

# 2020-2021 Elementary 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)	Potassi um (mg)	Mois (g)
<b>Monday</b>																		
<b>Category: Hot Pack; May</b>																		
20-21 ELE HP: Chicken & Waffle Sliders - LR100604 (1 ea.)	320.00	10.00	1.50	0.00	65.00	835.00	33.00	1.00	6.00	4.00	3.00	2.50	46.00	(M)	(M)	0.00	364.08	(M)
20-21 ELE HP: Grilled Cheese Sandwich - LR100605 (1 ea.)	390.00	21.00	6.00	0.00	20.00	660.00	41.00	3.00	3.00	1.00	17.00	2.00	360.00	0.00(M)	0.00(M)	0.00	259.91	(M)
<b>Category: Cold Pack;</b>																		
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)
<b>Tuesday</b>																		
<b>Category: Hot Pack; May</b>																		
20-21 ELE HP- Fiesta Dip w/Tortilla Chips & Fruit Crisp - LR100607 (1 ea.)	603.99	28.71	9.66	0.00	49.79	803.19	69.22	7.18	20.22	(M)	19.56	3.53	298.80	1073.76	3.71	(M)	(M)	0.00(M)
20-21 ELE HP- Hummus, Peanut Butter, Celery, & Crackers - LR100608 (1 ea.)	333.25(M)	22.98(M)	3.50(M)	0.00(M)	0.00(M)	980.88(M)	75.70(M)	11.39(M)	9.00(M)	(M)	11.15(M)	18.05(M)	68.00(M)	113.37(M)	0.78(M)	(M)	(M)	24.10(M)
<b>Category: Cold Pack;</b>																		
20-21 ELE CP: Romaine / Spinach Salad & Canteloupe Chunks - LR100609 (1 ea.)	39.19	0.13	0.02	0.00(M)	0.00	17.26	9.78	1.53	7.05(M)	(M)	1.07	0.89	36.72	3829.41	35.25	(M)	(M)	35.94(M)
<b>Wednesday</b>																		
<b>Category: Hot Pack; May</b>																		
20-21 ELE HP- BBQ Pork Nuggets & Baked Beans W/ Blueberry Muffin Top - LR100610 (1 ea.)	706.67	28.83	10.00	0.00	76.67	1696.67	84.67	12.83	36.00	12.00(M)	29.50	10.92	143.33	416.67	1.60	(M)	(M)	0.00(M)
20-21 ELE HP- Mini Corn Dogs w/ Potato Wedges - LR100611 (1 ea.)	396.32	16.26	4.07	0.00	40.71	538.82	49.77	7.11	5.09	(M)	12.20	2.34	152.68	0.00	1.22	(M)	465.88(M)	(M)
<b>Category: Cold Pack;</b>																		
20-21 ELE CP: Fruit Cocktail & Mandarin Oranges - LR100612 (1 ea.)	105.00	0.00	0.00	0.00	0.00	11.25	25.50	0.75	22.50	(M)	0.00	0.54	0.00	75.00	19.35	(M)	(M)	(M)
<b>Thursday</b>																		
<b>Category: Hot Pack; May</b>																		
20-21 ELE HP: Biscuit & Country Gravy - LR100613 (1 ea.)	493.89	26.80	9.61	0.00	30.70	1384.00	53.87	3.53	1.26(M)	(M)	14.95	3.17	78.39	0.00	0.00	(M)	(M)	0.00(M)

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20-21 ELE HP: French Toast & Sausage Patty - LR100614 (1 ea.)	509.41	37.49	13.00	0.00	164.59	528.94	23.91	1.99	7.97	(M)	17.97	2.15	79.69	199.22	0.00	(M)	(M)	(M)
<b>Category: Cold Pack;</b>																		
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)
<b>Friday</b>																		
<b>Category: Hot Pack; May</b>																		
20-21 ELE HP: BBQ Pork W/ Mac & Cheese - LR100616 (1 ea.)	592.83	30.92	15.14	0.00	91.25	1668.78	55.34	3.66	1.85(M)	(M)	29.99	2.60(M)	792.32(M)	2036.83(M)	4.17(M)	(M)	(M)	0.01(M)
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)
<b>Category: Cold Pack;</b>																		
20-21 ELE CP: Broccoli Buds, Cherry Tomatoes, Applesauce - LR100619 (1 ea.)	81.67	0.24	0.03	0.00	0.00	26.38	19.38	3.59	12.00(M)	(M)	1.57	1.86	24.41	584.41	46.38	(M)	(M)	74.49(M)
<b>Milk</b>																		
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)
<b>Condiments</b>																		
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)