

NutriStudents K-12

SSO 6-8 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>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>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 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... 774 111%</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	600-700	100%	Carbohyd	81.99 g	53.99%	
Cholesterol	105 mg			Tot. Fat	18.21 g	26.98%	
Sodium	1227 mg	1360		Sat. Fat	5.72 g	8.48%	<10.00%
Fiber	10.19 g						

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: -----								
001693	NS DELI CHX DICE GREEK	S: 1/2 CUP	2							
001467	----- GRAIN -----	S: -----								
000373	NS GRAIN TORTILLA 9" 2G	S: 1 EACH	2							
001464	----- SIDE -----	S: -----								
900263	NS DRESS RANCH	S: 1 TBSP								
001217	----- VEGETABLES -----	S: -----								
000909	VSDF BROCCOLI 3/4C = 3/4 VEGETABLE SUB DARK GREE OTHER	S: 3/4 CUP				3/4 1/2 1/4				
000497	----- OR -----	S: -----								
000923	VSDZ BROCCOLI 3/4C = 3/4 VEGETABLE SUB DARK GREE OTHER	S: 3/4 CUP				3/4 1/2 1/4				
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

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: -----								
001695	NS DELI EGG SALAD 2M	S: 1/2 CUP		2						
001467	----- GRAIN -----	S: -----								
000373	NS GRAIN TORTILLA 9" 2G	S: 1 EACH		2						
001217	----- VEGETABLES -----	S: -----								
000992	VSSZ CORN 3/4C = 3/4C	S: 3/4 CUP				3/4				
	VEGETABLE SUB									
	STARCHY					1/2				
	OTHER					1/4				
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 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: -----								
001696	NS DELI HAM 1.5M	S: 8 EACH		1 1/2						
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: -----								
000945	VSRF CARROT 3/4C = 3/4C	S: 3/4 CUP				3/4				
	VEGETABLE SUB RED/ORANG					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: -----								
001683	NS DELI TURKEY 2M	S: 4 OZ		2						
001467	----- GRAIN -----	S: -----								
001690	NS GRAIN BAGEL 2G	S: 1 EACH		2						
001697	NS GRAIN CHIP TORTILLA	S: 1 EACH		1						
001464	----- SIDE -----	S: -----								
003345	NS CONDIMENT MAYO PC	S: 1 EACH								
001217	----- VEGETABLES -----	S: -----								
001129	VSOFF LETTUCE 1/2C = 1/4C VEGETABLE SUB OTHER	S: 1/2 CUP				1/4				
001041	VSLC BEAN BLACK 1/2C = 1 VEGETABLE SUB 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: -----								
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 6-8 4DAY MENU WEEK 2

WEEK:2 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 -----	-----											
001693	NS DELI CHX DICE GREEK 2M	1/2 CUP	2.000										
001467	----- GRAIN -----	-----											
000373	NS GRAIN TORTILLA 9" 2G	1 EACH		2.000				2.000					
001464	----- SIDE -----	-----											
900263	NS DRESS RANCH	1 TBSP											
001217	----- VEGETABLES -----	-----											
000909	VSDF BROCCOLI 3/4C = 3/4C	3/4 CUP				0.750			0.500			0.250	
000497	----- OR -----	-----											
000923	VSDZ 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 -----	-----											
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						
Total			2.000	2.000	0.500	1.500	1.000	2.000	1.000			0.500	

WEEK:2 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 -----	-----											
001695	NS DELI EGG SALAD 2M	1/2 CUP	2.000										
001467	----- GRAIN -----	-----											
000373	NS GRAIN TORTILLA 9" 2G	1 EACH		2.000				2.000					
001217	----- VEGETABLES -----	-----											
000992	VSSZ CORN 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 -----	-----											
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						
Total			2.000	2.000	0.500	0.750	1.000	2.000			0.500	0.250	

NutriStudents K-12 Menu Contribution Report

SSO 6-8 4DAY MENU WEEK 2

WEEK:2 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 -----	-----											
001696	NS DELI HAM 1.5M	8 EACH	1.500										
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 -----	-----											
000945	VSRF CARROT 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 -----	-----											
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						
Total			1.500	2.000	0.500	0.750	1.000	2.000		0.750			

WEEK:2 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 -----	-----											
001683	NS DELI TURKEY 2M	4 OZ	2.000										
001467	----- GRAIN -----	-----											
001690	NS GRAIN BAGEL 2G	1 EACH		2.000				2.000					
001697	NS GRAIN CHIP TORTILLA	1 EACH		1.000				1.000					
001464	----- SIDE -----	-----											
003345	NS CONDIMENT MAYO PC	1 EACH											
001217	----- VEGETABLES -----	-----											
001129	VSOFF 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 -----	-----											
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						
Total			2.000	3.000	0.500	0.750	1.000	3.000				0.250	0.500

NutriStudents K-12 Weekly Certification Worksheet

SSO 6-8 4DAY MENU WEEK 2

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	0.5	0	0	0				0.5	0.5	Yes					
-Red/Orange	0	0	0.75	0				0.75	0.75	Yes					
-Legumes	0	0	0	0.5				0.5	0.5	Yes					
-Starchy	0	0.5	0	0				0.5	0.5	Yes					
-Other	0.25	0.25	0	0.25				0.75	0.5	Yes					
Meat/Meat Alt: Minimum (oz eq)	2	2	1.5	2				7.5	7	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	1.5	2				7.5	8	Yes					
Grain: Minimum (oz eq)	2	2	2	3				9	6.5	Yes					
Grain: Maximum (oz eq)	2	2	2	3				9	8	OVER					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	9	Weekly Whole Grain Rich Total	9	% 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!