

# NutriStudents K-12

SSO K-5 5DAY MENU WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
*ENTREE: Deli Turkey *GRAIN: Assorted Hamburger Bun *VEGETABLES: Shredded Lettuce 1/2 CU Black Bean 1/2 CUP *FRUIT: Assorted Fruit *MILK: Skim Milk Assorted 1% Milk Assorted 2% Milk Whole Milk	*ENTREE: Deli Pastrami *GRAIN: Sliced Bread 2 Each *SIDE: Mayo PC Ranch Dressing *VEGETABLES: Broccoli 3/4 CUP *FRUIT: Assorted Fruit *MILK: Skim Milk Assorted 1% Milk Assorted 2% Milk Whole Milk	*ENTREE: Old Fashioned Chicken Wrap *GRAIN: Whole Wheat Tortilla *VEGETABLES: Corn 1/2 CUP *OR: Corn 1/2 CUP Cabbage 1/4 CUP *FRUIT: Assorted Fruit *MILK: Skim Milk Assorted 1% Milk Assorted 2% Milk Whole Milk	*ENTREE: Berry Parfait w/Granola *SIDE: Whipped Cream Ranch Dressing *VEGETABLES: Red Pepper 3/4 CUP *FRUIT: Assorted Fruit *MILK: 1% Milk Assorted 2% Milk Skim Milk Assorted Whole Milk	*ENTREE: Cheese Stick or String 1 Each Yogurt Cup *GRAIN: Whole Grain Cereal *SIDE: Ranch Dressing *VEGETABLES: Carrots 1/4 CUP Broccoli 1/2 CUP *FRUIT: Assorted Fruit *MILK: 1% Milk Assorted 2% Milk Skim Milk Assorted Whole Milk	Avg Nutrients    Target Cals...            612    100% Chol...            57 mg Sodium...        1021 mg Fiber...           8.6 g Carb    88.8g    58.1%Cal T.Fat   16.3g    23.9%Cal S.Fat    5.6g        8.3%Cal
Nutrients            Target Cals...            544    99% Chol...            68 mg Sodium...        1205 mg Fiber...           10.9 g Carb    78.0g    57.4%Cal T.Fat    8.9g    14.8%Cal S.Fat    3.4g    5.6%Cal	Nutrients            Target Cals...            631    100% Chol...            84 mg Sodium...        1718 mg Fiber...           8.7 g Carb    68.4g    43.4%Cal T.Fat    25.1g    35.8%Cal S.Fat    8.8g    12.6%Cal	Nutrients            Target Cals...            560    100% Chol...            65 mg Sodium...        711 mg Fiber...           8.9 g Carb    77.3g    55.2%Cal T.Fat    16.1g    25.9%Cal S.Fat    4.9g    7.9%Cal	Nutrients            Target Cals...            789    121% Chol...            29 mg Sodium...        672 mg Fiber...           7.3 g Carb    135.7g    68.8%Cal T.Fat    18.1g    20.7%Cal S.Fat    4.4g    5.0%Cal	Nutrients            Target Cals...            536    97% Chol...            40 mg Sodium...        800 mg Fiber...           7.3 g Carb    84.6g    63.1%Cal T.Fat    13.1g    22.0%Cal S.Fat    6.7g    11.3%Cal	

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	612	550-650	100%	Carbohyd	88.81 g	58.06%	
Cholesterol	57 mg			Tot. Fat	16.27 g	23.93%	
Sodium	1021 mg	1230		Sat. Fat	5.64 g	8.30%	<10.00%
Fiber	8.63 g						

SSO K-5 5DAY MENU WEEK:1 DAY:1  
 DATE:\_\_\_\_\_

## NutriStudents K-12 DAILY PRODUCTION RECORD

Students(0)\_\_\_\_\_ Adults(0)\_\_\_\_\_ Total(0)\_\_\_\_\_

Site # 001 Nutristudents K-12

recipe no.	recipe descriptions	portion size	M/M/A	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: -----								
003249	NS GRAIN BUN HAMBURGE	S: 1 EACH		2						
001217	----- VEGETABLES -----	S: -----								
001129	VSOFL LETTUCE 1/2C = 1/4C <b>VEGETABLE SUB</b> OTHER	S: 1/2 CUP				1/4				
001041	VSLC BEAN BLACK 1/2C = 1 <b>VEGETABLE SUB</b> 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: -----								
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: -----								
001686	NS DELI PASTRAMI 2M	S: 4 OZ		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: -----								
000909	VSDF BROCCOLI 3/4C = 3/4  <b>VEGETABLE SUB</b> DARK GREE OTHER	S: 3/4 CUP				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: -----								
001692	NS DELI CHX DICE OLD FAS	S: 1/2 CUP		2						
001467	----- GRAIN -----	S: -----								
000373	NS GRAIN TORTILLA 9" 2G	S: 1 EACH		2						
001217	----- VEGETABLES -----	S: -----								
000993	VSSC CORN 1/2C = 1/2C	S: 1/2 CUP				1/2				
	<b>VEGETABLE SUB</b>									
	STARCHY					1/2				
000497	----- OR -----	S: -----								
000988	VSSZ CORN 1/2C = 1/2C	S: 1/2 CUP				1/2				
	<b>VEGETABLE SUB</b>									
	STARCHY					1/2				
001124	VSOFCABBAGE 1/4C = 1/4C	S: 1/4 CUP				1/4				
	<b>VEGETABLE SUB</b>									
	OTHER					1/4				
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: -----								
001619	NS PARFAIT BERRY WGRA	S: 1 EACH	2	2						
				1/4						
001464	----- SIDE -----	S: -----								
001584	NS CONDIMENT CREAM W	S: 2 TBSP								
900263	NS DRESS RANCH	S: 1 TBSP								
001217	----- VEGETABLES -----	S: -----								
000954	VSRF PEPPER RED 3/4C = 3	S: 3/4 CUP				3/4				
	<b>VEGETABLE SUB</b>									
	<b>RED/ORANG</b>					3/4				
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: -----								
900253	NS CHZ STICK or STRING 1	S: 1 EACH		1						
001644	NS YOGURT 1M	S: 1 EACH		1						
001467	----- GRAIN -----	S: -----								
001601	NS GRAIN CEREAL 1G	S: 1 EACH		1						
001464	----- SIDE -----	S: -----								
900263	NS DRESS RANCH	S: 1 TBSP								
001217	----- VEGETABLES -----	S: -----								
000942	VSRF CARROT 1/4C = 1/4C  <b>VEGETABLE SUB RED/ORANG</b>	S: 1/4 CUP				1/4				
000912	VSDF BROCCOLI 1/2C =1/2  <b>VEGETABLE SUB DARK GREE</b>	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-5 5DAY MENU WEEK 1

WEEK:1 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 -----	-----											
001683	NS DELI TURKEY 2M	4 OZ	2.000										
001467	----- GRAIN -----	-----											
003249	NS GRAIN BUN HAMBURGER 2G	1 EACH		2.000				2.000					
001217	----- VEGETABLES -----	-----											
001129	VSOFL 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 -----	-----											
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>			2.000	2.000	0.500	0.750	1.000	2.000				0.250	0.500

WEEK:1 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 -----	-----											
001686	NS DELI PASTRAMI 2M	4 OZ	2.000										
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 -----	-----											
000909	VSDF 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 -----	-----											
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>			2.000	2.000	0.500	0.750	1.000	2.000	0.500			0.250	

# NutriStudents K-12 Menu Contribution Report

SSO K-5 5DAY MENU WEEK 1

WEEK:1 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 -----	-----											
001692	NS DELI CHX DICE OLD FASHION2M	1/2 CUP	2.000										
001467	----- GRAIN -----	-----											
000373	NS GRAIN TORTILLA 9" 2G	1 EACH		2.000				2.000					
001217	----- VEGETABLES -----	-----											
000993	VSSC CORN 1/2C = 1/2C	1/2 CUP				0.500					0.500		
000497	----- OR -----	-----											
000988	VSSZ CORN 1/2C = 1/2C	1/2 CUP				0.500					0.500		
001124	VSOV CABBAGE 1/4C = 1/4C	1/4 CUP				0.250						0.250	
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						
<b>Total</b>			2.000	2.000	0.500	0.750	1.000	2.000			0.500	0.250	

WEEK:1 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 -----	-----											
001619	NS PARFAIT BERRY WGRAN 2M2.25G	1 EACH	2.000	2.250				2.250					
001464	----- SIDE -----	-----											
001584	NS CONDIMENT CREAM WHIP 2TBSP	2 TBSP											
900263	NS DRESS RANCH	1 TBSP											
001217	----- VEGETABLES -----	-----											
000954	VSRF PEPPER RED 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 -----	-----											
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	2.250	0.500	0.750	1.000	2.250		0.750			



# NutriStudents K-12 Menu Contribution Report

SSO K-5 5DAY MENU WEEK 1

WEEK:1 DAY:5

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 -----	-----											
900253	NS CHZ STICK or STRING 1M	1 EACH	1.000										
001644	NS YOGURT 1M	1 EACH	1.000										
001467	----- GRAIN -----	-----											
001601	NS GRAIN CEREAL 1G	1 EACH		1.000				1.000					
001464	----- SIDE -----	-----											
900263	NS DRESS RANCH	1 TBSP											
001217	----- VEGETABLES -----	-----											
000942	VSRF CARROT 1/4C = 1/4C	1/4 CUP				0.250				0.250			
000912	VSDF BROCCOLI 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						
		<b>Total</b>	2.000	1.000	0.500	0.750	1.000	1.000	0.500	0.250			

## NutriStudents K-12 Weekly Certification Worksheet

SSO K-5 5DAY MENU WEEK 1

5 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	0.5			2.5	2.5	Yes		2.5	0	0.00%	Yes
Vegetables: Minimum (cups)	0.75	0.75	0.75	0.75	0.75			3.75	3.75	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	0.5	0	0	0.5			1	0.5	Yes					
-Red/Orange	0	0	0	0.75	0.25			1	0.75	Yes					
-Legumes	0.5	0	0	0	0			0.5	0.5	Yes					
-Starchy	0	0	0.5	0	0			0.5	0.5	Yes					
-Other	0.25	0.25	0.25	0	0			0.75	0.5	Yes					
											3.75	0	0.00%	Yes	
Meat/Meat Alt: Minimum (oz eq)	2	2	2	2	2			10	8	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2	2	2			10	10	Yes					
Grain: Minimum (oz eq)	2	2	2	2.25	1			9.25	8	Yes					
Grain: Maximum (oz eq)	2	2	2	2.25	1			9.25	9	OVER					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	9.25	Weekly Whole Grain Rich Total	9.25	% of Whole Grain Rich	100%			100% whole grain rich	Yes					
								Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check					
Milk: Minimum (cups)	1	1	1	1	1			5	5	Yes					
Variety: Skim/Fat-free unflavored, Skim/fat-free flavored, Low-fat(1% or less) unflavored	Yes	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!