

Discovery Peak 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)	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 & Mixed Berries - LR100606 (1 ea.)	82.11	0.43	0.03	0.00	0.00	110.56	19.18	5.86	5.25(M)	(M)	0.91	1.44	50.36	19547.33	18.09	(M)	18.80(M)	128.07(M)
Tuesday																		
Category: Hot Pack; May																		
20-21 ELE HP- Yogurt & Cheese Stick w/ Oatmeal Cranberry Cookie - LR100592 (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: Romaine / Spinach Salad, Grape Tomatoes & Canteloupe Chunks - LR100617 (1 ea.)	49.19	0.13	0.02	0.00(M)	0.00	17.26	12.28	2.03	8.55(M)	(M)	1.57	1.43	36.72	3979.41	39.75	(M)	(M)	35.94(M)
Wednesday																		
Category: Hot Pack; May																		
20-21 DPC HP: Chicken Caesar Salad W/ Croutons - LR100633 (1 ea.)	365.13(M)	30.45(M)	7.03(M)	0.00(M)	57.16(M)	1138.86(M)	7.69(M)	1.97(M)	0.00(M)	(M)	18.22(M)	1.52(M)	240.56(M)	5509.98(M)	22.56(M)	(M)	(M)	88.93(M)
Category: Cold Pack;																		
20-21 DPC CP Pizza Chickpeas & Mandarin Oranges - LR100634 (1 ea.)	99.36	0.23	0.00	0.00	0.00	26.23	22.13	0.60	18.60(M)	(M)	1.04	0.40	39.67	0.00	21.00	(M)	(M)	0.00(M)
Thursday																		
Category: Hot Pack; May																		
20-21 DPC HP- Turkey & Swiss Sandwich - LR100635 (1 ea.)	263.52	8.70	4.57	0.00(M)	40.91	864.32	26.31	2.00	1.00	(M)	18.59	1.83	256.72	225.96	10.04	(M)	79.90(M)	0.00(M)
Category: Cold Pack;																		
20-21 ELE CP: Cucumber Coins & Peaches - LR100615 (1 ea.)	71.70	0.09	0.03	0.00	0.00	6.56	16.83	1.39	13.00(M)	(M)	0.51	0.22	12.48	381.90	3.38	(M)	0.00(M)	74.28(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)
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20-21 DPC CP: Jicama Sticks & Pineapple Tidbits - LR100636 (1 ea.)	94.50	0.00	0.00	0.00	0.00	3.60	24.25	5.40	14.65	0.00(M)	0.60	0.90	30.80	0.00	6.00	0.00(M)	134.89(M)	0.00(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)