

2020-2021 Elementary Lunch Week 2 – 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- Colby Cheese Omlet w/Cinnamon Roll - LR100588 (1 ea.)	320.00	13.00	4.00	0.00	165.00	480.00	35.00	3.00	9.00	8.00	14.00	2.72	110.00	400.00	0.00(M)	0.80	(M)	(M)
20-21 ELE HP- Pancakes w/Sausage - LR100588 (1 ea.)	570.00	40.00	13.00	0.00	70.00	560.00	38.00	3.00	10.00	(M)	14.00	2.52	40.00	0.00	0.00	(M)	(M)	(M)
Category: Cold Pack;																		
20-21 ELE CP: Baby Carrots & Diced Pears - LR100590 (1 ea.)	113.98	0.18	0.03	0.00	0.00	115.93	28.85	6.26	12.87(M)	(M)	0.91	1.65	66.82	19547.33	6.26	(M)	(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)
20-21 ELE HP: Beef Hot Dog "Blanket" w/ Baked Beans - LR100591 (1 ea.)	506.85	20.25	6.55	1.00	35.16	1139.07	66.49	8.74	21.80(M)	(M)	18.74	7.38	94.95	127.54	5.92	(M)	270.00(M)	0.00(M)
Category: Cold Pack;																		
20-21 ELE CP: Celery Sticks & Mixed Fruit - LR100594 (1 ea.)	72.12	0.13	0.03	0.00	0.00	65.60	17.25	2.21	12.00	(M)	0.52	0.51	30.30	440.12	7.15	(M)	(M)	72.29(M)
Wednesday																		
Category: Hot Pack; May																		
20-21 ELE HP- Pepperoni Pizza - LR100492 (1 ea.)	360.00	16.00	7.00	0.00	35.00	570.00	34.00	3.00	4.00	(M)	20.00	1.80	400.00	500.00	9.00	(M)	(M)	(M)
20-21 ELE HP: Cheese Quesadilla - LR100595 (1 ea.)	155.00	6.00	3.00	0.00	22.50	280.00	16.00	1.50	1.50	(M)	9.50	1.20	164.50	38.50	0.00	(M)	(M)	(M)
Category: Cold Pack;																		
20-21 ELE CP: Lettuce Shreds, Diced Tomatoes & Chilled Peaches - LR100596 (1 ea.)	80.80	0.07	0.01	0.00	0.00	11.60	18.41	2.42	14.50(M)	(M)	0.57	0.71	19.60	954.40	16.88	(M)	(M)	56.60(M)
Thursday																		
Category: Hot Pack; May																		
20-21 ELE HP- Roast Turkey & WW Roll w/Mashed Potatoes - LR100597 (1 ea.)	387.86	10.83	2.17	0.00	39.05	1302.64	53.08	2.67	9.04(M)	(M)	20.96	2.14	43.03	32.87	10.36	(M)	(M)	0.00(M)
20-21 ELE HP- Spaghetti w/Meatballs & Green Peas - LR100598 (1 ea.)	321.13	6.85	2.36	0.00	26.00	519.33	41.58	8.43	10.22(M)	(M)	21.88	4.90	61.07	643.89	11.56(M)	(M)	177.19(M)	0.03(M)

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20-21 ELE CP: Sweet Peppers & Applesauce - LR100599 (1 ea.)	69.83	0.08	0.00	0.00	0.00	10.75	17.32	2.45	12.79	(M)	0.34	1.62	3.38	146.25	49.70	(M)	(M)	(M)
Friday																		
Category: Hot Pack; May																		
20-21 ELE HP- Teriyaki Chicken W/ Rice & Broccoli - LR100602 (1 ea.)	260.93	4.22	0.83	0.00	58.30	700.63	38.47	3.00	9.34	(M)	18.41	1.60	31.88	599.65	62.96	0.00(M)	0.63(M)	63.14(M)
20-21 ELE HP: Cheese Filled Breadsticks & Marinara - LR100600 (1 ea.)	435.00	15.25	5.75	0.00	30.00	650.00	56.50	7.00	17.00	(M)	23.00	3.78	430.00	1150.00	9.00	(M)	(M)	(M)
Category: Cold Pack;																		
20-21 ELE CP: Pineapple Tidbits & Strawberries - LR100603 (1 ea.)	83.04	0.22	0.01	0.00	0.00	0.72	21.53	2.44	13.00(M)	(M)	0.48	0.66	31.52	8.64	48.34	(M)	(M)	65.48(M)
Milk																		
Milk, Chocolate, 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)