

# 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						