

NutriStudents K-12

SSO K-8 4DAY MENU WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
*ENTREE: Greek Chicken *GRAIN: Whole Wheat Tortilla *SIDE: Ranch Dressing *VEGETABLES: Broccoli 3/4 CUP *OR: Broccoli 3/4 CUP *FRUIT: Assorted Fruit *MILK: 1% Milk Assorted 2% Milk Skim Milk Assorted Whole Milk	*ENTREE: Egg Salad Wrap *GRAIN: Whole Wheat Tortilla *VEGETABLES: Corn 3/4 CUP *FRUIT: Assorted Fruit *MILK: 1% Milk Assorted 2% Milk Skim Milk Assorted Whole Milk	*ENTREE: Deli Ham *GRAIN: Sliced Bread 2 Each *SIDE: Mayo PC Ranch Dressing *VEGETABLES: Carrots 3/4 CUP *FRUIT: Assorted Fruit *MILK: Skim Milk Assorted 1% Milk Assorted 2% Milk Whole Milk	*ENTREE: Deli Turkey *GRAIN: Bagel Tortilla Chips 1G *SIDE: Mayo PC *VEGETABLES: Shredded Lettuce 1/2 CU Black Bean 1/2 CUP *FRUIT: Assorted Fruit *MILK: 1% Milk Assorted 2% Milk Skim Milk Assorted Whole Milk		Avg Nutrients Target Cals... 607 100% Chol... 105 mg Sodium... 1227 mg Fiber.. 10.2 g Carb 82.0g 54.0%Cal T.Fat 18.2g 27.0%Cal S.Fat 5.7g 8.5%Cal
Nutrients Target Cals... 502 84% Chol... 63 mg Sodium... 954 mg Fiber.. 9.9 g Carb 69.5g 55.4%Cal T.Fat 11.6g 20.8%Cal S.Fat 4.9g 8.8%Cal	Nutrients Target Cals... 516 86% Chol... 209 mg Sodium... 604 mg Fiber.. 7.3 g Carb 70.8g 54.8%Cal T.Fat 18.4g 32.1%Cal S.Fat 6.0g 10.5%Cal	Nutrients Target Cals... 638 100% Chol... 75 mg Sodium... 1974 mg Fiber.. 8.6 g Carb 82.1g 51.5%Cal T.Fat 21.1g 29.8%Cal S.Fat 6.9g 9.7%Cal	Nutrients Target Cals... 774 119% Chol... 73 mg Sodium... 1378 mg Fiber.. 14.9 g Carb 105.5g 54.6%Cal T.Fat 21.7g 25.2%Cal S.Fat 5.1g 6.0%Cal		

	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						