

NutriStudents K-12

SSO 6-8 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 91% 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 93% 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... 789 113% 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 89% 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	600-700	100%	Carbohyd	88.81 g	58.06%	
Cholesterol	57 mg			Tot. Fat	16.27 g	23.93%	
Sodium	1021 mg	1360		Sat. Fat	5.64 g	8.30%	<10.00%
Fiber	8.63 g						