

2023 - 2024 Elementary Lunch Week 1 - 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 Bean & Cheese Burrito W/ Green Beans - LR100894 (1 ea.)	304.29	8.94	4.05	0.00	17.56	568.83	42.36	9.81	1.59	0.00(M)	15.62	3.19	182.50	100.00	1.28	(M)	(M)	(M)
23-24 ELE HP: Peanut Butter & Jelly Sandwich - LR100895 (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)
Category: Cold Pack;																		
23-24 ELE CP: Celery, Grape Tomatoes & Diced Pineapple - LR100913 (1 ea.)	66.92	0.07	0.02	0.00	0.00	27.36	17.33	1.64	13.00(M)	(M)	0.31	0.45	34.32	221.97	8.12	(M)	(M)	40.16(M)
Tuesday																		
Category: Hot Pack; May																		
22-23 ELE HP: Cheese Filled Breadsticks & Marinara - LR100804 (1 ea.)	427.44	16.34	6.80	0.00	30.25	714.20	50.73	5.02	20.04	1.01(M)	22.16	3.54	393.02	830.67	9.00	(M)	(M)	(M)
23-24 ELE HP: Beef & Bean Chili Mac - LR100956 (1 ea.)	449.75	11.96	3.79	0.00	35.30	880.19	63.32	13.26	9.90(M)	4.25(M)	29.01	6.83	140.63	928.60	18.07	0.00(M)	0.44(M)	49.87(M)
Category: Cold Pack;																		
23-24 ELE CP: Broccoli, Cauliflower & Fresh Orange Wedges - LR100914 (1 ea.)	106.38	0.60	0.08	0.00	0.00	44.92	24.25	6.72	0.00(M)	(M)	4.92	1.07	111.20	1004.48	182.44	(M)	(M)	237.89
Wednesday																		
Category: Hot Pack; May																		
23-24 ELE HP- Beef Steak Bites & Mashed Potato w/Gravy - LR100896 (1 ea.)	417.44	22.47	8.07	1.01	50.64	913.66	36.11	2.02	0.00	(M)	17.85	2.73	21.24	0.00	1.97	0.00(M)	29.61(M)	0.00(M)
23-24 ELE HP- Chicken Patty on Bun w/Tater Tots - LR100897 (1 ea.)	692.94	26.25	4.34	0.00	25.33	946.47	88.60	7.82	17.97(M)	0.00(M)	28.28	4.60	126.89	165.74	8.84	0.00(M)	132.54(M)	0.00(M)
Category: Cold Pack;																		
23-24 ELE CP: Romaine Salad & Peaches - LR100915 (1 ea.)	67.99	0.14	0.02	0.00	0.00	8.76	15.55	1.99	13.00(M)	(M)	0.58	0.46	15.51	3029.29	12.48	(M)	0.00(M)	44.47(M)
Thursday																		
Category: Hot Pack; May																		
23-24 ELE HP- Cheeseburger on Bun & Baked Beans - LR100898 (1 ea.)	713.94	22.75	8.09	1.00	48.33	1216.47	95.10	11.32	27.97(M)	10.00(M)	31.28	6.24	249.89	3415.74	8.64	0.00(M)	0.00(M)	0.00(M)
23-24 ELE HP- Shredded BBQ Pork & Baked Beans W/ Bread Bites - LR100899 (1 ea.)	542.59	15.37	4.54	0.00	72.16	999.73	69.43	9.89	18.98(M)	10.00(M)	36.10	2.75(M)	82.95(M)	32.87(M)	3.82(M)	0.00(M)	(M)	0.00(M)
Category: Cold Pack;																		
23-24 ELE CP: Pickle Spears & Apricots - LR100916 (1 ea.)	58.00	0.00	0.00	0.00	0.00	1117.89	14.00	0.70	11.40	8.60(M)	0.70	0.30	0.00	0.00	0.00	0.00(M)	68.15(M)	0.00(M)
Friday																		
Category: Hot Pack; May																		

2023 - 2024 Elementary Lunch Week 1 - Nutrient Analysis

23-24 ELE HP- Cheese Pizza - LR100901 (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)
23-24 ELE HP- Yogurt & String Cheese w/ Cranberry Oatmeal	150.32(M)	3.00(M)	2.00(M)	0.00(M)	10.00(M)	275.26(M)	20.07(M)	0.00(M)	17.06(M)	0.00(M)	10.01(M)	0.00(M)	499.06(M)	63.00(M)	1.20(M)	(M)	(M)	0.00(M)
Category: Cold Pack;																		
23-24 ELE CP: Baby Carrots & Blueberries - LR100917 (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)
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)
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)

2023 - 2024 Elementary Lunch Week 1 - Nutrient Analysis

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)