

Discovery Peak Lunch Week 2 – Nutrient Analysis

	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 DPC CP Nacho Toasted Chickpeas & Diced Pears - LR100626 (1 ea.)	86.32	0.35	0.00	0.00	0.00	194.29	20.30	2.91	12.60	(M)	1.28	0.63	70.95	150.60	2.89	(M)	(M)	0.12(M)
Tuesday																		
Category: Hot Pack; May																		
20-21 DPC HP: Chicken BLT Salad W/ Croutons - LR100627 (1 ea.)	208.63(M)	12.10(M)	4.82(M)	0.00(M)	63.03(M)	645.00(M)	5.35(M)	1.88(M)	0.00(M)	(M)	22.09(M)	1.43(M)	130.75(M)	4523.07(M)	29.85(M)	(M)	(M)	120.19(M)
Category: Cold Pack;																		
20-21 DPC CP: Potato Salad & Mixed Fruit - LR100629 (1 ea.)	226.33	6.36	1.11	0.00	18.11	501.11	40.56	3.21	13.48(M)	(M)	2.66	0.78	10.58	269.06	20.21	(M)	(M)	3.64(M)
Wednesday																		
Category: Hot Pack; May																		
20-21 ELE HP- Yogurt & Cheese Stick w/ Oatmeal Cranberry Cookie - LR100593 (1 ea.)	394.85	15.28	7.62	0.00	54.85	399.83	51.41	2.34	30.03	(M)	14.74	0.91(M)	313.55(M)	1028.05(M)	0.13(M)	(M)	(M)	0.00(M)
Category: Cold Pack;																		
20-21 DPC CP: Broccoli Buds & Chilled Peaches - LR100628 (1 ea.)	82.44	0.24	0.03	0.00	0.00	26.78	18.38	2.72	13.00	(M)	1.86	0.48	31.02	711.18	60.07	(M)	(M)	58.94(M)
Thursday																		
Category: Hot Pack; May																		
20-21 DPC HP- Turkey & American Sandwich - LR100646 (1 ea.)	462.70	14.37	3.96	0.00	31.48	812.66	64.84	5.32	17.97(M)	(M)	21.99	3.62	160.89	215.74	7.64	(M)	(M)	0.00(M)
Category: Cold Pack;																		
20-21 DPC CP: Romaine / Spinach Salad & Applesauce - LR100630 (1 ea.)	77.72	0.07	0.01	0.00(M)	0.00	17.86	18.22	3.21	13.30(M)	(M)	1.36	2.48	21.30	1735.60	27.73	(M)	(M)	17.97(M)
Friday																		
Category: Hot Pack; May																		
20-21 DPC HP- Hummus, Peanut Butter, & Crackers - LR100631 (1 ea.)	329.21(M)	22.94(M)	3.49(M)	0.00(M)	0.00(M)	960.68(M)	74.95(M)	10.98(M)	9.00(M)	(M)	10.98(M)	18.00(M)	57.90(M)	0.00(M)	0.00(M)	(M)	(M)	0.00(M)
Category: Cold Pack;																		

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20-21 DPC CP: Baby Carrots & Strawberries - LR100632 (1 ea.)	72.65	0.40	0.04	0.00	0.00	111.28	17.21	5.55	0.00(M)	(M)	1.39	1.56	56.88	19555.97	46.02	(M)	0.00(M)	193.56
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, Soy sauce, 9gm - LR-	0.00	0.00	0.00	0.00	0.00	267.86	0.00	0.00	(M)	(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)