

NutriStudents K-12

SSO 9-12 4DAY MENU WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																																																															
<p>*ENTREE: Deli Turkey</p> <p>*GRAIN: Assorted Hamburger Bun Assorted Cracker & Chips 1G</p> <p>*VEGETABLES: Shredded Lettuce 1/2 CU Carrots 1/4 CUP Black Bean 1/2 CUP</p> <p>*FRUIT: Assorted 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 CUP</p> <p>*FRUIT: Assorted 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 Assorted Cracker & Chips 1G</p> <p>*VEGETABLES: Corn 1/2 CUP</p> <p>*OR: Corn 1/2 CUP Cabbage 1/2 CUP</p> <p>*FRUIT: Assorted 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 Carrots 1/4 CUP</p> <p>*FRUIT: Assorted Fruit Assorted Fruit</p> <p>*MILK: 1% Milk Assorted 2% Milk Skim Milk Assorted Whole Milk</p>		<table border="1"> <thead> <tr> <th>Avg Nutrients</th> <th>Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td>776 100%</td> </tr> <tr> <td>Chol...</td> <td>62 mg</td> </tr> <tr> <td>Sodium.</td> <td>1167 mg</td> </tr> <tr> <td>Fiber..</td> <td>12.6 g</td> </tr> <tr> <td>Carb</td> <td>120.0g 61.9%Cal</td> </tr> <tr> <td>T.Fat</td> <td>19.3g 22.3%Cal</td> </tr> <tr> <td>S.Fat</td> <td>5.7g 6.7%Cal</td> </tr> </tbody> </table>	Avg Nutrients	Target	Cals...	776 100%	Chol...	62 mg	Sodium.	1167 mg	Fiber..	12.6 g	Carb	120.0g 61.9%Cal	T.Fat	19.3g 22.3%Cal	S.Fat	5.7g 6.7%Cal																																															
Avg Nutrients	Target																																																																			
Cals...	776 100%																																																																			
Chol...	62 mg																																																																			
Sodium.	1167 mg																																																																			
Fiber..	12.6 g																																																																			
Carb	120.0g 61.9%Cal																																																																			
T.Fat	19.3g 22.3%Cal																																																																			
S.Fat	5.7g 6.7%Cal																																																																			
<table border="1"> <thead> <tr> <th>Nutrients</th> <th>Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td>757 100%</td> </tr> <tr> <td>Chol...</td> <td>68 mg</td> </tr> <tr> <td>Sodium.</td> <td>1372 mg</td> </tr> <tr> <td>Fiber..</td> <td>15.5 g</td> </tr> <tr> <td>Carb</td> <td>119.5g 63.1%Cal</td> </tr> <tr> <td>T.Fat</td> <td>13.3g 15.8%Cal</td> </tr> <tr> <td>S.Fat</td> <td>4.1g 4.9%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	757 100%	Chol...	68 mg	Sodium.	1372 mg	Fiber..	15.5 g	Carb	119.5g 63.1%Cal	T.Fat	13.3g 15.8%Cal	S.Fat	4.1g 4.9%Cal	<table border="1"> <thead> <tr> <th>Nutrients</th> <th>Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td>707 94%</td> </tr> <tr> <td>Chol...</td> <td>84 mg</td> </tr> <tr> <td>Sodium.</td> <td>1734 mg</td> </tr> <tr> <td>Fiber..</td> <td>11.5 g</td> </tr> <tr> <td>Carb</td> <td>86.9g 49.1%Cal</td> </tr> <tr> <td>T.Fat</td> <td>25.1g 31.9%Cal</td> </tr> <tr> <td>S.Fat</td> <td>8.8g 11.2%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	707 94%	Chol...	84 mg	Sodium.	1734 mg	Fiber..	11.5 g	Carb	86.9g 49.1%Cal	T.Fat	25.1g 31.9%Cal	S.Fat	8.8g 11.2%Cal	<table border="1"> <thead> <tr> <th>Nutrients</th> <th>Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td>765 100%</td> </tr> <tr> <td>Chol...</td> <td>65 mg</td> </tr> <tr> <td>Sodium.</td> <td>862 mg</td> </tr> <tr> <td>Fiber..</td> <td>13.3 g</td> </tr> <tr> <td>Carb</td> <td>117.1g 61.2%Cal</td> </tr> <tr> <td>T.Fat</td> <td>20.5g 24.1%Cal</td> </tr> <tr> <td>S.Fat</td> <td>5.7g 6.7%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	765 100%	Chol...	65 mg	Sodium.	862 mg	Fiber..	13.3 g	Carb	117.1g 61.2%Cal	T.Fat	20.5g 24.1%Cal	S.Fat	5.7g 6.7%Cal	<table border="1"> <thead> <tr> <th>Nutrients</th> <th>Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td>874 103%</td> </tr> <tr> <td>Chol...</td> <td>29 mg</td> </tr> <tr> <td>Sodium.</td> <td>700 mg</td> </tr> <tr> <td>Fiber..</td> <td>10.0 g</td> </tr> <tr> <td>Carb</td> <td>156.7g 71.7%Cal</td> </tr> <tr> <td>T.Fat</td> <td>18.1g 18.7%Cal</td> </tr> <tr> <td>S.Fat</td> <td>4.4g 4.5%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	874 103%	Chol...	29 mg	Sodium.	700 mg	Fiber..	10.0 g	Carb	156.7g 71.7%Cal	T.Fat	18.1g 18.7%Cal	S.Fat	4.4g 4.5%Cal	
Nutrients	Target																																																																			
Cals...	757 100%																																																																			
Chol...	68 mg																																																																			
Sodium.	1372 mg																																																																			
Fiber..	15.5 g																																																																			
Carb	119.5g 63.1%Cal																																																																			
T.Fat	13.3g 15.8%Cal																																																																			
S.Fat	4.1g 4.9%Cal																																																																			
Nutrients	Target																																																																			
Cals...	707 94%																																																																			
Chol...	84 mg																																																																			
Sodium.	1734 mg																																																																			
Fiber..	11.5 g																																																																			
Carb	86.9g 49.1%Cal																																																																			
T.Fat	25.1g 31.9%Cal																																																																			
S.Fat	8.8g 11.2%Cal																																																																			
Nutrients	Target																																																																			
Cals...	765 100%																																																																			
Chol...	65 mg																																																																			
Sodium.	862 mg																																																																			
Fiber..	13.3 g																																																																			
Carb	117.1g 61.2%Cal																																																																			
T.Fat	20.5g 24.1%Cal																																																																			
S.Fat	5.7g 6.7%Cal																																																																			
Nutrients	Target																																																																			
Cals...	874 103%																																																																			
Chol...	29 mg																																																																			
Sodium.	700 mg																																																																			
Fiber..	10.0 g																																																																			
Carb	156.7g 71.7%Cal																																																																			
T.Fat	18.1g 18.7%Cal																																																																			
S.Fat	4.4g 4.5%Cal																																																																			

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	776	750-850	100%	Carbohyd	120.03 g	61.88%	
Cholesterol	62 mg			Tot. Fat	19.27 g	22.35%	
Sodium	1167 mg	1420		Sat. Fat	5.74 g	6.66%	<10.00%
Fiber	12.55 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/M	GRAIN	FRUIT	VEGETABLE	MILK	PLANNED	PREPARED	ADDED OR LEFT OVER
001299	----- ENTREE -----	T: -----								
001683	NS DELI TURKEY 2M	T: 4 OZ	2							
001467	----- GRAIN -----	T: -----								
003249	NS GRAIN BUN HAMBURGE	T: 1 EACH		2						
001216	NS GRAIN CHIP & CRACKE	T: 1 EACH		1						
001217	----- VEGETABLES -----	T: -----								
001129	VSOFF LETTUCE 1/2C = 1/4C VEGETABLE SUB OTHER	T: 1/2 CUP				1/4				
000942	VSRF CARROT 1/4C = 1/4C VEGETABLE SUB RED/ORANG	T: 1/4 CUP				1/4				
001041	VSLC BEAN BLACK 1/2C = 1 VEGETABLE SUB LEGUMES	T: 1/2 CUP				1/2				
000878	----- FRUIT -----	T: -----								
900013	FRUIT - ASSORTED 1/2 CUP	T: 1/2 Cup Equival T: 1/2 Cup Equival			1/2 1/2					
000879	----- MILK -----	T: -----								
003296	NS MILK SKIM ASSORTED	T: 1 EACH				1				
001300	NS MILK 1% ASSORTED	T: 1 EACH				1				
001381	NS MILK 2%	T: 1 EACH				1				
001382	NS MILK WHOLE	T: 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 -----	T: -----								
001686	NS DELI PASTRAMI 2M	T: 4 OZ		2						
001467	----- GRAIN -----	T: -----								
001418	NS GRAIN BREAD WG 2SLI	T: 2 EACH		2						
001464	----- SIDE -----	T: -----								
003345	NS CONDIMENT MAYO PC	T: 1 EACH								
900263	NS DRESS RANCH	T: 1 TBSP								
001217	----- VEGETABLES -----	T: -----								
000913	VSDF BROCCOLI 1C = 1C VEGETABLE SUB DARK GREE OTHER	T: 1 CUP				1 1/2 1/2				
000878	----- FRUIT -----	T: -----								
900013	FRUIT - ASSORTED 1/2 CUP	T: 1/2 Cup Equival T: 1/2 Cup Equival			1/2 1/2					
000879	----- MILK -----	T: -----								
003296	NS MILK SKIM ASSORTED	T: 1 EACH				1				
001300	NS MILK 1% ASSORTED	T: 1 EACH				1				
001381	NS MILK 2%	T: 1 EACH				1				
001382	NS MILK WHOLE	T: 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/M	GRAIN	FRUIT	VEGETABLE	MILK	PLANNED	PREPARED	ADDED OR LEFT OVER
001299	----- ENTREE -----	T: -----								
001692	NS DELI CHX DICE OLD FAS	T: 1/2 CUP		2						
001467	----- GRAIN -----	T: -----								
000373	NS GRAIN TORTILLA 9" 2G	T: 1 EACH		2						
001216	NS GRAIN CHIP & CRACKE	T: 1 EACH		1						
001217	----- VEGETABLES -----	T: -----								
000993	VSSC CORN 1/2C = 1/2C	T: 1/2 CUP				1/2				
	VEGETABLE SUB									
	STARCHY					1/2				
000497	----- OR -----	T: -----								
000988	VSSZ CORN 1/2C = 1/2C	T: 1/2 CUP				1/2				
	VEGETABLE SUB									
	STARCHY					1/2				
001123	VSOFC CABBAGE 1/2C = 1/2C	T: 1/2 CUP				1/2				
	VEGETABLE SUB									
	OTHER					1/2				
000878	----- FRUIT -----	T: -----								
900013	FRUIT - ASSORTED 1/2 CUP	T: 1/2 Cup Equival T: 1/2 Cup Equival			1/2 1/2					
000879	----- MILK -----	T: -----								
003296	NS MILK SKIM ASSORTED	T: 1 EACH				1				
001300	NS MILK 1% ASSORTED	T: 1 EACH				1				
001381	NS MILK 2%	T: 1 EACH				1				
001382	NS MILK WHOLE	T: 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 -----	T: -----								
001619	NS PARFAIT BERRY WGRA	T: 1 EACH	2	2			1/4			
001464	----- SIDE -----	T: -----								
001584	NS CONDIMENT CREAM W	T: 2 TBSP								
900263	NS DRESS RANCH	T: 1 TBSP								
001217	----- VEGETABLES -----	T: -----								
000954	VSRF PEPPER RED 3/4C = 3 VEGETABLE SUB RED/ORANG	T: 3/4 CUP				3/4				
000942	VSRF CARROT 1/4C = 1/4C VEGETABLE SUB RED/ORANG	T: 1/4 CUP				3/4				
000878	----- FRUIT -----	T: -----				1/4				
900013	FRUIT - ASSORTED 1/2 CUP	T: 1/2 Cup Equival T: 1/2 Cup Equival			1/2		1/2			
000879	----- MILK -----	T: -----								
001300	NS MILK 1% ASSORTED	T: 1 EACH					1			
001381	NS MILK 2%	T: 1 EACH					1			
003296	NS MILK SKIM ASSORTED	T: 1 EACH					1			
001382	NS MILK WHOLE	T: 1 EACH					1			

NutriStudents K-12 Menu Contribution Report

WEEK:1 DAY:1

SSO 9-12 4DAY MENU WEEK 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					
001216	NS GRAIN CHIP & CRACKER ASST1G	1 EACH		1.000				1.000					
001217	----- VEGETABLES -----	-----											
001129	VSOFL LETTUCE 1/2C = 1/4C	1/2 CUP				0.250						0.250	
000942	VSRF CARROT 1/4C = 1/4C	1/4 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								
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						
Total			2.000	3.000	1.000	1.000	1.000	3.000		0.250		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 -----	-----											
000913	VSDF BROCCOLI 1C = 1C	1 CUP				1.000			0.500			0.500	
000878	----- FRUIT -----	-----											
900013	FRUIT - ASSORTED 1/2 CUP	1/2 Cup Equivalent			0.500								
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						
Total			2.000	2.000	1.000	1.000	1.000	2.000	0.500			0.500	

NutriStudents K-12 Menu Contribution Report

WEEK:1 DAY:3

SSO 9-12 4DAY MENU WEEK 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 -----	-----											
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					
001216	NS GRAIN CHIP & CRACKER ASST1G	1 EACH		1.000				1.000					
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		
001123	VSOB CABBAGE 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								
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						
	Total		2.000	3.000	1.000	1.000	1.000	3.000			0.500	0.500	

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			
000942	VSRF CARROT 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								
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						
	Total		2.000	2.250	1.000	1.000	1.000	2.250		1.000			

NutriStudents K-12 Weekly Certification Worksheet

SSO 9-12 4DAY MENU WEEK 1

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)	1	1	1	1				4	4	Yes		4	0	0.00%	Yes
Vegetables: Minimum (cups)	1	1	1	1				4	4	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	0.5	Yes					
-Red/Orange	0.25	0	0	1				1.25	1.25	Yes					
-Legumes	0.5	0	0	0				0.5	0.5	Yes					
-Starchy	0	0	0.5	0				0.5	0.5	Yes					
-Other	0.25	0.5	0.5	0				1.25	0.75	Yes					
Meat/Meat Alt: Minimum (oz eq)	2	2	2	2				8	8	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2	2				8	9.5	Yes					
Grain: Minimum (oz eq)	3	2	3	2.25				10.25	8	Yes					
Grain: Maximum (oz eq)	3	2	3	2.25				10.25	9.5	OVER					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	10.25	Weekly Whole Grain Rich Total	10.25	% of Whole Grain Rich	100%			100% whole grain rich	Yes					
								Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check					
Milk: Minimum (cups)	1	1	1	1				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!