

# NutriStudents K-12

SSO K-5 4DAY MENU WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>*ENTREE: Deli Turkey</p> <p>*GRAIN: Assorted Hamburger Bun</p> <p>*VEGETABLES: Shredded Lettuce 1/2 CU Black Bean 1/2 CUP</p> <p>*FRUIT: Assorted Fruit</p> <p>*MILK: Skim Milk Assorted 1% Milk Assorted 2% Milk Whole Milk</p>	<p>*ENTREE: Deli Pastrami</p> <p>*GRAIN: Sliced Bread 2 Each</p> <p>*SIDE: Mayo PC Ranch Dressing</p> <p>*VEGETABLES: Broccoli 3/4 CUP</p> <p>*FRUIT: Assorted Fruit</p> <p>*MILK: Skim Milk Assorted 1% Milk Assorted 2% Milk Whole Milk</p>	<p>*ENTREE: Old Fashioned Chicken Wrap</p> <p>*GRAIN: Whole Wheat Tortilla</p> <p>*VEGETABLES: Corn 1/2 CUP</p> <p>*OR: Corn 1/2 CUP Cabbage 1/4 CUP</p> <p>*FRUIT: Assorted Fruit</p> <p>*MILK: Skim Milk Assorted 1% Milk Assorted 2% Milk Whole Milk</p>	<p>*ENTREE: Berry Parfait w/Granola</p> <p>*SIDE: Whipped Cream Ranch Dressing</p> <p>*VEGETABLES: Red Pepper 3/4 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... 631 100%</p> <p>Chol... 62 mg</p> <p>Sodium... 1077 mg</p> <p>Fiber.. 8.9 g</p> <p>Carb 89.9g 57.0%Cal</p> <p>T.Fat 17.1g 24.3%Cal</p> <p>S.Fat 5.4g 7.7%Cal</p>
<p>Nutrients Target</p> <p>Cals... 544 99%</p> <p>Chol... 68 mg</p> <p>Sodium... 1205 mg</p> <p>Fiber.. 10.9 g</p> <p>Carb 78.0g 57.4%Cal</p> <p>T.Fat 8.9g 14.8%Cal</p> <p>S.Fat 3.4g 5.6%Cal</p>	<p>Nutrients Target</p> <p>Cals... 631 100%</p> <p>Chol... 84 mg</p> <p>Sodium... 1718 mg</p> <p>Fiber.. 8.7 g</p> <p>Carb 68.4g 43.4%Cal</p> <p>T.Fat 25.1g 35.8%Cal</p> <p>S.Fat 8.8g 12.6%Cal</p>	<p>Nutrients Target</p> <p>Cals... 560 100%</p> <p>Chol... 65 mg</p> <p>Sodium... 711 mg</p> <p>Fiber.. 8.9 g</p> <p>Carb 77.3g 55.2%Cal</p> <p>T.Fat 16.1g 25.9%Cal</p> <p>S.Fat 4.9g 7.9%Cal</p>	<p>Nutrients Target</p> <p>Cals... 789 121%</p> <p>Chol... 29 mg</p> <p>Sodium... 672 mg</p> <p>Fiber.. 7.3 g</p> <p>Carb 135.7g 68.8%Cal</p> <p>T.Fat 18.1g 20.7%Cal</p> <p>S.Fat 4.4g 5.0%Cal</p>		

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	631	550-650	100%	Carbohyd	89.86 g	56.98%	
Cholesterol	62 mg			Tot. Fat	17.07 g	24.35%	
Sodium	1077 mg	1230		Sat. Fat	5.38 g	7.67%	<10.00%
Fiber	8.95 g						

SSO K-5 4DAY MENU WEEK:1 DAY:1  
 DATE: \_\_\_\_\_

## NutriStudents K-12 DAILY PRODUCTION RECORD

Students(0) \_\_\_\_\_ Adults(0) \_\_\_\_\_ Total(0) \_\_\_\_\_

Site # 001 Nutristudents K-12

recipe no.	recipe descriptions	portion size	M/MA	GRAIN	FRUIT	VEGETABLE	MILK	PLANNED	PREPARED	ADDED OR LEFT OVER
001299	----- ENTREE -----	S: -----								
001683	NS DELI TURKEY 2M	S: 4 OZ		2						
001467	----- GRAIN -----	S: -----								
003249	NS GRAIN BUN HAMBURGE	S: 1 EACH		2						
001217	----- VEGETABLES -----	S: -----								
001129	VSOFL LETTUCE 1/2C = 1/4C <b>VEGETABLE SUB</b> OTHER	S: 1/2 CUP				1/4				
001041	VSLC BEAN BLACK 1/2C = 1 <b>VEGETABLE SUB</b> LEGUMES	S: 1/2 CUP				1/2				
000878	----- FRUIT -----	S: -----								
900013	FRUIT - ASSORTED 1/2 CUP	S: 1/2 Cup Equival			1/2					
000879	----- MILK -----	S: -----								
003296	NS MILK SKIM ASSORTED	S: 1 EACH					1			
001300	NS MILK 1% ASSORTED	S: 1 EACH					1			
001381	NS MILK 2%	S: 1 EACH					1			
001382	NS MILK WHOLE	S: 1 EACH					1			

## NutriStudents K-12 DAILY PRODUCTION RECORD

Students(0)\_\_\_\_\_ Adults(0)\_\_\_\_\_ Total(0)\_\_\_\_\_

Site # 001 Nutristudents K-12

recipe no.	recipe descriptions	portion size	M/MA	GRAIN	FRUIT	VEGETABLE	MILK	PLANNED	PREPARED	ADDED OR LEFT OVER
001299	----- ENTREE -----	S: -----								
001686	NS DELI PASTRAMI 2M	S: 4 OZ		2						
001467	----- GRAIN -----	S: -----								
001418	NS GRAIN BREAD WG 2SLI	S: 2 EACH		2						
001464	----- SIDE -----	S: -----								
003345	NS CONDIMENT MAYO PC	S: 1 EACH								
900263	NS DRESS RANCH	S: 1 TBSP								
001217	----- VEGETABLES -----	S: -----								
000909	VSDF BROCCOLI 3/4C = 3/4  <b>VEGETABLE SUB</b> DARK GREE OTHER	S: 3/4 CUP				3/4				
000878	----- FRUIT -----	S: -----								
900013	FRUIT - ASSORTED 1/2 CUP	S: 1/2 Cup Equival			1/2					
000879	----- MILK -----	S: -----								
003296	NS MILK SKIM ASSORTED	S: 1 EACH					1			
001300	NS MILK 1% ASSORTED	S: 1 EACH					1			
001381	NS MILK 2%	S: 1 EACH					1			
001382	NS MILK WHOLE	S: 1 EACH					1			

## NutriStudents K-12 DAILY PRODUCTION RECORD

Students(0)\_\_\_\_\_ Adults(0)\_\_\_\_\_ Total(0)\_\_\_\_\_

Site # 001 Nutristudents K-12

recipe no.	recipe descriptions	portion size	M/MA	GRAIN	FRUIT	VEGETABLE	MILK	PLANNED	PREPARED	ADDED OR LEFT OVER
001299	----- ENTREE -----	S: -----								
001692	NS DELI CHX DICE OLD FAS	S: 1/2 CUP		2						
001467	----- GRAIN -----	S: -----								
000373	NS GRAIN TORTILLA 9" 2G	S: 1 EACH		2						
001217	----- VEGETABLES -----	S: -----								
000993	VSSC CORN 1/2C = 1/2C	S: 1/2 CUP				1/2				
	<b>VEGETABLE SUB</b>									
	<b>STARCHY</b>					1/2				
000497	----- OR -----	S: -----								
000988	VSSZ CORN 1/2C = 1/2C	S: 1/2 CUP				1/2				
	<b>VEGETABLE SUB</b>									
	<b>STARCHY</b>					1/2				
001124	VSOFC CABBAGE 1/4C = 1/4C	S: 1/4 CUP				1/4				
	<b>VEGETABLE SUB</b>									
	<b>OTHER</b>					1/4				
000878	----- FRUIT -----	S: -----								
900013	FRUIT - ASSORTED 1/2 CUP	S: 1/2 Cup Equival			1/2					
000879	----- MILK -----	S: -----								
003296	NS MILK SKIM ASSORTED	S: 1 EACH					1			
001300	NS MILK 1% ASSORTED	S: 1 EACH					1			
001381	NS MILK 2%	S: 1 EACH					1			
001382	NS MILK WHOLE	S: 1 EACH					1			

## NutriStudents K-12 DAILY PRODUCTION RECORD

Students(0)\_\_\_\_\_ Adults(0)\_\_\_\_\_ Total(0)\_\_\_\_\_

Site # 001 Nutristudents K-12

recipe no.	recipe descriptions	portion size	M/MA	GRAIN	FRUIT	VEGETABLE	MILK	PLANNED	PREPARED	ADDED OR LEFT OVER
001299	----- ENTREE -----	S: -----								
001619	NS PARFAIT BERRY WGRA	S: 1 EACH	2	2						
				1/4						
001464	----- SIDE -----	S: -----								
001584	NS CONDIMENT CREAM W	S: 2 TBSP								
900263	NS DRESS RANCH	S: 1 TBSP								
001217	----- VEGETABLES -----	S: -----								
000954	VSRF PEPPER RED 3/4C = 3	S: 3/4 CUP				3/4				
	<b>VEGETABLE SUB</b>									
	<b>RED/ORANG</b>					3/4				
000878	----- FRUIT -----	S: -----								
900013	FRUIT - ASSORTED 1/2 CUP	S: 1/2 Cup Equival			1/2					
000879	----- MILK -----	S: -----								
001300	NS MILK 1% ASSORTED	S: 1 EACH					1			
001381	NS MILK 2%	S: 1 EACH					1			
003296	NS MILK SKIM ASSORTED	S: 1 EACH					1			
001382	NS MILK WHOLE	S: 1 EACH					1			

# NutriStudents K-12 Menu Contribution Report

SSO K-5 4DAY MENU WEEK 1

WEEK:1 DAY:1

No.	Name	Portion Size	Meat Alt OZ Equiv	Grains OZ Equiv	Fruit Cup	Veg Cup	Milk Cup	Whole Grain OZ Equiv	Veg Drk Grn CUP	Veg Red/Org CUP	Veg Starchy CUP	Veg Other CUP	Veg Legume CUP
001299	----- ENTREE -----	-----											
001683	NS DELI TURKEY 2M	4 OZ	2.000										
001467	----- GRAIN -----	-----											
003249	NS GRAIN BUN HAMBURGER 2G	1 EACH		2.000				2.000					
001217	----- VEGETABLES -----	-----											
001129	VSOFL LETTUCE 1/2C = 1/4C	1/2 CUP				0.250						0.250	
001041	VSLC BEAN BLACK 1/2C = 1/2C	1/2 CUP				0.500							0.500
000878	----- FRUIT -----	-----											
900013	FRUIT - ASSORTED 1/2 CUP	1/2 Cup Equivalent			0.500								
000879	----- MILK -----	-----											
003296	NS MILK SKIM ASSORTED	1 EACH					1.000						
001300	NS MILK 1% ASSORTED	1 EACH					1.000						
001381	NS MILK 2%	1 EACH					1.000						
001382	NS MILK WHOLE	1 EACH					1.000						
<b>Total</b>			2.000	2.000	0.500	0.750	1.000	2.000				0.250	0.500

WEEK:1 DAY:2

No.	Name	Portion Size	Meat Alt OZ Equiv	Grains OZ Equiv	Fruit Cup	Veg Cup	Milk Cup	Whole Grain OZ Equiv	Veg Drk Grn CUP	Veg Red/Org CUP	Veg Starchy CUP	Veg Other CUP	Veg Legume CUP
001299	----- ENTREE -----	-----											
001686	NS DELI PASTRAMI 2M	4 OZ	2.000										
001467	----- GRAIN -----	-----											
001418	NS GRAIN BREAD WG 2SLICES 2G	2 EACH		2.000				2.000					
001464	----- SIDE -----	-----											
003345	NS CONDIMENT MAYO PC	1 EACH											
900263	NS DRESS RANCH	1 TBSP											
001217	----- VEGETABLES -----	-----											
000909	VSDFB BROCCOLI 3/4C = 3/4C	3/4 CUP				0.750			0.500			0.250	
000878	----- FRUIT -----	-----											
900013	FRUIT - ASSORTED 1/2 CUP	1/2 Cup Equivalent			0.500								
000879	----- MILK -----	-----											
003296	NS MILK SKIM ASSORTED	1 EACH					1.000						
001300	NS MILK 1% ASSORTED	1 EACH					1.000						
001381	NS MILK 2%	1 EACH					1.000						
001382	NS MILK WHOLE	1 EACH					1.000						
<b>Total</b>			2.000	2.000	0.500	0.750	1.000	2.000	0.500			0.250	

# NutriStudents K-12 Menu Contribution Report

SSO K-5 4DAY MENU WEEK 1

WEEK:1 DAY:3

No.	Name	Portion Size	Meat Alt OZ Equiv	Grains OZ Equiv	Fruit Cup	Veg Cup	Milk Cup	Whole Grain OZ Equiv	Veg Drk Grn CUP	Veg Red/Org CUP	Veg Starchy CUP	Veg Other CUP	Veg Legume CUP
001299	----- ENTREE -----	-----											
001692	NS DELI CHX DICE OLD FASHION2M	1/2 CUP	2.000										
001467	----- GRAIN -----	-----											
000373	NS GRAIN TORTILLA 9" 2G	1 EACH		2.000				2.000					
001217	----- VEGETABLES -----	-----											
000993	VSSC CORN 1/2C = 1/2C	1/2 CUP				0.500					0.500		
000497	----- OR -----	-----											
000988	VSSZ CORN 1/2C = 1/2C	1/2 CUP				0.500					0.500		
001124	VSOB CABBAGE 1/4C = 1/4C	1/4 CUP				0.250						0.250	
000878	----- FRUIT -----	-----											
900013	FRUIT - ASSORTED 1/2 CUP	1/2 Cup Equivalent			0.500								
000879	----- MILK -----	-----											
003296	NS MILK SKIM ASSORTED	1 EACH					1.000						
001300	NS MILK 1% ASSORTED	1 EACH					1.000						
001381	NS MILK 2%	1 EACH					1.000						
001382	NS MILK WHOLE	1 EACH					1.000						
		<b>Total</b>	2.000	2.000	0.500	0.750	1.000	2.000			0.500	0.250	

WEEK:1 DAY:4

No.	Name	Portion Size	Meat Alt OZ Equiv	Grains OZ Equiv	Fruit Cup	Veg Cup	Milk Cup	Whole Grain OZ Equiv	Veg Drk Grn CUP	Veg Red/Org CUP	Veg Starchy CUP	Veg Other CUP	Veg Legume CUP
001299	----- ENTREE -----	-----											
001619	NS PARFAIT BERRY WGRAN 2M2.25G	1 EACH	2.000	2.250				2.250					
001464	----- SIDE -----	-----											
001584	NS CONDIMENT CREAM WHIP 2TBSP	2 TBSP											
900263	NS DRESS RANCH	1 TBSP											
001217	----- VEGETABLES -----	-----											
000954	VSRF PEPPER RED 3/4C = 3/4C	3/4 CUP				0.750				0.750			
000878	----- FRUIT -----	-----											
900013	FRUIT - ASSORTED 1/2 CUP	1/2 Cup Equivalent			0.500								
000879	----- MILK -----	-----											
001300	NS MILK 1% ASSORTED	1 EACH					1.000						
001381	NS MILK 2%	1 EACH					1.000						
003296	NS MILK SKIM ASSORTED	1 EACH					1.000						
001382	NS MILK WHOLE	1 EACH					1.000						
		<b>Total</b>	2.000	2.250	0.500	0.750	1.000	2.250		0.750			

## NutriStudents K-12 Weekly Certification Worksheet

SSO K-5 4DAY MENU WEEK 1

4 Day Week								Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check	Weekly Fruit Juice Limit Check (<= half of total fruit)	Total Weekly Fruit	Total Weekly Fruit Juice	% of Total Weekly Fruit that is Juice	Weekly Rqmt. Check
Fruit: Minimum (cups)	0.5	0.5	0.5	0.5				2	2	Yes		2	0	0.00%	Yes
Vegetables: Minimum (cups)	0.75	0.75	0.75	0.75				3	3	Yes	Weekly Vegetable Juice Limit Check (<= half of total Veg)	Total Weekly Veg.	Total Weekly Veg. Juice	% of Total Weekly Veg. that is Juice	Weekly Rqmt. Check
-Dark Green	0	0.5	0	0				0.5	0.5	Yes					
-Red/Orange	0	0	0	0.75				0.75	0.75	Yes					
-Legumes	0.5	0	0	0				0.5	0.5	Yes					
-Starchy	0	0	0.5	0				0.5	0.5	Yes					
-Other	0.25	0.25	0.25	0				0.75	0.5	Yes					
												3	0	0.00%	Yes
Meat/Meat Alt: Minimum (oz eq)	2	2	2	2				8	6.5	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2	2				8	8	Yes					
Grain: Minimum (oz eq)	2	2	2	2.25				8.25	6.5	Yes					
Grain: Maximum (oz eq)	2	2	2	2.25				8.25	7	OVER					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	8.25	Weekly Whole Grain Rich Total	8.25	% of Whole Grain Rich	100%			100% whole grain rich	Yes					
								Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check					
Milk: Minimum (cups)	1	1	1	1				4	4	Yes					
Variety: Skim/Fat-free unflavored, Skim/fat-free flavored, Low-fat(1% or less) unflavored	Yes	Yes	Yes	Yes											
Low-fat(1% or less), flavored															
Reduced fat(2%) or whole, unflavored and flavored															

\*\*Cells with this background color signify Requirements not being met!