

# 2020-2021 Elementary Lunch Week 1 – 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)	
<b>Monday</b>																			
<b>Category: Hot Pack;</b>																			
20-21 ELE HP- Popcorn Chicken & Baked Beans - LR100570 (1 ea.)	421.88	13.88	3.00	0.00	60.00	1083.33	51.44	9.08	11.82	(M)	24.10	6.70	69.00	262.67	1.10	(M)	(M)	0.00(M)	
20-21 ELE HP: Powerhouse Stew W/ Rice - LR100580 (1 ea.)	254.68(M)	1.97(M)	0.07(M)	0.00(M)	0.00(M)	949.40(M)	51.58(M)	7.50(M)	3.87(M)	0.00(M)	9.45(M)	2.23(M)	67.75(M)	325.64(M)	15.93(M)	0.00(M)	0.63(M)	86.96(M)	
<b>Category: Cold Pack;</b>																			
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)	
<b>Tuesday</b>																			
<b>Category: Hot Pack;</b>																			
20-21 ELE HP- CHEESE LASAGNA & GREEN BEANS - LR100572 (1 ea.)	383.36	14.48	6.91	0.00	31.55	801.59	42.74	5.64	15.09	(M)	22.36	2.32	467.95	1229.77	10.91	(M)	(M)	(M)	
20-21 ELE HP- Chicken Patty Sandwich w/Tator Tots - LR100573 (1 ea.)	682.94	28.25	4.84	0.00	30.33	706.47	85.60	6.82	17.97(M)	(M)	23.28	5.04	105.89	165.74	8.84	(M)	132.54(M)	0.00(M)	
<b>Category: Cold Pack;</b>																			
20-21 ELE CP: Romaine Salad & Pineapple Tidbits - LR100574 (1 ea.)	67.99	0.14	0.02	0.00	0.00	3.76	17.55	1.99	13.00(M)	(M)	0.58	0.82	35.51	2729.29	17.28	(M)	(M)	44.47(M)	
<b>Wednesday</b>																			
<b>Category: Hot Pack;</b>																			
20-21 ELE HP- Pretzel & Cheese Dip - LR100576 (1 ea.)	336.00	16.00	9.20	0.00	56.00	874.00	32.00	4.00	2.00	(M)	18.00	0.36	406.00	778.00	0.00	(M)	(M)	0.00(M)	
20-21 ELE HP: Pork Egg Roll & Fried Rice - LR100601 (1 ea.)	339.70	9.82	2.67	0.00	105.14	888.64	47.47	4.13	8.45(M)	1.00(M)	18.61	2.58	70.29	358.44	10.55	0.00(M)	298.92(M)	(M)	
<b>Category: Cold Pack;</b>																			
20-21 ELE CP: Cherry Tomatoes, Cauliflower & Orange Wedges - LR100577 (1 ea.)	55.26	0.21	0.04	0.00	0.00	9.36	13.36	3.23	0.00(M)	(M)	1.67	0.30	45.23	516.04	64.21	(M)	(M)	136.25	
<b>Thursday</b>																			
<b>Category: Hot Pack;</b>																			
20-21 ELE HP Bean & Cheese Burrito W/ Carrot Slices - LR100582 (1 ea.)	339.31	9.44	3.92	0.00	17.03	530.58	46.66	9.87	1.42(M)	0.00(M)	16.50	3.70	188.39	219.00(M)	1.36(M)	(M)	(M)	(M)	

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20-21 ELE HP Hamburger on Bun W/ Corn - LR100583 (1 ea.)	602.94	22.25	6.09	0.00	60.33	641.47	73.10	6.32	19.97(M)	(M)	29.78	4.97	85.89	65.74	7.64	(M)	(M)	0.00(M)
<b>Category: Cold Pack;</b>																		
20-21 ELE CP: Pickle Spears & Fresh Grapes - LR100584 (1 ea.)	22.78	0.12	0.04	0.00	0.00	743.54	5.83	0.31	0.00(M)	(M)	0.21	0.10	4.76	34.00	1.36	(M)	(M)	27.64(M)
<b>Friday</b>																		
<b>Category: Hot Pack;</b>																		
20-21 ELE HP- Cheese Pizza - LR100585 (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)	(M)
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)
<b>Category: Cold Pack;</b>																		
20-21 ELE CP: Sugar Snap Peas, Broccoli, Diced Peaches & Jello - LR100587 (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)
<b>Milk</b>																		
Milk, Choclote, Shelf - LR-1402 (8 fl. oz.)	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 - LR-1400 (8 fl. oz.)	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 - LR100265 (1 ea.)	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 - LR-1403 (8 fl. oz.)	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- Free - LR-1399 (8 fl.	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- 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)	(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)	(M)
<b>Condiments</b>																		
pc, bbq sauce - LR-1386 (12 g.)	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. - 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)	(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)	(M)
pc, ketchup - LR-1393 (7 g.)	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- 1382 (1 ea.)	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- 1391 (12 g.)	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 - LR100275 (1 ea.)	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)

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PC, Ranch Dressing 1oz. - LR100276 (1 ea.)	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 (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)	(M)
pc, Soy sauce, 9gm - LR- 1385 (9 g.)	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 ea.)	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)