

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						