

# NutriStudents K-12

## SSO K-8 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 91%</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 93%</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	600-650	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						