

2023 - 2024 Boreal Sun, Discovery Peak, & Watershed Charter 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																			
23-24 ELE HP: TERIYAKI CHICKEN NOODLE BOWL (DPC,BCS,WSD	318.33	4.42	0.83	0.00	58.33	400.00	49.33	4.00	9.50	(M)	19.50	2.40	20.00	0.00	0.00	(M)	(M)	0.00(M)	
Category: Cold Pack;																			
23-24 ELE CP Bean Salad & Applesauce	297.24	5.13	0.54	0.00	0.00	229.38	53.00	11.57	15.69(M)	0.78(M)	12.65	3.26	222.36	5.93	3.96	0.00(M)	0.00(M)	8.79(M)	
Tuesday																			
Category: Hot Pack; May																			
23-24/ELE HP: CLUB HOAGIE SANDWICH -	189.00	2.98	0.50	0.00(M)	12.74	661.50	25.37	1.99	1.00	0.00(M)	13.93	2.39	39.79	0.00	9.95	0.00(M)	79.48(M)	0.00(M)	
Category: Cold Pack;																			
23-24 ELE CP: Cucumber Coins & Mixed Berries - LR100919 (1	101.70	0.09	0.03	0.00	0.00	1.56	22.83	2.39	16.00(M)	(M)	0.51	0.22	12.48	81.90	2.18	(M)	0.00(M)	74.28(M)	
Wednesday																			
Category: Hot Pack; May																			
23-24 ELE HP: HAM & CHEESE BENTO BOX - LR100904 (1 ea.)	358.23	23.80	6.51	0.00	23.43	910.30	24.00	10.54	5.00	4.00(M)	15.71	2.25	167.47	451.16	1.04	0.00(M)	247.69(M)	32.13(M)	
Category: Cold Pack;																			
23-24/ELE CP: JICAMA STICKS & FRESH CANTALOUPE (DPC, BSC, WSD ONLY) -	79.50	0.00	0.00	0.00	0.00	8.60	20.25	5.40	11.65	0.00(M)	1.10	0.90	30.80	1500.03	36.00	0.00(M)	134.89(M)	0.00(M)	
Thursday																			
Category: Hot Pack; May																			
23-24/ELE HP: CHICKEN BLT SALAD W/ BREADSTICK (DPC, BSC, WSD ONLY) -	218.74	8.41	2.27	0.00	37.88	520.76	19.05	2.99	3.00(M)	(M)	17.22	1.54	15.51	2729.29	11.28	(M)	(M)	44.47(M)	
Category: Cold Pack;																			
23-24 ELE CP: Baby Carrots & Diced Pears (DPC, WSC, BSC ONLY) -	59.53(M)	0.22(M)	0.03(M)	0.00(M)	0.00(M)	132.68(M)	14.02(M)	4.93(M)	0.00(M)	(M)	1.09(M)	1.51(M)	54.43(M)	23456.79(M)	4.42(M)	(M)	(M)	153.69(M)	
Friday																			
Category: Hot Pack; May																			
23-24/ELE HP: TURKEY & SWISS SANDWICH (DPC, BSC, WSD ONLY) -	258.00	6.13	3.00	0.00	11.46	712.50	30.75	2.00	3.00	0.00(M)	18.25	3.08	140.00	300.00	0.00	0.00(M)	0.00(M)	0.00(M)	
Category: Cold Pack;																			
23-24 ELE CP: Broccoli Buds, Cherry Tomatoes, Peaches - LR100928 (1	45.26(M)	0.49(M)	0.06(M)	0.00(M)	0.00(M)	39.28(M)	8.99(M)	3.40(M)	0.00(M)	(M)	3.53(M)	0.93(M)	57.02(M)	1016.77(M)	105.88(M)	(M)	(M)	136.47(M)	
Milk																			
Milk, Chocolate, 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, Soy, Shelf - LR100265 (1 ea.)	130.00	4.50	0.50	0.00	0.00	110.00	13.00	2.00	11.00	10.00	8.00	1.44	300.00	500.00	0.00	25.00	350.15	(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)	

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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)
Condiments																		
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)
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)