

# NutriStudents K-12

## SSO K-8 5DAY MENU WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>*ENTREE: Greek Chicken</p> <p>*GRAIN: Whole Wheat Tortilla</p> <p>*SIDE: Ranch Dressing</p> <p>*VEGETABLES: Broccoli 3/4 CUP</p> <p>*OR: Broccoli 3/4 CUP</p> <p>*FRUIT: Assorted Fruit</p> <p>*MILK: 1% Milk Assorted 2% Milk Skim Milk Assorted Whole Milk</p>	<p>*ENTREE: Egg Salad Wrap</p> <p>*GRAIN: Whole Wheat Tortilla</p> <p>*VEGETABLES: Corn 3/4 CUP</p> <p>*FRUIT: Assorted Fruit</p> <p>*MILK: 1% Milk Assorted 2% Milk Skim Milk Assorted Whole Milk</p>	<p>*ENTREE: Deli Ham</p> <p>*GRAIN: Sliced Bread 2 Each</p> <p>*SIDE: Mayo PC Ranch Dressing</p> <p>*VEGETABLES: Carrots 3/4 CUP</p> <p>*FRUIT: Assorted Fruit</p> <p>*MILK: Skim Milk Assorted 1% Milk Assorted 2% Milk Whole Milk</p>	<p>*ENTREE: Deli Turkey</p> <p>*GRAIN: Bagel</p> <p>Tortilla Chips 1G</p> <p>*SIDE: Mayo PC</p> <p>*VEGETABLES: Shredded Lettuce 1/2 CU</p> <p>Black Bean 1/2 CUP</p> <p>*FRUIT: Assorted Fruit</p> <p>*MILK: 1% Milk Assorted 2% Milk Skim Milk Assorted Whole Milk</p>	<p>*ENTREE: Deli Chef Salad</p> <p>*GRAIN: Dinner Roll</p> <p>Dinner Roll</p> <p>*SIDE: Ranch Dressing</p> <p>*VEGETABLES: LCR Salad Mix 1/2 CUP</p> <p>Romaine CUP</p> <p>*FRUIT: Assorted Fruit</p> <p>*MILK: 1% Milk Assorted 2% Milk Skim Milk Assorted Whole Milk</p>	<p>Avg Nutrients    Target</p> <p>Cals...            601    100%</p> <p>Chol...            125 mg</p> <p>Sodium...        1173 mg</p> <p>Fiber...            9.5 g</p> <p>Carb    80.9g    53.8%Cal</p> <p>T.Fat   18.2g    27.2%Cal</p> <p>S.Fat    6.1g     9.2%Cal</p>
<p>Nutrients            Target</p> <p>Cals...            502    84%</p> <p>Chol...            63 mg</p> <p>Sodium...        954 mg</p> <p>Fiber...            9.9 g</p> <p>Carb    69.5g    55.4%Cal</p> <p>T.Fat   11.6g    20.8%Cal</p> <p>S.Fat    4.9g     8.8%Cal</p>	<p>Nutrients            Target</p> <p>Cals...            516    86%</p> <p>Chol...            209 mg</p> <p>Sodium...        604 mg</p> <p>Fiber...            7.3 g</p> <p>Carb    70.8g    54.8%Cal</p> <p>T.Fat   18.4g    32.1%Cal</p> <p>S.Fat    6.0g     10.5%Cal</p>	<p>Nutrients            Target</p> <p>Cals...            638    100%</p> <p>Chol...            75 mg</p> <p>Sodium...        1974 mg</p> <p>Fiber...            8.6 g</p> <p>Carb    82.1g    51.5%Cal</p> <p>T.Fat   21.1g    29.8%Cal</p> <p>S.Fat    6.9g     9.7%Cal</p>	<p>Nutrients            Target</p> <p>Cals...            774    119%</p> <p>Chol...            73 mg</p> <p>Sodium...        1378 mg</p> <p>Fiber...            14.9 g</p> <p>Carb   105.5g   54.6%Cal</p> <p>T.Fat   21.7g    25.2%Cal</p> <p>S.Fat    5.1g     6.0%Cal</p>	<p>Nutrients            Target</p> <p>Cals...            577    96%</p> <p>Chol...            204 mg</p> <p>Sodium...        956 mg</p> <p>Fiber...            7.0 g</p> <p>Carb    76.6g    53.1%Cal</p> <p>T.Fat   18.0g    28.1%Cal</p> <p>S.Fat    7.7g     12.0%Cal</p>	

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	601	600-650	100%	Carbohydr	80.91 g	53.82%	
Cholesterol	125 mg			Tot. Fat	18.17 g	27.20%	
Sodium	1173 mg	1230		Sat. Fat	6.11 g	9.15%	<10.00%
Fiber	9.55 g						