
Milk, Chocolate, Fresh -	145.68	0.00	0.00	0.00	5.20	187.30	28.09	0.00	26.01	(M)	9.37	0.00	312.17	520.28	1.25	(M)	(M)	(M)
Milk, Soy, Shelf -	130.00	4.50	0.50	0.00	0.00	125.00	14.00	1.00	11.00	(M)	8.00	1.44	300.00	500.00	0.00	(M)	(M)	(M)
Milk, Strawberry, Shelf -	130.00	0.00	0.00	0.00	5.00	100.00	25.00	0.00	25.00	(M)	8.00	0.00	300.00	499.99	0.00	(M)	(M)	(M)
Milk, White, Fresh, Fat-	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	300.00	499.99	0.00	(M)	(M)	(M)
Milk, White, Shelf - LR-	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)	(M)
Milk, White, Shelf, USDA -	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)	(M)
Condiments																		
pc, bbq sauce - LR-1386	15.00	0.00	0.00	0.00	0.00	85.00	4.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
PC, Honey, 9g. -	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)	(M)
PC, Jam, Strawberry,	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)	(M)
pc, ketchup - LR-1393 (7	10.00	0.00	0.00	0.00	0.00	85.00	3.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
pc, Margarine cup - LR-	20.00	2.00	0.00	0.00	0.00	30.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	200.00	0.00	(M)	(M)	(M)
pc, mayonnaise - LR-	90.00	9.00	1.50	0.00	5.00	70.00	1.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
PC, Mustard 5.5g -	0.00	0.00	0.00	0.00	0.00	30.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	1.20	(M)	(M)	(M)
PC, Ranch Dressing 1oz. -	170.00	17.00	2.50	0.00	15.00	350.00	4.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
PC, Salsa 9g - LR100295	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)	(M)
PC, Syrup - LR100160 (1	80.00	0.00	0.00	0.00	0.00	20.00	21.00	0.00	14.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)