

# NutriStudents K-12

## SSO K-8 4DAY MENU WEEK 2

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday | Nutrients   |
|--|---|---|--|--------|---|
| <p><b>*ENTREE:</b><br/>Greek Chicken</p> <p><b>*GRAIN:</b><br/>Whole Wheat Tortilla</p> <p><b>*SIDE:</b><br/>Ranch Dressing</p> <p><b>*VEGETABLES:</b><br/>Broccoli 3/4 CUP</p> <p><b>*OR:</b><br/>Broccoli 3/4 CUP</p> <p><b>*FRUIT:</b><br/>Assorted Fruit</p> <p><b>*MILK:</b><br/>1% Milk Assorted<br/>2% Milk<br/>Skim Milk Assorted<br/>Whole Milk</p> | <p><b>*ENTREE:</b><br/>Egg Salad<br/>Wrap</p> <p><b>*GRAIN:</b><br/>Whole Wheat Tortilla</p> <p><b>*VEGETABLES:</b><br/>Corn 3/4 CUP</p> <p><b>*FRUIT:</b><br/>Assorted Fruit</p> <p><b>*MILK:</b><br/>1% Milk Assorted<br/>2% Milk<br/>Skim Milk Assorted<br/>Whole Milk</p> | <p><b>*ENTREE:</b><br/>Deli Ham</p> <p><b>*GRAIN:</b><br/>Sliced Bread 2 Each</p> <p><b>*SIDE:</b><br/>Mayo PC<br/>Ranch Dressing</p> <p><b>*VEGETABLES:</b><br/>Carrots 3/4 CUP</p> <p><b>*FRUIT:</b><br/>Assorted Fruit</p> <p><b>*MILK:</b><br/>Skim Milk Assorted<br/>1% Milk Assorted<br/>2% Milk<br/>Whole Milk</p> | <p><b>*ENTREE:</b><br/>Deli Turkey</p> <p><b>*GRAIN:</b><br/>Bagel</p> <p><b>*SIDE:</b><br/>Tortilla Chips 1G<br/>Mayo PC</p> <p><b>*VEGETABLES:</b><br/>Shredded Lettuce 1/2 CU</p> <p><b>*FRUIT:</b><br/>Black Bean 1/2 CUP</p> <p><b>*FRUIT:</b><br/>Assorted Fruit</p> <p><b>*MILK:</b><br/>1% Milk Assorted<br/>2% Milk<br/>Skim Milk Assorted<br/>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    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     | 600-650       | 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 |               |             |          |         |               |               |

## 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<br><br><b>VEGETABLE SUB</b><br>DARK GREE<br>OTHER | S: 3/4 CUP         |      |       |       | 3/4<br><br>1/2<br>1/4 |      |         |          |                    |
| 000497     | ----- OR -----   | S: -----           |      |       |       |                       |      |         |          |                    |
| 000923     | VSDZ BROCCOLI 3/4C = 3/4<br><br><b>VEGETABLE SUB</b><br>DARK GREE<br>OTHER | S: 3/4 CUP         |      |       |       | 3/4<br><br>1/2<br>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       |      |         |          |                    |
|            | <b>VEGETABLE SUB</b>     |                    |      |       |       |           |      |         |          |                    |
|            | 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<br>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<br><br><b>VEGETABLE SUB</b><br>RED/ORANG | S: 3/4 CUP         |      |          |       | 3/4<br><br>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<br><br><b>VEGETABLE SUB</b><br>OTHER  | S: 1/2 CUP         |      |       |       | 1/4       |      |         |          |                    |
| 001041     | VSLC BEAN BLACK 1/2C = 1<br><br><b>VEGETABLE SUB</b><br>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 K-8 4DAY MENU WEEK 2

WEEK:2 DAY:1

| No.          | Name                      | Portion Size          | Meat Alt<br>OZ Equiv | Grains<br>OZ Equiv | Fruit<br>Cup | Veg<br>Cup | Milk<br>Cup | Whole<br>Grain OZ<br>Equiv | Veg<br>Drk Grn<br>CUP | Veg<br>Red/Org<br>CUP | Veg<br>Starchy<br>CUP | Veg<br>Other<br>CUP | Veg<br>Legume<br>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<br>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                | 2.000              | 0.500        | 1.500      | 1.000       | 2.000                      | 1.000                 |                       |                       | 0.500               |                      |

WEEK:2 DAY:2

| No.          | Name                     | Portion Size          | Meat Alt<br>OZ Equiv | Grains<br>OZ Equiv | Fruit<br>Cup | Veg<br>Cup | Milk<br>Cup | Whole<br>Grain OZ<br>Equiv | Veg<br>Drk Grn<br>CUP | Veg<br>Red/Org<br>CUP | Veg<br>Starchy<br>CUP | Veg<br>Other<br>CUP | Veg<br>Legume<br>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<br>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                | 2.000              | 0.500        | 0.750      | 1.000       | 2.000                      |                       |                       | 0.500                 | 0.250               |                      |

# NutriStudents K-12 Menu Contribution Report

SSO K-8 4DAY MENU WEEK 2

WEEK:2 DAY:3

| No.          | Name                         | Portion Size          | Meat Alt<br>OZ Equiv | Grains<br>OZ Equiv | Fruit<br>Cup | Veg<br>Cup | Milk<br>Cup | Whole<br>Grain OZ<br>Equiv | Veg<br>Drk Grn<br>CUP | Veg<br>Red/Org<br>CUP | Veg<br>Starchy<br>CUP | Veg<br>Other<br>CUP | Veg<br>Legume<br>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<br>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> |                              |                       | 1.500                | 2.000              | 0.500        | 0.750      | 1.000       | 2.000                      |                       | 0.750                 |                       |                     |                      |

WEEK:2 DAY:4

| No.          | Name                        | Portion Size          | Meat Alt<br>OZ Equiv | Grains<br>OZ Equiv | Fruit<br>Cup | Veg<br>Cup | Milk<br>Cup | Whole<br>Grain OZ<br>Equiv | Veg<br>Drk Grn<br>CUP | Veg<br>Red/Org<br>CUP | Veg<br>Starchy<br>CUP | Veg<br>Other<br>CUP | Veg<br>Legume<br>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<br>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                | 3.000              | 0.500        | 0.750      | 1.000       | 3.000                      |                       |                       |                       | 0.250               | 0.500                |

## NutriStudents K-12 Weekly Certification Worksheet

SSO K-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                |   |                    |                          |                                       |                    |
|   |                     |      |                               |      |                       |      |  |              |                       |                    |   | 3                  | 0                        | 0.00%                                 | 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            | 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 | 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!