

NutriStudents K-12

SSO K-5 4DAY 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>*SIDE: Tortilla Chips 1G Mayo PC</p> <p>*VEGETABLES: Shredded Lettuce 1/2 CU</p> <p>*FRUIT: 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>Avg Nutrients Target</p> <p>Cals... 607 100%</p> <p>Chol... 105 mg</p> <p>Sodium... 1227 mg</p> <p>Fiber.. 10.2 g</p> <p>Carb 82.0g 54.0%Cal</p> <p>T.Fat 18.2g 27.0%Cal</p> <p>S.Fat 5.7g 8.5%Cal</p>
<p>Nutrients Target</p> <p>Cals... 502 91%</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 94%</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>		

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	607	550-650	100%	Carbohyd	81.99 g	53.99%	
Cholesterol	105 mg			Tot. Fat	18.21 g	26.98%	
Sodium	1227 mg	1230		Sat. Fat	5.72 g	8.48%	<10.00%
Fiber	10.19 g						