

NutriStudents K-12

SSO 6-8 5DAY MENU WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
*ENTREE: Greek Chicken *GRAIN: Whole Wheat Tortilla *SIDE: Ranch Dressing *VEGETABLES: Broccoli 3/4 CUP *OR: Broccoli 3/4 CUP *FRUIT: Assorted Fruit *MILK: 1% Milk Assorted 2% Milk Skim Milk Assorted Whole Milk	*ENTREE: Egg Salad Wrap *GRAIN: Whole Wheat Tortilla *VEGETABLES: Corn 3/4 CUP *FRUIT: Assorted Fruit *MILK: 1% Milk Assorted 2% Milk Skim Milk Assorted Whole Milk	*ENTREE: Deli Ham *GRAIN: Sliced Bread 2 Each *SIDE: Mayo PC Ranch Dressing *VEGETABLES: Carrots 3/4 CUP *FRUIT: Assorted Fruit *MILK: Skim Milk Assorted 1% Milk Assorted 2% Milk Whole Milk	*ENTREE: Deli Turkey *GRAIN: Bagel Tortilla Chips 1G *SIDE: Mayo PC *VEGETABLES: Shredded Lettuce 1/2 CU Black Bean 1/2 CUP *FRUIT: Assorted Fruit *MILK: 1% Milk Assorted 2% Milk Skim Milk Assorted Whole Milk	*ENTREE: Deli Chef Salad *GRAIN: Dinner Roll Dinner Roll *SIDE: Ranch Dressing *VEGETABLES: LCR Salad Mix 1/2 CUP Romaine CUP *FRUIT: Assorted Fruit *MILK: 1% Milk Assorted 2% Milk Skim Milk Assorted Whole Milk	Avg Nutrients Target Cals... 601 100% Chol... 125 mg Sodium... 1173 mg Fiber... 9.5 g Carb 80.9g 53.8%Cal T.Fat 18.2g 27.2%Cal S.Fat 6.1g 9.2%Cal
Nutrients Target Cals... 502 84% Chol... 63 mg Sodium... 954 mg Fiber.. 9.9 g Carb 69.5g 55.4%Cal T.Fat 11.6g 20.8%Cal S.Fat 4.9g 8.8%Cal	Nutrients Target Cals... 516 86% Chol... 209 mg Sodium... 604 mg Fiber.. 7.3 g Carb 70.8g 54.8%Cal T.Fat 18.4g 32.1%Cal S.Fat 6.0g 10.5%Cal	Nutrients Target Cals... 638 100% Chol... 75 mg Sodium... 1974 mg Fiber.. 8.6 g Carb 82.1g 51.5%Cal T.Fat 21.1g 29.8%Cal S.Fat 6.9g 9.7%Cal	Nutrients Target Cals... 774 111% Chol... 73 mg Sodium... 1378 mg Fiber.. 14.9 g Carb 105.5g 54.6%Cal T.Fat 21.7g 25.2%Cal S.Fat 5.1g 6.0%Cal	Nutrients Target Cals... 577 96% Chol... 204 mg Sodium... 956 mg Fiber.. 7.0 g Carb 76.6g 53.1%Cal T.Fat 18.0g 28.1%Cal S.Fat 7.7g 12.0%Cal	

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	601	600-700	100%	Carbohyd	80.91 g	53.82%	
Cholesterol	125 mg			Tot. Fat	18.17 g	27.20%	
Sodium	1173 mg	1360		Sat. Fat	6.11 g	9.15%	<10.00%
Fiber	9.55 g						