

## 2023 - 2024 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)	Potassiu m (mg)	Mois (g)
<b>Monday</b>																		
<b>Category: Hot Pack; May</b>																		
23-24 ELE HP- Salisbury Steak & WW Roll w/Mashed Potatoes - LR100900 (1 ea.)	418.44	13.12	3.54	0.00	40.16	1041.62	53.10	3.66	9.98(M)	0.00(M)	23.28	3.48	93.20	32.87	6.99	0.00(M)	10.13(M)	0.00(M)
23-24 ELE HP- Spaghetti & Meat Sauce w/ Corn - LR100900 (1 ea.)	647.73	20.24	6.84	0.00	62.74	1256.59	86.69	9.98	17.91(M)	(M)	34.30	7.52	58.51	762.89	14.73	(M)	(M)	1.10(M)
<b>Category: Cold Pack;</b>																		
23-24 ELE CP: Sweet Peppers & Applesauce - LR100918 (1 ea.)	74.81	0.08	0.00	0.00	0.00	25.38	17.70	2.45	13.31	(M)	0.45	1.76	0.00	44.25	52.65	(M)	(M)	(M)
<b>Tuesday</b>																		
<b>Category: Hot Pack; May</b>																		
23-24 ELE HP PANCAKE & SAUSAGE BITES - LR100967 (1 ea.)	256.00	5.00	0.90	0.00	29.00	586.00	37.00	4.00	11.00	0.00	17.00	3.00	70.00	0.00	0.00	0.00	0.00	0.00
23-24 ELE HP: French Toast & Sausage Patty - LR100930 (1 ea.)	377.76	25.09	7.80	0.00	115.40	540.68	27.07	0.90	9.89	8.99	11.39	2.16	40.45	0.00	0.00	0.90	73.51	0.00
<b>Category: Cold Pack;</b>																		
23-24 ELE CP: Cucumber Coins & Mixed Berries - LR100919 (1 ea.)	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)
<b>Wednesday</b>																		
<b>Category: Hot Pack; May</b>																		
23-24 ELE HP- Fiesta Dip w/Tortilla Chips & Fruit Crisp - LR100903 (1 ea.)	606.55	29.87	9.61	0.00	46.19	767.08	67.88	6.74	20.18	(M)	19.10	2.65	282.66	1058.08	3.71	0.00(M)	(M)	0.00(M)
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)
<b>Category: Cold Pack;</b>																		
23-24 ELE CP: Romaine / Spinach Salad & Cantaloupe Chunks - LR100906 (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>Thursday</b>																		
<b>Category: Hot Pack; May</b>																		
23-24 ELE HP- Mini Corn Dogs w/ Baked Beans - LR100905 (1 ea.)	414.64	13.21	3.56	0.00	15.27	918.39	60.54	7.02	17.13	16.11	15.16	3.32	111.25	0.00	0.00	0.00(M)	0.00(M)	(M)
23-24/ELE HP CHICKEN DRUMSTICK & BAKED BEANS - LR100948 (1 ea.)	370.00	14.00	3.00	0.00	60.00	970.00	36.00	7.00	10.00	10.00	25.00	2.08	54.00	0.00	0.00	0.00	310.20(M)	0.00(M)
<b>Category: Cold Pack;</b>																		
23-24 ELE CP: Baby Carrots & Pears - LR100986 (1 ea.)	39.69(M)	0.15(M)	0.02(M)	0.00(M)	0.00(M)	88.45(M)	9.34(M)	3.29(M)	0.00(M)	(M)	0.73(M)	1.01(M)	36.29(M)	15637.86(M)	2.95(M)	(M)	(M)	102.46(M)
<b>Friday</b>																		
<b>Category: Hot Pack; May</b>																		

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23-24 ELE HP TERIYAKI BEEF BITES & RICE - LR100969 (1 ea.)	390.36	10.61	3.50	0.50	40.00	996.75	54.29	1.00	4.68	0.00(M)	19.83	2.37	23.79	0.00	0.01	0.00(M)	1.26(M)	126.27(M)
23-24 ELE HP: Grilled Cheese Sandwich - LR100906 (1 ea.)	430.00	27.00	9.00	0.00	30.00	630.00	27.00	4.00	3.00	0.00	19.00	0.00	460.00	0.00(M)	0.00(M)	0.00	210.09	(M)
<b>Category: Cold Pack;</b>																		
23-24 ELE CP: Broccoli Buds, Cherry Tomatoes, Peaches - LR100928 (1 ea.)	83.82(M)	0.91(M)	0.10(M)	0.00(M)	0.00(M)	76.71(M)	16.52(M)	6.34(M)	0.00(M)	(M)	6.72(M)	1.76(M)	110.32(M)	1723.26(M)	207.04(M)	(M)	(M)	237.73(M)
<b>Milk</b>																		
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)
<b>Condiments</b>																		
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)

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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)