

2023-2024 Discovery Peak & Watershed Charter School Breakfast - 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)
Breakfast Entrée																		
BAGEL, MINI W/ STRAWBERRY CREAM CHEESE, IW - LR100323 (1 ea.)	230.00	6.00	2.00	0.00	10.00	190.00	42.00	2.00	13.00	12.00	6.00	1.60	30.00	0.00	0.00	0.00	140.06	(M)
BREAD, SLICE, BANANA, IW - LR100297 (1 ea.)	260.00	8.00	1.50	0.00	0.00	240.00	45.00	2.00	24.00	23.00	5.00	1.00	159.00	0.00	0.00	0.00	113.00	(M)
Breakfast, Oatmeal Bar - LR-1431 (1 ea.)	290.00	9.00	3.00	0.00	20.00	240.00	47.00	3.00	22.00	(M)	5.00	1.80	20.00	0.00	0.00	(M)	(M)	(M)
Cereal, Cinnamon toast crunch - LR100138 (1 ea.)	228.79	5.97	1.00	0.00	0.00	328.26	44.76	2.98	16.91	(M)	2.98	8.06	198.95	994.74	11.94	(M)	(M)	(M)
Cereal, Cocoa Puffs - LR100415 (1 ea.)	210.00	2.50	0.00	0.00	0.00	220.00	47.00	3.00	15.00	(M)	3.00	9.00	200.00	1250.00	12.00	(M)	(M)	0.00
Cereal, Lucky Charms - LR100121 (1 ea.)	210.00	2.50	0.00	0.00	0.00	350.00	46.00	3.00	20.00	(M)	4.00	9.00	150.00	1000.00	12.00	(M)	(M)	(M)
GOODY PULL APART, WG GLAZED CINNAMON, IW - LR100974 (1 ea.)	240.00	11.00	4.50	0.00	0.00	300.00	31.00	2.00	8.00	8.00	4.00	1.00	24.00	0.00	0.00	0.00	83.19	0.00
HOLES, POWDERED DONUT, MINI - LR100973 (1 ea.)	280.00	12.00	4.50	0.00	0.00	230.00	42.00	2.00	21.00	20.00	4.00	1.00	26.00	0.00	0.00	0.00	106.22	0.00
Milk																		
Milk, Chocolate, Fresh - LR-1400 (8 fl. oz.)	135.27	0.00	0.00	0.00	5.20	218.52	24.97	0.00	22.89	22.89	8.32	0.38	312.17	520.28	1.25	5.20	437.22	(M)
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, Fresh, Fat-Free - LR-1399 (8 fl. oz.)	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	12.00	9.00	0.00	300.00	499.99	0.00	5.00	439.91	(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)
Juice																		
ES-Juice, Apple, 4oz. - LR-1411 (4 oz.)	60.00	0.00	0.00	0.00	0.00	10.00	14.00	0.00	13.00	0.00	0.00	0.00	0.00	0.00	60.00	(M)	150.00	(M)
ES-Juice, Orange, 4oz. Foil top - LR-1410 (4 oz.)	50.00	0.00	0.00	0.00	0.00	0.00	13.00	0.00	12.00	0.00	0.00	0.00	10.00	0.00	60.00	(M)	240.00	(M)
ES-Juice, Orange, 4oz-USDA - LR-1434 (4 oz.)	61.00	0.00	0.00	0.00	0.00	2.00	14.00	0.00	10.00	(M)	1.00	0.00	10.00	0.00	60.00	(M)	(M)	(M)
Fruit																		
APPLESAUCE CUP, BLUE RASPBERRY - LR100979 (1 ea.)	70.00	0.00	0.00	0.00	0.00	0.00	17.00	1.00	14.00	3.00	0.00	0.00	0.00	0.00	0.00	0.00	86.95	0.00
APPLESAUCE CUP, CINNAMON - LR-1354 (1 ea.)	50.00	0.00	0.00	0.00	0.00	0.00	13.00	1.00	11.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
APPLESAUCE CUP, USDA - LR-1412 (1 ea.)	51.00	0.00	0.00	0.00	0.00	2.00	14.00	1.00	11.00	(M)	0.00	0.00	0.00	0.00	12.00	(M)	(M)	(M)
APPLESAUCE, CHERRY - LR100782 (1 ea.)	60.00	0.00	0.00	0.00	0.00	10.00	15.00	1.00	12.00	0.00	0.00	0.00	0.00	0.00	60.00	0.00	0.00	0.00
FRT, CUP, GEL, CHERRY (100% FRUIT JUICE) - LR100886 (1/2 c.)	90.00	0.00	0.00	0.00	0.00	5.00	22.00	0.00	20.00	0.00	0.00	0.00	0.00	0.00	30.00	0.00	0.00	0.00
FRT, CUP, GEL, MANDARIN ORANGE (100% FRUIT JUICE) -	70.00	0.00	0.00	0.00	0.00	5.00	18.00	0.00	17.00	0.00	0.00	0.00	0.00	0.00	30.00	0.00	0.00	0.00

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FRT, CUP, GEL, PEACHES IN STRAWBERRY (100% FRUIT JUICE)	100.00	0.00	0.00	0.00	0.00	30.00	24.00	1.00	22.00	20.00	0.00	0.00	0.00	0.00	17.00	0.00	0.00	0.00
FRT, CUP, GEL, STRAWBERRY (100% FRUIT JUICE) - LR100888	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	30.00	0.00	0.00	0.00	0.00	0.00
FRT, CUP, PEACH, USDA FROZEN - LR100885 (1 ea.)	90.00	0.00	0.00	0.00	0.00	0.00	21.00	2.00	19.00	0.00	1.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
FRT-Strawberries, frozen 4.5oz. - LR-1423 (1 ea.)	90.00	0.00	0.00	0.00	0.00	0.00	22.00	2.00	18.00	(M)	1.00	0.75	14.00	31.00	52.80	(M)	(M)	(M)
Fruit, Dried, Cranberries, IW pkg. - LR100315 (1 ea.)	110.00	0.00	0.00	0.00	0.00	0.00	28.00	3.00	24.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fruit, Strawberries, whole - LR100666 (1/2 c.)	23.04	0.22	0.01	0.00	0.00	0.72	5.53	1.44	(M)	(M)	0.48	0.30	11.52	8.64	42.34	(M)	(M)	65.48
Fruit-Grapes 1/2 c. - LR-1384 (1/2 c.)	67.00	0.35	0.11	0.00	0.00	2.00	17.15	0.90	(M)	(M)	0.63	0.29	14.00	100.00	4.00	(M)	(M)	81.30
Mandarin Orange, Cup - LR100195 (1 ea.)	70.00	0.00	0.00	0.00	0.00	5.00	17.00	1.00	15.00	(M)	0.00	0.36	0.00	500.00	27.00	(M)	(M)	(M)
Mixed Berry, 4oz. frozen, Cup - LR100398 (1 ea.)	90.00	0.00	0.00	0.00	0.00	0.00	20.00	2.00	16.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Mixed Fruit, Cup - LR100196 (1 ea.)	50.00	0.00	0.00	0.00	0.00	15.00	13.00	0.00	12.00	(M)	0.00	0.00	0.00	300.00	18.00	(M)	(M)	(M)
Peaches, Diced, Cup - LR100193 (1 ea.)	50.00	0.00	0.00	0.00	0.00	15.00	13.00	0.00	12.00	(M)	0.00	0.00	0.00	300.00	18.00	(M)	(M)	(M)
Pears, Diced, Cup - LR100194 (1 ea.)	50.00	0.00	0.00	0.00	0.00	15.00	13.00	0.00	12.00	(M)	0.00	0.00	0.00	300.00	18.00	(M)	(M)	(M)
Pineapple, Tidbits, Cup - LR100197 (1 ea.)	53.00	0.00	0.00	0.00	0.00	4.50	12.20	3.30	8.50	0.00	0.30	0.00	20.00	0.00	1.20	0.00	94.00	0.00
S-Whole, Pear - LR100224 (1 ea.)	85.84	0.18	0.02	(M)	0.00	1.48	22.88	4.59	(M)	(M)	0.56	0.25	13.32	34.04	6.22	(M)	(M)	123.89
Whole, Apple, ELE - LR-1426 (1 ea.)	55.12	0.18	0.03	0.00	0.00	1.06	14.64	2.54	(M)	(M)	0.28	0.13	6.36	57.24	4.88	(M)	(M)	90.69
Whole, Kiwi - LR-1383 (1 fruit with)	46.36	0.40	0.02	0.00	0.00	2.28	11.14	2.28	(M)	(M)	0.87	0.24	25.84	66.12	70.45	(M)	(M)	63.13
Whole, Orange - LR-1375 (1 ea.)	61.57	0.16	0.03	0.00	0.00	0.00	15.39	3.14	(M)	(M)	1.23	0.13	52.40	294.75	69.69	(M)	(M)	113.64