

Nutrient Analysis - Discovery Peak Week 1

Generated on: 7/30/2019 5:46:23 AM by AMY ROUSE

| Menu Item (Serving Size) | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Carb (g) | TDF (g) | Sugars (g) | Pro (g) | Fe (mg) | Ca (mg) | A,IU | VitC (mg) |
|--|--------------------|---------|----------|----------|--------------|------------|-------------|---------|---------------|---------|------------|---------|-----------|--------------|
| 19-20 DPC Week 1 Day 1 - | | | | | | | | | | | | | | |
| Category: Hot Pack; | | | | | | | | | | | | | | |
| 19-20 ELE HP: Peanut Butter & Jelly Sandwich - LR100507 (1 ea.) | 610.00 | 31.00 | 4.50 | 0.00 | 0.00 | 620.00 | 69.00 | 7.00 | 25.00 | 20.00 | 1.80 | 80.00 | 0.00 | 0.00 |
| Category: Cold Pack; | | | | | | | | | | | | | | |
| 19-20 DPC CP: Baby Carrots & Blueberries - | 89.61 | 0.68 | 0.03 | 0.00 | 0.00 | 110.56 | 20.18 | 6.11 | 6.00(M) | 0.91 | 1.26 | 45.36 | 19547.33 | 3.69 |
| 19-20 DPC Week 1 Day 2 - | | | | | | | | | | | | | | |
| Category: Hot Pack; | | | | | | | | | | | | | | |
| 19-20 ELE HP- Hot Ham & Cheese Ciabatta | 280.88 | 11.04 | 4.01 | 0.00 | 37.81 | 1062.88 | 31.01 | 3.00 | 3.01 | 17.63 | 1.81 | 95.00 | 150.00 | 0.00 |
| Category: Cold Pack; | | | | | | | | | | | | | | |
| 19-20 ELE CP: Romaine Salad & Pineapple Tidbits - LR100444 (1 ea.) | 67.99 | 0.14 | 0.02 | 0.00 | 0.00 | 3.76 | 17.55 | 1.99 | 13.00(M) | 0.58 | 0.82 | 35.51 | 2729.29 | 17.28 |
| 19-20 DPC Week 1 Day 3 - | | | | | | | | | | | | | | |
| Category: Hot Pack; | | | | | | | | | | | | | | |
| 19-20 ELE HP- Yogurt & Sunflower Seeds w/Cereal Bar - LR100493 | 570.00 | 25.50 | 4.50 | 0.00 | 5.00 | 305.00 | 75.00 | 5.00 | 36.00 | 14.00 | 3.24 | 140.00 | 500.00(M) | 0.00(M) |
| Category: Cold Pack; | | | | | | | | | | | | | | |
| 19-20 DPC CP: Crispy Ranch Chipeas & Fresh Grapes - LR100460 (1 | 42.15 | 0.35 | 0.04 | 0.00 | 0.00 | 162.71 | 8.96 | 0.90 | 0.60(M) | 1.26 | 0.14 | 44.43 | 34.00 | 1.36 |
| 19-20 DPC Week 1 Day 4 - | | | | | | | | | | | | | | |
| Category: Hot Pack; | | | | | | | | | | | | | | |
| 19-20 ELE HP- Turkey & American Sandwich - LR100487 (1 ea.) | 462.70 | 14.37 | 3.96 | 0.00 | 31.48 | 812.66 | 64.84 | 5.32 | 17.97(M) | 21.99 | 3.62 | 160.89 | 215.74 | 7.64 |
| Category: Cold Pack; | | | | | | | | | | | | | | |
| 19-20 DPC CP: Potato Salad & Fresh Orange - LR100523 (1 ea.) | 256.09 | 9.33 | 1.54 | 0.00 | 35.23 | 576.71 | 62.30 | 5.35 | 1.48(M) | 3.89 | 0.56 | 62.98 | 463.81 | 85.11 |
| 19-20 DPC Week 1 Day 5 - | | | | | | | | | | | | | | |
| Category: Hot Pack; | | | | | | | | | | | | | | |
| 19-20 DPC HP- Hummus, Pretzels & Colby Cheese Stick - LR100519 (1 ea.) | 379.21 | 19.94 | 6.49 | 0.00 | 30.00 | 512.68 | 37.95 | 6.98 | 0.00 | 14.98 | 1.36 | 219.90 | 300.00 | 0.00 |
| Category: Cold Pack; | | | | | | | | | | | | | | |
| 19-20 DPC CP: Celery Sticks & Diced Peaches w/ Jello - LR100465 (1 | 120.23 | 0.13 | 0.03 | 0.00 | 0.00 | 112.29 | 27.86 | 2.34 | 14.70(M) | 1.10 | 0.15 | 30.30 | 679.25 | 12.34 |
| Category: Milk; Choose: | | | | | | | | | | | | | | |

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|------------------------------|--------|-------|------|------|-------|--------|-------|------|-------|------|------|--------|--------|------|
| Milk, Chocolate, Shelf - LR- | 140.00 | 0.00 | 0.00 | 0.00 | 5.00 | 260.00 | 27.00 | 0.00 | 25.00 | 8.00 | 0.00 | 300.00 | 499.99 | 0.00 |
| Milk, Soy, Shelf - | 130.00 | 4.50 | 0.50 | 0.00 | 0.00 | 125.00 | 14.00 | 1.00 | 11.00 | 8.00 | 1.44 | 300.00 | 500.00 | 0.00 |
| Milk, Strawberry, Shelf - | 130.00 | 0.00 | 0.00 | 0.00 | 5.00 | 100.00 | 25.00 | 0.00 | 25.00 | 8.00 | 0.00 | 300.00 | 499.99 | 0.00 |
| Milk, White, Shelf, USDA - | 80.00 | 0.00 | 0.00 | 0.00 | 5.00 | 110.00 | 11.00 | 0.50 | 11.00 | 8.00 | 0.00 | 250.00 | 500.00 | 1.20 |
| Category: Condiment; | | | | | | | | | | | | | | |
| pc, ketchup - LR-1393 (7 | 10.00 | 0.00 | 0.00 | 0.00 | 0.00 | 85.00 | 3.00 | 0.00 | 2.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| pc, mayonnaise - LR- | 90.00 | 9.00 | 1.50 | 0.00 | 5.00 | 70.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| PC, Mustard 5.5g - | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 30.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.20 |
| PC, Ranch Dressing 1oz. - | 170.00 | 17.00 | 2.50 | 0.00 | 15.00 | 350.00 | 4.00 | 0.00 | 2.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |