

# NutriStudents K-12

## SSO 9-12 4DAY MENU WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>*ENTREE: Greek Chicken</p> <p>*GRAIN: Whole Wheat Tortilla Assorted Cracker &amp; Chips 1G</p> <p>*SIDE: Ranch Dressing</p> <p>*VEGETABLES: Broccoli 3/4 CUP</p> <p>*OR: Broccoli 3/4 CUP Tomato 1/4 CUP</p> <p>*FRUIT: Assorted Fruit Assorted Fruit</p> <p>*MILK: 1% Milk Assorted 2% Milk Skim Milk Assorted Whole Milk</p>	<p>*ENTREE: Egg Salad Wrap</p> <p>*GRAIN: Whole Wheat Tortilla</p> <p>*VEGETABLES: Corn CUP</p> <p>*FRUIT: Assorted Fruit Assorted Fruit</p> <p>*MILK: 1% Milk Assorted 2% Milk Skim Milk Assorted Whole Milk</p>	<p>*ENTREE: Deli Ham</p> <p>*GRAIN: Sliced Bread 2 Each Dinner Roll</p> <p>*SIDE: Mayo PC Ranch Dressing</p> <p>*VEGETABLES: Carrots 3/4 CUP Red Pepper 1/4 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 Turkey</p> <p>*GRAIN: Bagel Tortilla Chips 1G</p> <p>*SIDE: Mayo PC</p> <p>*VEGETABLES: Shredded Lettuce CUP Black Bean 1/2 CUP</p> <p>*FRUIT: Assorted Fruit Assorted Fruit</p> <p>*MILK: 1% Milk Assorted 2% Milk Skim Milk Assorted Whole Milk</p>		<p>Avg Nutrients    Target</p> <p>Cals...            753    100%</p> <p>Chol...            110 mg</p> <p>Sodium...        1419 mg</p> <p>Fiber..            13.0 g</p> <p>Carb 111.3g    59.2%Cal</p> <p>T.Fat 20.3g    24.3%Cal</p> <p>S.Fat 6.2g      7.4%Cal</p>
<p>Nutrients            Target</p> <p>Cals...            711    95%</p> <p>Chol...            63 mg</p> <p>Sodium...        1100 mg</p> <p>Fiber..            13.7 g</p> <p>Carb 110.1g    62.0%Cal</p> <p>T.Fat 16.1g    20.4%Cal</p> <p>S.Fat 5.6g      7.1%Cal</p>	<p>Nutrients            Target</p> <p>Cals...            599    80%</p> <p>Chol...            209 mg</p> <p>Sodium...        609 mg</p> <p>Fiber..            9.3 g</p> <p>Carb 91.5g    61.1%Cal</p> <p>T.Fat 18.7g    28.1%Cal</p> <p>S.Fat 6.0g      9.0%Cal</p>	<p>Nutrients            Target</p> <p>Cals...            857    101%</p> <p>Chol...            94 mg</p> <p>Sodium...        2581 mg</p> <p>Fiber..            12.4 g</p> <p>Carb 120.0g    56.0%Cal</p> <p>T.Fat 24.7g    25.9%Cal</p> <p>S.Fat 8.1g      8.5%Cal</p>	<p>Nutrients            Target</p> <p>Cals...            844    100%</p> <p>Chol...            73 mg</p> <p>Sodium...        1387 mg</p> <p>Fiber..            16.8 g</p> <p>Carb 123.6g    58.6%Cal</p> <p>T.Fat 21.7g    23.1%Cal</p> <p>S.Fat 5.1g      5.5%Cal</p>		

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	753	750-850	100%	Carbohyd	111.29 g	59.16%	
Cholesterol	110 mg			Tot. Fat	20.29 g	24.27%	
Sodium	1419 mg	1420		Sat. Fat	6.22 g	7.44%	<10.00%
Fiber	13.05 g						